Rugby 7s Rules and Regulations:

Scoring: seven points for placing the ball down over the try line and two points for the subsequent kick through the upright posts and you receive three points for a penalty kick.

* You cannot pass or throw the ball forwards but you can kick the ball
* Designed to be a faster, free flowing game with less emphasis on power or tactical kicking and more on speed, running and passing, the amendments below are what make the game so explosively enjoyable to watch.
* Rugby 7s has just seven players on each team. The teams are comprised of three forwards and four backs, although even the forwards, traditionally the heavyweights in rugby, are comparably slim line in sevens.
* Games are played in two seven minutes halves with a single minute for half time. Final games are played over two 10 minute halves with a 2 minute break for half time. The short time for the game is designed to encourage attacking play.
* Conversions after a try are taken as a drop goal rather than a place kick and must be taken quickly – within 40 seconds.

1. Yellow carded players are sin binned for just two minutes, rather than ten.
2. Line outs and scrums are far less important and usually contested by just two or three players.
3. Teams are allowed to make a total of three substitutions, from a choice of five replacements.