

SEVENS RUGBY PRIMER



So you're new to the game of Sevens Rugby? USA Sevens Rugby is here to help with this Sevens Rugby Primer to help get you ready for the 2010 USA Sevens in Las Vegas.

GAMEPLAY

- Rugby sevens is a team-based, open-field game.
- The object of the game is to move the ball downfield and score.
- The ball may be passed laterally or backward, never forward.
- The ball can only be advanced by running or kicking the ball forward.
- Unlike American football, there is no blocking in rugby.



Each match consists of 2 seven-minute halves

Each team has **seven** players on the field



Only 3 people per team in the scrum

SCORING

A player carries the ball and touches it down in the tryzone. This is known as a "try"

5
POINTS

Immediately following a "try", a conversion is then kicked (for an extra point)

2
POINTS

A penalty kick can be taken after an infraction

3
POINTS

TOURNAMENT



- 16 nations are divided into four pools.
- Day 1, each team plays the other three teams in the pool.
- Day 2, teams are shuffled based on their previous performance.
- Top teams compete for the USA Sevens Cup.
- 44 matches are played over the two day event.



www.USASevens.com