

# Wellington Sevens Tournament Rules

## Teams/squads

- Each team is allowed a squad of up to 12 people, but only 10 players can be named on a team for each game. Spare players must wear a bib if they are not playing
- If two teams from the same club are entered in the same code, up to three players can be named on both squads. These three players need to be the same across the weekend and cannot be rotated for different games
- Your squad must remain the same across the weekend. For example, if you have submitted two teams and one of your teams reaches a final, you cannot select players from both squads to play in the final game
- Each team must provide a referee, linespeople and umpires.

## Games

- Each game is 10 minutes per half with a two-minute half-time break
- A hooter will sound two minutes before the start of each game, with a shorter blast 30 seconds before throw-in
- The game will start whether all players are on the field or not so please ensure all players are there on time
- The referee will blow a warning whistle 30 seconds before second-half throw in
- Points awarded on the tables will be as follows:
  - Win – 2 points
  - Draw – 1 point
  - Loss – 0 points

Scoring difference will come into play if teams are level at the end of Saturday

- If a semi-final/final ends in a draw, two five-minute periods of extra time will be played  
There will be no extra time played on Saturday
- If teams are still level at the end of extra time, it will go to penalties. This applies in both football and hurling. Each team will take five penalties each
- Substitutions will be made by passing a baton between the player coming off and the player going on. This needs to happen at the gate on the halfway line of the pitch. Players cannot be on the pitch while holding a baton. Three batons per team will be available on the sideline

## Disciplinary Rules

- Two yellow cards equals a red card in all codes and the player will be sent off for the remainder of that game
- If a player receives a red card, they will not be banned for future games. In situations of serious violent conduct, further disciplinary action is at the discretion of the organising committee
- Abuse of referees will not be tolerated

### **Men's/women's football**

- Gum shields are mandatory
- All kick-outs must be taken from inside the big square. These can be from the hand or the ground
- 45s will be from the 45m line. These can be taken from the hand or the ground
- The mark will not be enforced in men's football
- Black cards will be enforced in men's football
- Yellow and red cards as normal in men's football
- In men's football, a yellow card followed by a black card equals a red card. The player is not allowed to be replaced in this instance
- The yellow card sin-bin will be enforced in women's football. This will result in a three-minute sin bin period

### **Hurling/camogie**

- Helmets are mandatory for hurling/camogie
- All puck-outs must be taken from inside the small square
- 65s will be from the halfway line
- Scores are only allowed from the opposition's half