

X7 Rugby

WHAT IS IT?

X7 RUGBY is an alternative format of rugby that involved playing across the pitch, offering a simple to understand, adaptable version of the game, with contact as a core element.



TARGET AUDIENCE

1. New Male & Female players
2. Retired & Social players

LAW VARIATIONS



TACKLE

Below armpit level and arms must be wrapped at or prior to shoulder contact



SCRUM (Passive)

3 players, no pushing



KICKING

Must be directed into the ground and only occur in open play



LINEOUT

3 players (2 to jump, 1 to throw).
No lifting

OTHER INFORMATION



7 PLAYERS PER TEAM

5 rolling substitutes



PENALTIES, FREE KICKS & KICK OFFS

Are ALL tap & play.
All kicks must be grubber kicks



PITCH DIMENSIONS

LENGTH 70M

WIDTH 50M

5 pts

TRIES

5 points



HAND OFFS

No hand offs to face.

Please use the following link to access World Rugby X7s laws:
laws.worldrugby.org/en/xrugby

Please contact WRU staff for further information regarding formalised X7s competitions.