

International Youth Rugby Tournament
London Games 2025
London, England
18-20 April 2025
www.londoniumgames.com



Rugby Venue

Copthall Playing Fields
off Champions Way, Page St,
London NW4 1PS

Rugby 7s Regulations

Most Important Rule - FAIR PLAY

It should be needless to say, but we expect fair play from all teams. In the spirit of Rugby London Games and United World Games, please respect your opponents as well as your teammates, the referees, fans and anyone else you encounter on and off the pitch, and on and off the premises. We play and behave fair, show appreciation, and leave places the same or better than we found them.

Thank you for leading by example and making a difference through Rugby.

1. Age Groups & Playing Time

Each half of a match lasts 7 minutes playing time. The duration of a full match should last no longer than 14 minutes. After a total of 14 minutes playing time, the referee must not allow extra time for a drawn match to be played. Half-time will be 3 minutes. The only exception is the U10, where each half lasts 5 minutes.

Boys:

Category	Cutoff Date	Playing Time
U 18	01.01.2006 and younger	2 x 7 min
U 16	01.01.2008 and younger	2 x 7 min
U 14	01.01.2010 and younger	2 x 7 min
U 12	01.01.2012 and younger	2 x 7 min
U 10	01.01.2014 and younger	2 x 5 min

Girls:

Category	Cutoff Date	Playing Time
U 18	01.01.2006 and younger	2 x 7 min
U 16	01.01.2008 and younger	2 x 7 min

Exception permits:

Due to different cutoff dates of the various national Rugby Federations, exceptions may be issued in accordance with our statutory exception rule. As per this rule, a maximum of **2 players** per team are allowed to **exceed the respective age limit by up to but no more than 6 months**. These players must be announced to the Organizing Committee and marked on the corresponding Squad List accordingly.

Important information:

Up to U14 level it is allowed to enter the tournament with mixed teams, but please note that mixed team participation will be the sole responsibility of the team coaches and not of the Tournament Organisation and Direction, respective Rugby Unions, United World Games Organisation and the London Games.

2. Squad List & ID Verifications

For each participating team a squad list has to be submitted to the Organizing Committee (via email to office@londongames.com), which will be checked, signed and handed out to the respective team representatives upon checking in London. The coaches are requested to carry the signed squad list, as well as player's licences or IDs of all athletes with them to all games.

If opposing coaches or our referees/judges request a check of your squad list at the tournament, please have photo IDs of your players ready in addition to the verified digital list. Upon request, **every player must be able to verify his or her identity** by showing a valid photo ID card. In case of a suspected violation of a cutoff date or the use of an ineligible player, squad list and ID have to be checked in coordination with the referee/venue supervisor. A **violation results in an automatic defeat** for the concerned team.

Generally, it is allowed for athletes to play in 2 separate teams, as long as they are not entering the same competition, yet they also have to appear on the respective squad lists of both teams (a player of the U14 may for example also be a member of a team participating in the U16 competition and compete for both teams, provided the tournament schedule allows it). Should a club enter one and the same competition with more than one team, they are forbidden to move players between these teams, **athletes may only appear on the squad list of ONE team per competition.**

3. Number of Players & Safety Rules

There is no maximum team size limit.

Each team in a game must field the same number of players.

Every player **must wear a gum-shield / mouth guard** as a safety measure for the protection of teeth and mouth.

No Jewellery of any form allowed on field during the game.

4. Tournament Meeting

On Thursday, April 18, a Rugby Manager / Coaches' Meeting will be held at (9:00AM, meeting Point: Check-In

Who should attend: All Coaches, Managers (Or a representative of the team) and Referees should attend this meeting where the Tournament and Referee Coordinators will discuss organisational matters, tournament schedules (any last min. unexpected changes), regulations; participants will have the opportunity to ask questions, address concerns, make suggestions and connect with one another. Individual players looking to join a team should also attend. If a team does not attend, it will be assumed that they have all the changes and will be expected to fulfill all obligations that were discussed at the meeting

Location / meeting point: Check-In

5. Delayed, postponed, abandoned and cancelled Matches

In the interest of all teams, maintaining the scheduled kick-off times of matches shall be the first priority in all instances, and in making up time in case of injury delays, etc.

However, in circumstances deemed necessary by the tournament coordinators and/or director, matches may need to be delayed, postponed, abandoned, or cancelled.

All decisions in this regard shall be communicated to teams by the tournament coordinators. If a team refuses to play or abandons a match in progress without the prior consent of the

referee, the tournament coordinator will decide the result of the game and may also disqualify the team from the competition. Score will be 0-30. In case of emergencies, unexpected or unavoidable changes please ensure we have your team contact person's WhatsApp number on our file.

Match Stoppage

If a match is stopped by the referee, procedure is as follows:

1. When a match is stopped either at half time or during the second half, and cannot be completed the same day, the result will stand.
2. When a match is stopped in the first half and cannot be completed the same day: a decision will be taken by the tournament coordinator.

6. Rules of the Competition

Before the tournament, please submit the team sheet to the tournament board and/or the Rugby coordinators.

As far as the general rules are concerned, the London Games will follow UWG Rugby tournament which is played according to the World Rugby laws of the game with U19 Seven's variation.

The age/grade regulations of the RFU (England) will apply, (see Regulation 15 <https://www.englandrugby.com/governance/rules-and-regulations/regulations>) with only a couple of adaptations as this is a tournament, focusing on safety and enjoyment of the players.

Rugby Ball Sizes

U10, U12, U14	Size 4
U16, U18	Size 5

6.1 Main Regulative Changes Summarised in Table Below:

U10	U12	U14	U16	U18	Comments
FUNdamentals		Contest			
Environment and Scoring					
2 x 5 min	2 x 7 min	2 x 7 min	2 x 7 min	2 x 7 min	These = max times ; ½ time = 3 mins
5 - 7*	7*	7*	7*	7*	
4	4	4	5	5	
Rolling Substitution					
½**	½**	Full pitch	Full pitch	Full pitch	
5 pts	5 pts	5 pts	5 pts	5 pts	
0	0	2 pts	2 pts	2 pts	
No Conversion	No Conversion	In front of posts			
During the Game					
Yes	Yes	Yes	Yes	Yes	
Fending below armpit allowed	Fending below armpit allowed	Fending below armpit allowed	Fending allowed	Fending allowed	
3 players *** No pushing and no contest	3 players *** No pushing and no contest	3 players No pushing, hooking allowed	3 players 1,5m / 45° contested	3 players 1,5m / 45° contested	Safety is paramount!

Lineout	0 Free Pass, defenders 7m	0 Free Pass, defenders 7m	Contested, no lifting	Free Pass is taken from mark of touch (5m in)
Penalty / Free Kick	Free Pass	Free Pass		
Kicking (general play)	No kicking	No kicking		
Kick-off after try	Free Pass (restart non-scoring side)	Free Pass (restart non-scoring side)		

* These numbers are maximums. If a team doesn't have enough players to start a game, they lose the game, but a game should then still be played with equal numbers.

** ½ Field: Touchlines are 5m from Goal Line and 10m from Halfway Line; Goal Lines are 5m from Touch Lines; Dead-Ball-Line is the Touch Line. **No Spectators between the fields!**

*** Defending Scrum Half must join, but not tackle when ball emerges. Ball must be passed by Scrum Half.

**** Free Passes – background to implementation:

- 1) RFU is using Free Passes up to U13 boys in certain set pieces as a SAFETY measure;
- 2) Past difficulties with scrums, penalties & lineouts lead to loss of playing time & ENJOYMENT;
- 3) Following extended pandemic limitations, preferable to simplify to reduce risks of injury.

6.2 Definitions

1) Head Injury

In the case of a clear head injury, this will result in a player not being permitted to play in remainder of tournament, unless cleared by an independent medic (doctor, not a physio). Medical clearance must be submitted to Tournament Directors by London Games Doctor/ Paramedic. Referee or Referee Manager makes decision on allowing the player back onto the field or not.

2) Squeeze Ball

No player shall use the technique known or referred to as "Squeeze Ball".

"Squeeze Ball" is a technique where the ball carrier goes to ground, head forward (touching or close to the ground, irrespective of immediate contact with opponents, usually keeping

parallel to the touchline, holding and protecting the ball close to the chest and, when on the ground, pushing the ball back between the legs. Free Kick is the sanction.

3) Sin Bin

If a player is temporarily suspended (yellow card = 2 minutes of playing time), the countdown begins at the time when the player arrives in the "Sin Bin" area designated by the Tournament Directors.

4) Free Pass

A "Free Pass" is used to simplify and accelerate the start and restart of the game in younger age grades and to encourage continuity. At a free pass, the opposition must be 7 metres back from the mark. At a free pass, the passer must start with the ball in both hands and, when the referee calls "Play", pass the ball backwards through the air to a member of their team. For safety reasons, no player may run until the pass is made.

5) Substitutions and Replacements

Rolling substitutions are permitted and substituted players are permitted to re-enter the game at any time. Substitutions can only take place with the referee's consent and only when the ball is dead. The Assistant Referee/4th Official, where available, should be alerted in good time on the touch line to facilitate the substitution.

6) Fending

Fending ("hand-off") is a permitted action, taken by a ball-carrier to fend off an opponent, using the palm of the hand. A ball-carrier is permitted to fend off or to use a "hand-off" on an opponent provided excessive force is used and also no "stiff arm" is used.

6.3 The final ranking after the group matches:

- a) The teams' ranking in the final table of a group is determined by the amount of competition-points they won (As per Table in section 4)
- b) In case of two or more teams on equal competition-points in the final table of a group, only the matches between these teams will count to determine their ranking (**1** – competition-points from these games, **2** – score difference in these games, **3** – higher number of scored points in these games).
- c) If the match between two teams on equal competition-points resulted in a draw or if more teams are still equal on the criteria above (**1, 2, 3**) then the score difference of all preliminary round matches of the concerning group is taken into account.
- d) If the overall score difference is equal as well, the lower number of conceded points will determine the ranking.

- e) If the number of conceded points is equal as well, the higher number of wins in all games determines the ranking.
- f) The last resort is a decision by drawing lots or coin spin, done by the London Games Organizing Committee through the Rugby Tournament Manager.

6.4 Allocation of competition-points:

Win	4 Points
Draw	2 Points
Loss	1 Point
No show	0 Points

7. Finals

No draw game!

- A draw in a final game will be decided in a seven (7) minute sudden death period (in U10 and U12 in a five (5) minute period).
Sudden death means that the first score in the period ends the game. The final result will be the total aggregate score after the sudden death period (s)
- U14 and above: Should a game still be tied after the sudden death period, kicks for goal will start at the 5-metre line from the goal posts and move out 5 metres per kick until a winner is declared.
- U10 and U12 will continue with 5 minute sudden death periods, until a team scores.

8. Insurance & Disclaimer

The participants are not insured through the organizers. It is up to the coach of each team to make sure that his/her players and all the participants of the team are insured during the event. The organizers do not assume any kind of liability in case of illness, accidents or loss/theft of personal belongings.

With their participation the athletes accept the disclaimer of warranty for any kind of damage. No claims can be asserted against the organizing committee, the event sponsors, the city of London regarding damage or injuries.

Every athlete has to make sure that they are fully physically capable of participating without any medical objections.

Do not leave any valuables and/or expensive clothing and/or shoes in the locker rooms. This applies to all Team Officials and players, as well as supporters.

9. Red Cards & Disciplinary Proceedings

Any player receiving a **red card** for foul play is not only **sent off in the current game but will also be banned for the following game** in the London Games Rugby tournament. In addition, referees must report red cards to the Citing Commissioner in written form. The Citing Committee will organise a hearing and publish results as soon as possible after the Red Card offence. Team Manager, Tournament Board / Directors and Rugby England will be informed.

A second yellow card in the same game will also result in a ban for the following game.

Furthermore, the Tournament Board reserves the right to ban players, Coaches and Manager, as well as supporters, for more than one game or even suspend entire teams from the tournament if they act in a disrespectful manner towards referees, officials, coaches, spectators or opponents or if they misbehave on or off the pitch, at the stadium or housing premises or on the public transportation.

The team management is responsible for the behaviour of their own players, officials and spectators. Game values need to be respected by all concerned. Tournament officials reserve the right to ask individuals to be removed from the playing arena.

10. Federation Clearance

Should a participating team be registered within a regional or national federation, then it needs to be **cleared to take part in the London Games Rugby tournament by said federation**. The London Games Organizing Committee assumes that all participating teams are cleared by their federation to compete in our Rugby tournament.

Teams that are not registered within a federation are allowed to participate in the London Games Rugby tournament (for example school teams).

The regulations at hand apply for all participating teams.

Please note: Teams, whose federations have a Cross-border Agreement with the England Rugby Federation do not need additional clearance for the London Games participation.

11. Final remark

The organisers and coordinators of the London Games, and the respective sports competitions, shall assume that each participant, coach, manager and team leader/ captain, has **read and understood** all the sections of these rules and regulations. All Teams to ensure they are familiar with the base laws of the game, which have been modified for this Tournament.

IMPORTANT:

In emergencies the emergency number 111 or 999 must be called. Please also note that if an injured athlete has to be transported to the hospital by ambulance, a coach, manager or parent/guardian of the affected team must always accompany them.