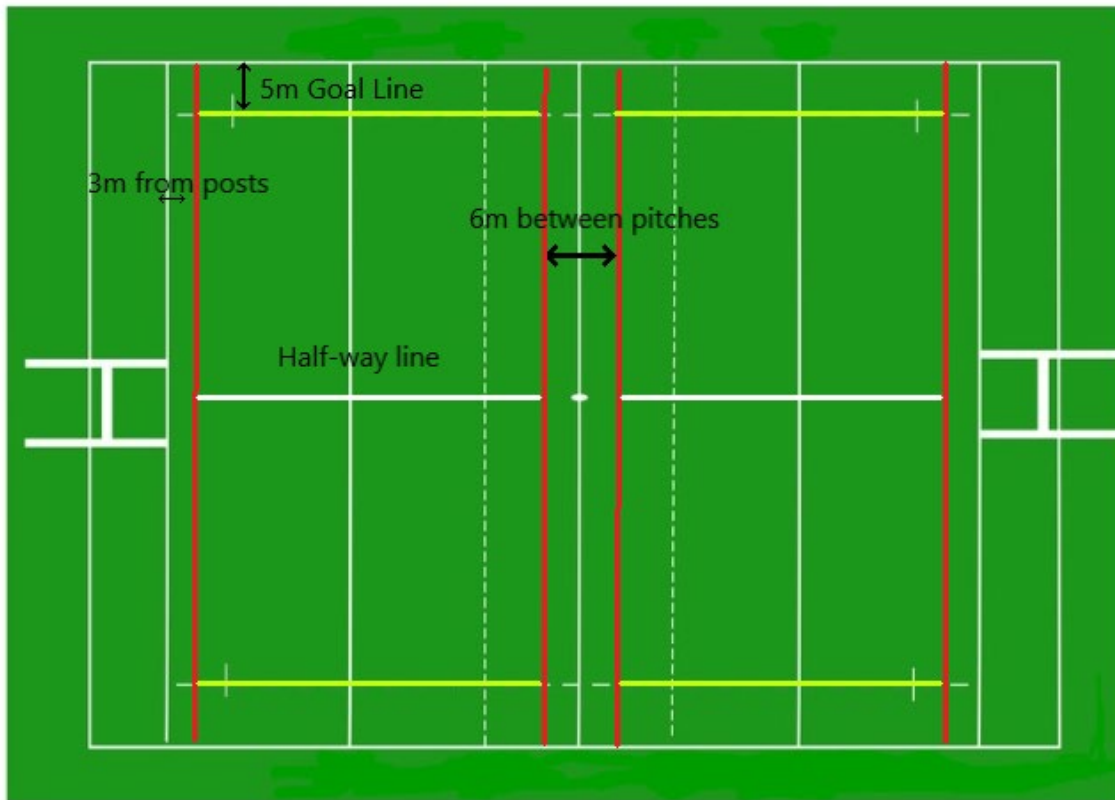


X Rugby - LAWS OF XRUGBY

The game format is flexible. X Rugby was designed as a seven a side variation but it can be further modified according to the Union's requirement.



X Rugby pitch markings can be created with cones or painted lines.

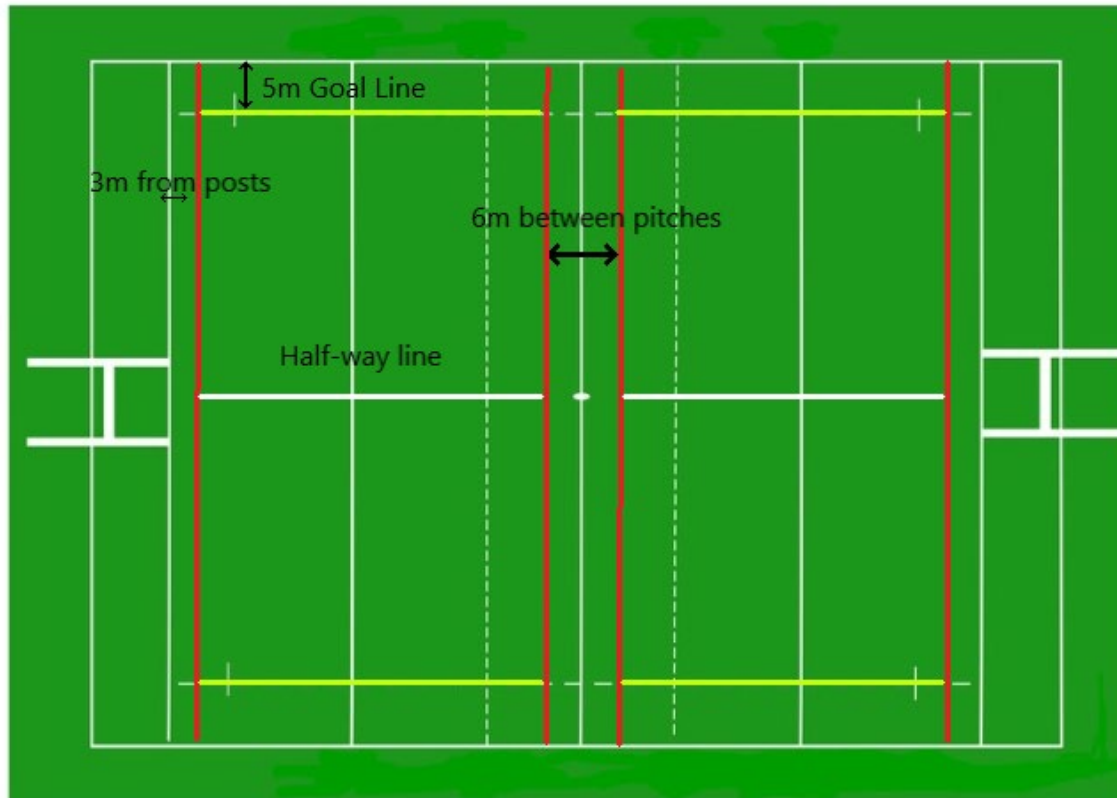
<u>Law area</u>	<u>Law variations</u>
<u>The ground</u>	<ol style="list-style-type: none">1.) The dimensions of the playing area are half pitch of a standard rugby pitch as shown in the ground diagram.2.) Where two games are played side-by-side, (e.g. cross pitch on a full-size pitch) a minimum space of 6m must be created between the two pitches.3.) The touchline nearest the goal posts must be at least 3m away from the posts.
<u>Scoring</u>	<ol style="list-style-type: none">1.) A try results in a 5-point score.2.) A good conversion results 2 extra points after a try.
<u>Team</u>	<ol style="list-style-type: none">1.) Each team has no more than seven players in the playing area during play.2.) A team may nominate up to five replacements for each game.3.) No limitations on substitutions but can only be made when the ball is dead and with permission of the referee. Replacement can only be made at their designated area after the replaced player has left the field of play.
<u>Player's Clothing</u>	<ol style="list-style-type: none">1.) Spectacles are not allowed except contact-lenses, unless approved by organizer.2.) All players must wear a mouth guard.3.) The tournament organizer and the referees reserve the right to disallow any of players to

	play the game who fail to fulfill the requirement.
<u>Ruck</u>	1.) A ruck comprises a maximum of two players (max 2v2 at contest) from each team. Not counting the player on the ground who has been tackled. Sanction: Penalty.
<u>Maul</u>	1.) A maul comprises a maximum of three players (3v3 at contest) from each team. Sanction: Penalty.
<u>Tackle</u>	<p>1.) The tackler must grasp the ball carrier below the armpits, on the shirt, shorts or around the legs.</p> <p>2.) A player must not tackle, or attempt to tackle, an opponent above the line of the armpit, even if the tackle starts below the line of the armpit. Sanction: Penalty.</p> <p>3.) When a tackle is made, two offside lines are created, parallel to the goal lines, one for each team. Each offside line runs through the hindmost body part of the player(s) on the ground.</p> <p>4.) A player from either team not involved in the tackle may play the ball only by entering from behind the hindmost body part of the player(s) on the ground. This player can only be tackled when the ball is lifted from the ground and they have made a move to step, run, pass or kick the ball. Sanction: Penalty.</p> <p>5.) The offside line remains until the ball is lifted from the ground by an arriving player.</p>
<u>Hand-off</u>	1.) A hand-off must be a push action below the line of the arm pit. Sanction: Penalty.
<u>Scrum</u>	<p>1.) A scrum is formed by any three players from each team.</p> <p>2.) Neither team is allowed to push from the mark, but the scrum is contested in that both teams can hook the ball and thereby win possession in the scrum.</p> <p>3.) Hooker is not allowed to hook the ball early or have their feet up before the ball goes in. Sanction: Free kick.</p> <p>4.) No player is permitted to go past the midpoint of the scrum, where the front rows come together, until the ball is lifted by the scrum half of the team which gains possession of the ball.</p>
<u>Lineout</u>	<p>1.) A lineout is formed by at least three players from each team including the player who throws the line-out. Defending team can choose to match the number or fewer but cannot excess. Sanction: Free kick.</p> <p>2.) Participating players stand within 5m to 15m from the throwing point. Non-throwing team must have a player remaining at 2x2m from the throwing point. Sanction: Free kick.</p> <p>3.) Line-out is contestable by any ways except lifting players are not allowed. Teams have to remain a clear gap in between during the lineout . Sanction: Free kick.</p> <p>4.) Non-participating players of both teams should remain 10metres behind the lineout until the lineout ends. Sanction: Penalty.</p> <p>5.) Lineout ends either the ball is caught by a participating player or go over 15metre.</p> <p>6.) The ball has to be thrown in straight line and reach 5m before it hits the ground or is played. Sanction: Option of lineout or scrum. If the ball again is not thrown straight again, a</p>

	scrum is awarded to the team that originally threw in the ball.
<u>Kicking</u>	<ol style="list-style-type: none"> 1.) Kicking is allowed in open play, the ball must be kicked into the ground (in the style of a grubber kick). Sanction: Penalty. 2.) If, from a grubber kick, the ball goes straight out (the ball does not touch the down before into touch), lineout will be awarded to opposite team in line of where the kicker kicked the ball. 3.) If, from a grubber kick, a defender touches down in their own in-goal, or if the ball goes dead, play is restarted with scrum for non-kicking team at where the kicker kicked the ball.
<u>Starts and restarts</u>	<ol style="list-style-type: none"> 1.) Kick off with a drop kick and the ball has to reach 10m. Kicking team has to be behind the kicker. Sanction: Free kick at midpoint. 2.) The team who scores a try will restart the game at the middle of the pitch, with a drop kick within 30 seconds after the conversion. Sanction: Free kick at midpoint. 3.) Quick tap is allowed at the referee mark. Defense team cannot interfere the play intentionally until they reach 10m away from penalty mark or already reach their own try line. Sanction: Penalty. Play on if the attacker runs into an offside defense player who has no intention to interfere the play.
<u>Conversion</u>	<ol style="list-style-type: none"> 1.) Conversion kick will be awarded to the team who scores a try. 2.) It will be kicked under the post, where the post is set up at middle of the pitch (given playing at cross pitch) 3.) The kick must be performed with a drop kick.
<u>Foul play</u>	<ol style="list-style-type: none"> 1.) Any player issued with a yellow card leaves the field of play for 2 minutes and cannot be replaced within that period.
The rest of Sevens rules under World Rugby apply unless it is listed in this form. HKCR reserve the final right of explanation.	

中學學界男子乙組X Rugby規則

x Rugby 的比賽形式由七人制欖球轉化而成，內容很彈性，並根據總會的要求進一步修改。



X Rugby 使用色碟或畫線來標記球場。

規則範圍	規則變化
<u>球場尺寸</u>	<ol style="list-style-type: none">1.) 比賽場地的尺寸是半個標準欖球場，如上圖所示。2.) 如果兩場比賽並排進行，兩個比賽場地之間必須預留至少 6 米的空間。3.) 與球門柱最近的邊線必須與球門柱保持至少 3 米距離。
<u>得分</u>	<ol style="list-style-type: none">1.) 達陣得 5 分。2.) 達陣後如射入附加罰球可得額外 2 分。
<u>球隊組成</u>	<ol style="list-style-type: none">1.) 比賽期間，每隊在比賽區域內的球員不超過七名。2.) 每隊每場比賽最多可提名五名後備球員。3.) 換人次數沒有限制，但只能在死球時且得到球證許可的情況下進行。換人程序只能在指定區域進行，後備球員需在被替換的球員離開比賽場地後方能入替。

<u>球員裝備</u>	1.) 除隱形眼鏡外，不允許佩戴眼鏡，除非事先得到大會許可。 2.) 所有球員必須佩戴牙膠。 3.) 賽事主辦方和球證有權禁止不符合要求的球員參賽。
<u>Ruck</u>	1.) 每個 Ruck 每隊最多由兩名球員組成（競爭上限為 2 對 2），地上被攔截的球員並不計算在內。 判罰：罰球。
<u>Maul</u>	1.) 每個 Maul 每隊最多由三名球員組成（競爭上限為 3 對 3）。 判罰：罰球。
<u>攔截</u>	1.) 攔截隊員必須抓住持球者的腋窩以下位置或腿部。 2.) 球員不得在腋窩線以上攔截或試圖攔截對手，即使攔截是從腋窩線以下開始的。 判罰：罰球。 3.) 當攔截時，會產生兩條與球門線平行的越位線，每隊一條。每條越位線都穿過地面上球員的最後身體部分。 4.) 沒有參與攔截的兩隊球員只能從地面球員最後身體部分進入 Ruck。只有當球員從地面拾起球並且做出了跨步、跑動、傳球或踢球的動作時，該球員才能被攔截。 判罰：罰球。 5.) 越位線保持不變，直至到達的球員拾起球為止。
<u>Hand-off</u>	1.) Hand-off 動作必須是腋窩線以下的推力動作。 判罰：罰球。
<u>鬥牛</u>	1.) 鬥牛由雙方任何三位球員組成。 2.) 雙方球員需保持抓實直至球離開鬥牛: 勾球員需抓實兩位己方支柱球員，而支柱需抓實對方支柱和己方勾球員。 判罰：任意球。 3.) 任何球隊都不可向前推，但是可以爭球，在鬥牛中勾球並從而贏得控球權。 4.) 勾球員不得過早勾球或在球進鬥牛前抬起腳。 判罰：任意球。

<p><u>界外球</u></p>	<ol style="list-style-type: none"> 1.) 界外球由每隊至少三名球員組成，包括擲球員。防守方可以選擇匹配人數或更少，但不能超過。判罰：任意球。 2.) 參與競爭界外球的球員需處於距離邊界起 5 米至 15 米內。非投擲隊必須有一名球員與投擲點保持 2x2 米的距離。判罰：任意球。 3.) 競爭界外球不可用任何方式舉起球員。在競爭中，兩隊之間必須保持適當距離。判罰：任意球。 4.) 兩隊非競爭界外球之球員均應保持在爭球員後方 10 米直至界外球結束。 判罰：罰球。 5.) 當球被競爭球員接住或超出 15 米時，界外球結束。 6.) 球必須沿直線擲出，並在落地或接球前達到 5 米。 判罰：可選擇換隊界外球或鬥牛。如果球再次沒有被直線擲出，則最初擲球的球隊將獲得鬥牛。
<p><u>踢球</u></p>	<ol style="list-style-type: none"> 1.) 比賽期間可以踢球，球必須踢向地面（以 Grubber kick 的方式）。 判罰：罰球。 2.) 如 Grubber kick 直接把球踢出界（球在出界前未接觸地面），會由對方球隊於踢球者踢球位置的對向的邊界上擲界外球。 3.) 如 Grubber kick 後，防守球員於己方達陣區把球觸地，或者球直接穿出達陣區出界，則由非踢球隊在踢球者踢球的地方以鬥牛方式重新開始比賽。
<p><u>開球及重新開球</u></p>	<ol style="list-style-type: none"> 1.) 以 Drop kick 開球，球必須到達 10 米。開球隊球員必須在踢球者身後。 判罰：中場任意球。 2.) 達陣球隊將在球場中間重新開始比賽，並在附加罰球後 30 秒內踢開球。 判罰：中場任意球。 3.) 允許在球證知悉情況下於標記處快速開始罰球。防守球員在到達距離罰球線 10 米後或已經到達自己的達陣線前，不能故意干擾比賽。 判罰：罰球，但不能再次快開。 如果進攻方撞到無動作干擾比賽的越位防守球員，則繼續比賽。
<p><u>附加罰球</u></p>	<ol style="list-style-type: none"> 1.) 達陣得分的球隊將有一次附加罰球的機會。 2.) 踢球點為球柱下，球柱設置在球場旁邊。 3.) 踢球必須以落踢進行。

<u>犯規</u>	
	1.) 任何被黃牌警告的球員必須離開比賽場地 2 分鐘，並且不能被替換。

除非在此表格中列出，其他規則均按照世界欖球聯盟的七人欖球規例執行。
如有任何爭議，以英文版本為準。中國香港欖球總會擁有最終解釋權。