

Diagram Labels: Touch line, 22m line, 10m line, Halfway, Direction of play, Prop, Hooker, Prop, Scrum half, Fly half, Centre, Wing, Goal line, Goal posts, In-goal, 70m, 100m.

SCORING

- 1 Try** 5pts
Player runs ball over goal line
- 2 Drop-goal** 2pts
- Penalty** 3pts
- Conversion** 3pts
Ball kicked over crossbar

OBJECTIVE

Energetic, shorter form of **rugby union** with two teams of seven players. Ball is kicked forward or passed backwards between players by hand, amassing points by scoring tries

Game duration: 2 x 7-min halves

Full-size pitch means more space to cover, fast-paced play and more scoring opportunities

STRATEGIC GAME

Three-person scrum – two props and one hooker – push against opposing players

Winning ball is crucial for attacking moves that lead to tries

Prop: “Props up” scrum

Hooker
Hooks ball backwards

Scrum half
Feeds ball into scrum. Responsible for decision-making and linking play

Antoine Dupont (FRA)
Rugby 15s captain set for sevens switch