

RUGBY SEVENS FOR BEGINNERS

So you're new to the game of Rugby Sevens? The Lakefront 7s is here to help with this beginners guide to the game so you can follow all the action on the pitch here in Milwaukee.

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.
- There is no blocking, and only the ball carrier may be tackled.



Each match consists of two, 7-minute halves.

Each team has
seven
players on the pitch



Only 3 people per team in scrums or lineouts.

SCORING

TRY

A player touches down the ball in the tryzone.

5
POINTS

CONVERSION KICK

Following a try, a conversion is kicked.

2
POINTS

PENALTY KICK

Taken after an infraction of the laws.

3
POINTS

TOURNAMENT

- Men's and Women's teams are organized by skill level into brackets.
- Brackets of 4 play round robin format to identify seeds for playoffs.
- Top seed(s) in each bracket advance to semi-finals.
- Winners of the semi-finals advance to the championship match.
- Qualifier teams are awarded points to help qualify for Nationals.

