

All HK Secondary Schools Competition - Rules Variations differences - 2023-2025 season

A-Grade Boys & Senior Grade Girls	2023-2024 (Rugby 7s)	2024-2025 (Rugby 7s)
The ground	Full Rugby Pitch	
Scoring	<p>Try: Five points. When a try is scored, it gives that team the right to attempt a conversion, which must be a drop kick. Conversion: Two points. Penalty goal: Three points. Dropped goal: Three points.</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/8/sevens/</p>	
Replacements	<p>Replacements are made only when the ball is dead and only with the permission of the referee.</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/3/sevens/</p>	
Hand-off	<p>A ball-carrier is permitted to hand off an opponent provided excessive force is not used</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/law/9</p>	
Ruck	<p>When the ball has been clearly won by a team at the ruck, and is available to be played, the referee calls "use it", after which the ball must be played away from the ruck within five seconds. Sanction: Scrum.</p> <p>The ruck ends and play continues when the ball leaves the ruck or when the ball in the ruck is on or over the goal line.</p> <p>The ruck ends when the ball becomes unplayable. If the referee decides that the ball will probably not emerge within a reasonable time, a scrum is awarded.</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/law/15</p>	
Maul	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/law/16</p>	
Scrum	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/19/sevens/</p>	
Lineout	<p>A minimum of two players from each team are required to form a lineout. lifting is allowed. Quick throw is allowed.</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/18/sevens/</p>	
Kicking	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/18/sevens/</p>	
Penalty and free-kick	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/20/sevens/</p>	
Starts and restarts	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/12/sevens/</p>	
Foul play	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/9/sevens/</p>	

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B-Grade Boys	2023-2024 (X Rugby)	2024-2025 (Rugby 7s)
The ground	<p>The dimensions of the playing area are shown in the ground diagram. Where two games are played side-by-side, (e.g. cross pitch on a full-size pitch) a minimum space of six metres must be created between the two pitches.</p> <p>On a full-size pitch, the in-goal areas are between the full-pitch touchlines and full-pitch 5-metre lines.</p> <p>The touchline nearest the goal posts must be at least 3m away from the posts.</p>	Full Rugby Pitch
Scoring	<p>Try: Five points.</p> <p>When a try is scored, it gives that team the right to attempt a conversion, which must be a drop kick in front of the goal post. Kick must be complete within 30 seconds (playing time) from the time the try was awarded.</p> <p>Sanction: Kick is disallowed.</p> <p>Conversion: Two points.</p>	<p>Try: Five points.</p> <p>When a try is scored, it gives that team the right to attempt a conversion, which must be a drop kick.</p> <p>Conversion: Two points.</p> <p>Penalty goal: Three points.</p> <p>Dropped goal: Three points.</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/8/sevens/</p>
Replacements	<p>A team may replace any number of players only when the ball is dead and only with the permission of the referee and match official.</p> <p>Players entering the field of play must do so at the half-way line after the replaced player has left the field of play.</p>	<p>Replacements are made only when the ball is dead and only with the permission of the referee.</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/3/sevens/</p>
Hand-off	<p>A hand-off must be a push action below the line of the arm pit.</p>	<p>A ball-carrier is permitted to hand off an opponent provided excessive force is not used</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/law/9</p>
Ruck	<p>A ruck comprises a maximum of two players from each team.</p> <p>A player from either team not involved in the tackle may play the ball only by entering from behind the hindmost body part of the player(s) on the ground. This player can only be tackled when the ball is lifted from the ground and they have made a move to step, run, pass or kick the ball.</p> <p>The offside line remains until the ball is lifted from the ground by an arriving player.</p>	<p>When the ball has been clearly won by a team at the ruck, and is available to be played, the referee calls "use it", after which the ball must be played away from the ruck within five seconds. Sanction: Scrum.</p> <p>The ruck ends and play continues when the ball leaves the ruck or when the ball in the ruck is on or over the goal line.</p> <p>The ruck ends when the ball becomes unplayable. If the referee decides that the ball will probably not emerge within a reasonable time, a scrum is awarded.</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/law/15</p>
Maul	<p>A maul comprises a maximum of three players from each team</p>	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/law/16</p>
Scrum	<p>A scrum is formed by any three players from each team.</p> <p>Neither team is not allowed to push from the mark, but the scrum is contested in that both teams can hook the ball and thereby win possession in the scrum.</p> <p>No player is permitted to go past the midpoint of the scrum, where the front rows come together, until the ball is lifted by the scrum half of the team which gains possession of the ball.</p>	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/19/sevens/</p>
Lineout	<p>A lineout is formed by any three players from each team.</p> <p>The third player from the throwing team will throw the ball in, with the third player from the opposing team being within five metres of the touchline.</p> <p>No lifting is allowed.</p> <p>No Quick throw is allowed.</p>	<p>A minimum of two players from each team are required to form a lineout.</p> <p>lifting is allowed.</p> <p>Quick throw is allowed.</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/18/sevens/</p>
Kicking	<p>Kicking is only allowed in open play, from the hands and the ball must be kicked into the ground (in the style of a grubber kick). The sanction for any other type of kick is a tap and play at the place of infringement.</p> <p>If, from a grubber kick, the ball goes into touch before touching the ground, a tap and play is awarded to the non-offending team at the place from which the kick was made.</p> <p>If, from a grubber kick, a defender touches down in in-goal, or if the ball goes dead, play is restarted with a tap and play from the 15m line</p>	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/18/sevens/</p>
Penalty and free-kick	<p>Any penalty offences result in a tap and play.</p> <p>The team awarded a penalty can choose to take a quick tap and play from the place of the infringement or wait for the referee to take the offending team back ten metres, or to their try line if the offence occurred within 10m of it.</p> <p>Any free-kick offences result in a tap and play</p>	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/20/sevens/</p>
Starts and restarts	<p>A team kicks off with drop kick which must be taken at or behind the centre of the half way line. Restart following a score takes place on the referee's signal and is a drop kick by the scoring team.</p>	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/12/sevens/</p>
Foul play	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/9/sevens/</p>	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/9/sevens/</p>

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C-Grade Boys & Junior Grade Girls	2023-2024 (Try Rugby - Half Pitch)	2024-2025 (Try Rugby - Full Pitch)
The ground	The dimensions of the playing area are used as half pitch. 5 Metre line will be the try line of teams.	Full Rugby Pitch
Scoring	<p>Try: Five points.</p> <p>When a try is scored, it gives that team the right to attempt a conversion, which must be a drop kick in front of the goal post. kick must be complete within 30 seconds (playing time) from the time the try was awarded. Sanction: Kick is disallowed.</p> <p>Conversion: Two points.</p>	
Replacements	<p>Replacements are made only when the ball is dead and only with the permission of the referee.</p> <p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/3/sevens/</p>	
Hand-off	NA	
Ruck	NA	
Maul	NA	
Scrum	<p>A scrum is formed by any three players from each team.</p> <p>Neither team is not allowed to push from the mark, but the scrum is uncontested in that feed in teams can hook the ball and thereby win possession in the scrum.</p> <p>No player is permitted to go past the midpoint of the scrum, where the front rows come together, until the ball is lifted by the scrum half of the team which gains possession of the ball.</p>	
Lineout	<p>A minimum of two players from each team are required to form a lineout.</p> <p>No lifting is allowed.</p> <p>Quick throw is allowed.</p>	
Kicking	<p>All form of kicking is not allowed during the game, referee will be awarded a penalty to the opposition</p> <p><u>(Unless the kick-off and Conversion)</u></p>	
Penalty and free-kick	<p>Any penalty offences result in a tap and play.</p> <p>The team awarded a penalty can choose to take a quick tap and play from the place of the infringement or wait for the referee to take the offending team back ten metres, or to their try line if the offence occurred within 10m of it.</p> <p>Any free-kick offences result in a tap and play</p>	
Starts and restarts	<p>A team kicks off with drop kick which must be taken at or behind the centre of the half way line.</p> <p>Restart following a score takes place on the referee's signal and is a drop kick by the scoring team.</p>	
Foul play	<p>Base on Law of the game - World Rugby https://www.world.rugby/the-game/laws/variatiions/9/sevens/</p>	