



2024
RIVERSIDE RUGBY'S
5TH ANNUAL

Summer
TOUCH 7S

RIVERSIDE RUGBY SUMMER 7S TOUCH RULES

- 7 players per team on the field. (Unlimited rolling substitutions).
- 2 x 7 minute halves (2 minute half time).
- It's touch – there is no tackling (one hand minimum).
- The ball must be passed backwards.
- A try is scored when the ball is grounded over the opposition's tryline.
- Kick off to start and after a try, the scoring team kicks off. 5m exclusion zone around the receiver.
- A team has 7 touches to score before handing the ball over to the other team.
- When touched, place the ball and a supporting player passes the ball. The defending team must be 5 metres back after a touch.
- A turnover occurs if the attacking team drops the ball forward, passes forward, loses the ball over the sideline or uses up their seven touches.
- Kicking is permitted on the last touch only, however kicks must be along the ground.
- The referee's decision is final.