

SOUTH WEST

RUGBY SEVENS

*** SCHOOLS CUP ***



Friday 10th June 2016
Clifton RFC - Bristol

Come and join in the fun at the
South West 7s
Schools Cup

*** FREE Entry ***

*** Year 9 (U14s) ***

*** 13:00pm - 16:00pm ***

*** To enter please email: info@southwest7s.co.uk ***

WWW.SOUTHWEST7S.CO.UK

SW 7s Schools Cup
10th June 2016
Tournament Rules & Regulations

Key Contact

Max Lueck (7 Bamboos Rugby), M: 0786 4177 476, E: max@7bamboosrugby.com

Timings

Registration: 12:00-12:45am

First Kick-Off: 1.00pm

Tournament Finish: Around 4.00pm.

Location

The tournament takes place at Clifton RFC

(Address: Cribbs Causeway, Bristol, Avon BS10 7TT | [Map](#))

Competition Format, Rules and Regulations

- Eligible players must be currently in year 9 (Date of Birth: 01/09/2001 to 31/08/2002)
- Each team must be limited to 12 players and 2 coaches/parents
- Games to be started promptly on agreed schedule time
- Competition draw and schedules will be made available prior to the event
- Teams must register in person
- The eight participating teams will be split into 4 teams across 2 pools
- Each team will play every other team in their respective pool once, followed by a final between the top two teams from each pool
- Each game will last 2x5minutes with a 2 minute break
- A team may change its players during each game on a "roll on roll off" basis. The new player entering the field of play can only join it with the permission of the referee.
- Restarts (post scoring) shall be done by the scoring team.
- Each team must supply a touch judge for each game.
- When a player has been temporarily suspended (yellow card), the player's period of suspension will for a period of 2 minutes. When a player has been permanently suspended (Red Card), the player may not play for the remainder of the tournament.

Prizes

The winning team receives a trophy.

Entry Fee

Entering a team will be free of charge.

Kit

All teams are responsible for wearing matching kit with clearly displayed numbers. In the event of a colour clash, the team listed second on the competition schedule will be required to change kit or wear bibs.

Changing Facility

Teams are advised to turn up in playing gear on the day as changing room space will be very limited.

Risk Assessment

Please find a detailed risk assessment form on the next page.

First Aid

A first aid support will be provided on the day. They will be located near to pitchside.

SW7s Schools Cup Risk Assessment

Hazard	Control Measure	Risk Factor	Likely	Severity	Risk Factor
Playing area (i.e. rugby pitch) Wet surface Objects on the pitch	Pre-match inspection by the referees and coaches. Clearing any unexpected hazards	Low	2	2	4
Goalposts Players collide with a goal post during the course of the game Collision can lead to potential head and upper limb injury	Referees ensure that padding is in place around each post	Low	1	4	4
Flag posts: Players collide with corner posts	Ensure corner flags are bendable				
Laws of the game Playing the game outside the law can cause serious injuries Scrum techniques Ruck techniques Tackle techniques	Referee need to ensure that all teams are aware of the rugby sevens laws. The referee decides if the knowledge level of the laws is adequate.	High	2	6	12
Recovery & Warm-up's Muscular injuries due to insufficient break length (fatigue) and lack of warm-up exercises	The teams need to have sufficient time for recovery between the games. The teams need to have sufficient time for warm-up exercises	Med	4	2	8
Dehydration Players feeling unwell due to lack of fluid intake	Ensure that every team is aware of provided sources of water	Low	1	2	2

Playing without gum shield	Referee asks the players to show their gum shields before each match	Low	1	6	6
Other potential injuries	First aid available on the field	High	2	6	12
Concussion	Players with a head collision are not allowed to play on before they had a concussion test				
Inflammation	Bleeding players are not allowed to play on				
Sunstroke	Tap water and roofed areas are available				