

Basic Beach Rugby Rules

The International rules of Rugby Football and Rugby Sevens apply to Beach Rugby, with the exception of the following points, which have been adjusted in order to encourage a free flowing game.

The Teams and Playing Time

Each team is made up of 5 players on the field and 3 substitutes on the bench. Teams have unlimited substitutions.

Duration of each game 5 minutes each way

Half-time 2 minutes

The Rules

- Play is bare foot
- Tackles are permitted
- Kicking is forbidden
- There are no scrums and no line-outs
- Playing the ball on the ground is forbidden
- The boundary for off-side is behind the foot of the last defender.

After the following occurrences, play will restart as follows:

Knock-on Player takes a penalty kick: Opponents must be 5 metres back

Line out Player takes a penalty kick: Opponents must be 5 metres back

Penalty Player takes a penalty kick: Opponents must be 5 metres back

After a Try is scored

The ball is placed in the middle of the half way line and the team who conceded the try, restarts the game. Opponents must be 5 meters away

In the case of a draw at the end of play

There will be a «sudden death» play-off. The first team to score will be declared the winner.

Infringements and Punishments

Temporary sending off (sin bin): 3 minutes

A player who is definitively sent off will be excluded from the rest of the tournament.