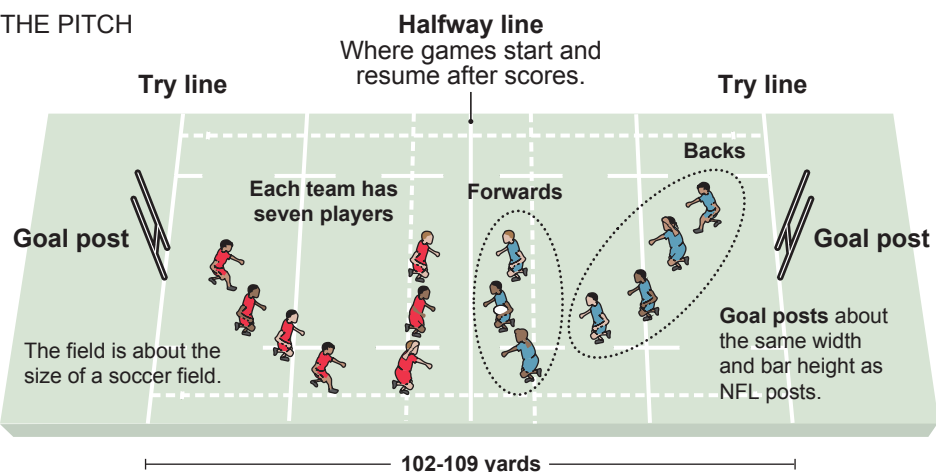


# Rugby Sevens' Olympic kick-off

For the first time Rugby Sevens will be played in the Olympics. Sevens differs from rugby union – which was last played at the Olympics in 1924 – in that it has half as many players and the game is much shorter in duration, making for a faster paced game with fewer stoppages.

## THE PITCH



**Games are 7 min. in a half**  
10 min. a half in final  
Extra time is added if needed.

## Kick-off starts the game

The winner of a coin toss chooses to kick or pick an end of the field.



**The ball is moved down the field** by running, kicking and passing backwards.

## TACKLE

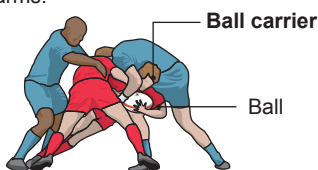
**Tackle** bringing another player to the ground



**Ruck** Opposing players compete for turned over ball following a tackle.

## MAUL

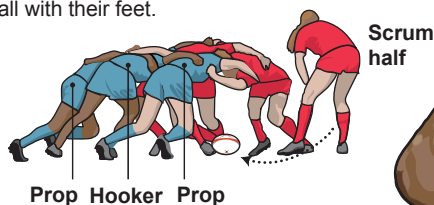
Ball carrier is held off the ground by opponents and at least one teammate, and players attempt to control possession of the ball using their arms.



If a maul is too long, a scrum is awarded in favor of the team moving forward.

## SCRUM

For minor infringements. Three players on each side link arms and the ball is rolled through the middle. Both teams contest the ball with their feet.



Both teams fight for the ball with their feet.

## PENALTIES

**Yellow card** 2 min. suspension from game.

**Red card** out of game for rest of match.

Penalties can result in:

**Kick for goal** a kick between the posts to score.

**Touch kick** kick over the sideline, then get the ball back from a lineout.

**Tap** touch the ball with a foot, then run or pass.



## SCORING

**2 points** ● ●

Conversion: a kick for extra points after a try.

**3 points** ● ● ●

Penalty or drop goal kick.

**5 points** ● ● ● ● ●

Try: grounding the ball on or over the try line.

