

Seven simple steps on how to play Touch 7s

How to play



One

You need seven (7) players (male, female or mixed) per team.

Two

It's touch only.

Three

You're allowed seven touches to score before handing the ball to the opposition.

Four

When touched you can either pass to a teammate within two seconds, take two steps or perform a ball place while defenders stand five metres back.

Five

When the ball goes over the sideline, a quick throw back takes place.

Six

Kicking is allowed depending on the age group and skill level.

Seven

A turnover occurs if the attacking team drops the ball forward, passes forward or uses up their seven touches.