Seven (7) players (male, female or mixed) in each team

TOUCHES not tackles

Seven (7) touches to score before ball given to opposition

PASS to a teammate or perform a BALL PLACE once you’re touched:

1. PASS
2. 2 seconds to pass &
3. 2 steps allowed
4. BALL PLACE
5. Defenders have to stand back 5 metres

When ball goes over the sideline a quick throw takes place

Kicking allowed in general play (depending on age and skill)

Turnovers - Ball goes to other team when the attacking team:

- Drops the ball forward
- Does a forward pass
- Uses up their 7 touches

**GAME LENGTH**
- 2 x 7min halves (with a 2 minute half-time break)
- There is no time off for injury or other stoppages

**FIELD SIZE**
There are two options:
- Half field = 60m x 35m
- Third field = 60m x 25m

**POINTS**
- Try = 5 points

**BALL SIZE**
- Official VIVA7s matchballs are played with a size 4 Gilbert Rugby ball