

UNDER 7

Priority objective: “to enjoy new things and playing”

REGULATIONS

NUMBER OF PLAYERS	5-a-side	
REPLACEMENTS	Unlimited during the interval and/or for injuries	
PLAYING FIELD	22 metres x 15 metres	
PLAYING TIME OVER ½ DAY	20 minutes	
PLAYING TIME OVER 1 DAY	25 minutes	
MAXIMUM TIME PER PERIOD	5 minutes	
INTERVAL TIME	2 minutes between periods – 5 minutes between two matches	
REFEREEING	1 teacher-referee	
FOUL PLAY	Temporary 2 minute replacement up to sending off, depending on the seriousness of the offence. A replacement is mandatory. If characterised or repeat brutality, expulsion from the tournament.	
RESTART	Where?	How?
KICK OFF	Centre of the field	<ul style="list-style-type: none"> • The teacher presents the ball to a player and makes sure it is a different player each time. • The teacher is in front of the defenders and checks that the 3 metre off-side line is being respected.
KICK OFF After try	Centre of the field by the team conceding the try.	
RESTART KICK	3 metres from the in-goal line	
FORWARD Or unplayable ball	At the site of the offence, 3 metres from any line	
PENALTY	At the position of the offence, 3 metres from any line.	
FREE KICK		
TOUCH OR INDIRECT TOUCH	Where ball went out of play, 3 metres from any line.	
DIRECT TOUCH	Kick beyond 3 metres: where the kick took place	
	Kick in-goal or less than 3 metres: Where ball went out of play	
EACH TIME THE REFEREE BLOWS THE WHISTLE, THE BALL CARRIER IMMEDIATELY PLACES IT ON THE GROUND OR IS PENALISED (FROM FREE KICK TO REPLACEMENT)		
GAP OF 5 TRIES AT HALF-TIME: SCORE ACQUIRED FOR THE WINNING TEAM AND RE-EQUABILITY FOR THE END OF THE MATCH		
OTHER THAN THESE MODIFICATIONS, THE LAWS OF RUGBY UNION APPLY		

UNDER 7

Open play	Carry the ball forwards	<ul style="list-style-type: none"> • Kick often • Catch the ball • Run with the ball • Gather the ball
	Advance in defence	<ul style="list-style-type: none"> • Defend your kicking line • Physically contest • Catch the ball carrier
Managing contacts and contests	Keep the ball on contact or recover it	<ul style="list-style-type: none"> • Play safely • Advance to contact with the opponent • Contest to win the ball • Be prepared to fall
Set pieces	Orientate yourself toward the target	<ul style="list-style-type: none"> • Identify mark line • Everyone moves in the position they are playing • Keep within the playing field limits
Applying the rules	Know the kick and Off-side rules	<ul style="list-style-type: none"> • Place the ball to kick • Move into position for going forwards •