

TOURNAMENT RULES

1. Each team will consist of a maximum of fourteen nominated players in a squad, of whom any seven may take the field for any one match.
2. A team may nominate no more than seven replacements/substitutes for any given game. A team can substitute or replace up to seven players during a match.
3. A player replaced tactically or with an injury, other than a blood injury, may not return for that game but can play in future games subject to medical approval.
4. A player dismissed from the field for misconduct and awarded a Red Card may take no further part in the tournament. The use of temporary suspension Sin Bin for 2 minutes will be implemented.
5. Points will be awarded for the pools matches as follows, two for a win, one for a draw. In the event of a tie, the pool winner shall be decided by:
 - a. the higher/highest points difference and, if still tied,
 - b. the higher/highest points scored and, if still tied,
 - c. the higher/highest tries scored and, if still tied,
 - d. the lower/lowest tries scored against and, if still tied,
 - e. the higher/highest number of conversions and, if still tied
 - f. the toss of a coin
6. The winner of each Pool will progress to the final as laid out in the draw for the Male tournament.
7. The winner of the Female competition will be the Pool winner as determined in accordance with Rule 5.
8. Games will be played under the Rugby Union Laws, IRB Standard Set of Variations to the Laws and RFU law interpretations/variations for the 2024/25 season.
9. The duration of all matches shall be seven minutes each way, 14 in total. The half time interval shall be a maximum of two minutes.
10. In the final of the tournament, if, at the end of normal time, neither side has won, captains will toss for the right to kick off or choice of ends then play shall continue in periods of five minutes, changing ends after each period without a further interval with the first side to score being declared the winner.
11. Officials will be appointed for all matches.
12. In the event of a similarity of colours the team to change colours will be decided by the toss of a coin.
13. The tournament will be conducted entirely under the control of the Rosslyn Park London Floodlit Sevens Committee whose decision, in all matters, is final.