

Hong Kong Mini Rugby Football Union - Sevens Laws Quick Guide Updated 19 October 2021

Law / Relevant Variation		U9	U10	U11	U12
Law 1	The Ground	1/4 (50*30)	1/3 (60*33)	5/12 (60*40)	1/2 (60*45)
		Length can be adjusted. Width is a maximum recommendation			
Law 2	Ball Size	3	4	4	
Law 3	Team	7	7(3F/4B)	7(3F/4B)	7(3F/4B)
Law 4	Clothing	Comply with World Rugby standards. NOTE: Mouth guard or dental protector are MANDATORY during training and matches			
Law 5	Time	6 min per half. 1 minute half time	6 min per half. 1 minute half time	6 min per half. 1 minute half time	6 min per half. 1 minute half time
		Max 45 mins	Max 50 mins	Max 55 mins	Max 60 mins
		Recommend 3 or 4 games per team (36-48 minutes total)			
Law 6	Match Officials	Accredited Referee		Accredited Referee	
Law 7	Advantage	5x5 Rule		5x5 Rule	
Law 8	Method of Scoring	Try		Try	
	Try	1 Point		1 Point	
	Conversion	-		-	
Law 9	Foul Play - "COACHING MOMENT"	Mandatory replacement, Yellow (1 min) & Red Card at referee's discretion - EXPLAIN		Mandatory replacement, Yellow (1 min) & Red Card at referee's discretion - EXPLAIN	
	Hand-off	-		Yes (flat palm, bent elbow, below shoulder)	
Law 10	Offside & Onside (Penalty)	5M		7M	
Law 12	Knock-on or Throw Forward	Yes		Yes	
Law 13	Kick-off, Restart and Kicks				
	Kick Off	Drop Kick		Drop Kick	
	Kick Off Must Travel	5M		7M	
	Kick The ball must reach the 7-metre line	Free Kick, non-offending team		Free Kick, non-offending team	
	Kick Out of Hand	-		Yes	Yes
	Kicking ball on the ground or 'fly hack'	-		Yes	Yes
	Drop Out (at)	No (5M Free Kick)		Yes (15M)	
	Restart (Try)	Drop (Scoring)		Drop (Scoring)	
Law 14	Tackle	Yes		Yes	
Law 15	Ruck	Yes (Modified 2V2)		Yes	
Law 16	Maul	No (Referee Calls "Tackle, Release, Go to Ground")		Yes	
Law 17	Mark	-		Yes	Yes
Law 19	Touch & Lineouts				
	Ball into Touch	Free kick (tap and pass) 3m from Touchline		-	
	Gain/No Gain in Ground	-		Yes	
	Numbers	-		2 players	
	Distance Front/Back	-		3M/13M from Touchline	
	Contested	-		Yes	
	Jumping	-		Yes	
	Lifting/Supporting	-		No	
	Offside Line (Line of Touch)	-		7M	
	Quick	-		No	
	Reciever	-		All Options	
Law 19	Scrums	-	Yes	Yes	
	Numbers	-	3	3	3
	Pushing	-	No Push	No Push	"3 STEPS"
	Hooking	-	Not Contested	All Options	
	Offside Line	-	5M	5M	
	Offside (Scrum-Half)	-	Midline of the Scrum Tunnel	Midline of the Scrum Tunnel	
	Scrum Half	-	All Options	All Options	
Law 20	Penalty & Free Kicks				
	Quick Tap Penalties	Yes		Yes	
	Penalty Tries	Yes		Yes	
	Kick for Touch	No - Free Kick (tap)		Yes	
Law 21	In-goal	Taken in by attack = 5m free kick to defence. Taken in by defence team = 5m free kick attack		Taken in by attack = Drop out (15m). Taken in by defence team = goal line drop out.	