

**International Youth
Rugby Tournament
United World Games 2026
Klagenfurt am Wörthersee/Austria
June 18-21, 2026**
www.unitedworldgames.com
Hotline: 0043/699 19010545



In Cooperation with:

Under the patronage of



Rugby Venues

Players Town / Stadium
Südring 207
9020 Klagenfurt

Koschatplatz
Lerchenfeldstraße 6
9020 Klagenfurt

Rugby 7s Regulations

Most Important Rule - FAIR PLAY

It should be needless to say, but we expect fair play from all teams. In the spirit of Rugby and UWG, please respect your opponents as well as your teammates, the referees, fans and anyone else you encounter on and off the pitch, and on and off the premises. We play and behave fair, show appreciation, and leave places the same or better than we found them.

Thank you for leading by example and making a difference through Rugby.

1. Age Groups & Playing Time

Each half of a match lasts 7 minutes playing time. The duration of a full match should last no longer than 14 minutes. After a total of 14 minutes playing time, the referee must not allow extra time for a drawn match to be played. Half-time will be 3 minutes. The only exception is the U10, where each half lasts 5 minutes.

Boys:

Category	Cutoff Date	Playing Time
U 18	01.01.2008 and younger	2 x 7 min
U 16	01.01.2010 and younger	2 x 7 min
U 14	01.01.2012 and younger	2 x 7 min
U 12	01.01.2014 and younger	2 x 7 min
U 10	01.01.2016 and younger	2 x 5 min

Girls:

Category	Cutoff Date	Playing Time
U 18	01.01.2008 and younger	2 x 7 min
U 16	01.01.2010 and younger	2 x 7 min
U 14	01.01.2012 and younger	2 x 7 min

Exception permits:

Due to different cutoff dates of the various national Rugby Federations, exceptions may be issued in accordance with our statutory exception rule. As per this rule, a maximum of **2 players** per team are allowed to **exceed the respective age limit by up to but no more than 6 months**. These players must be announced to the Organizing Committee and marked on the corresponding Squad List accordingly.

Important information:

Up to U14 level it is allowed to enter the tournament with mixed teams, but please note that mixed team participation will be the sole responsibility of the team coaches and not of the Tournament Organisation and Direction, respective Rugby Unions or of the United World Games Organisation.

2. Squad List & ID Verifications

Each participating team must submit its **squad-list** online via the UWG account at <https://my.unitedworldgames.com/> **by June 9th, 2026**, which then will be approved.

A team can only complete check-in and receive its relevant documents after the squad list has been successfully reviewed and approved.

If the squad list is not completed, an additional processing fee will be charged.

Coaches are required to carry the **UWG-approved squad list** and **player ID cards/passports** for all games. It is highly recommended to have a printed version of the squad list on hand to avoid any issues due to potential internet problems at the venues and to ensure access at all times.

During the tournament, coaches have the right to request a pre-game ID check of the opposing team and verify players. If this check is not requested before the match starts, the right to do so expires.

In addition, a maximum of two players from the opposing team may be checked during the time of the match. Player verification is carried out by the referees in coordination with the venue supervisors.

If a team:

1. uses players who do not meet the age requirements,
2. uses players who are not listed on the official squad list, or
3. uses a squad list that has not been approved by UWG,

the current match will be automatically recorded as a defeat for the respective team.

In the case of a repeated violation of the squad list regulations, the team will be disqualified from the tournament.

It is generally allowed for a player to participate in two different teams, as long as they are not competing in the same competition category. In such cases, the player must be listed on both squad list. (Example: A player competing in the U13 category may also be listed on a U15 team and play for both, as long as the match schedule allows it).

If a club enters multiple teams in the same category, players may not be moved between teams. Each player may only appear on the squad list of one team per competition.

3. Arrival at the Sports venue

All teams must arrive at their designated venue **no later than 15 minutes before** the start of the match and must check in with the **venue supervisor**.

If a team arrives, for example, only 10 minutes before the match or fails to check in properly, the game will be officially forfeited. However, the referee, together with the coaches of both teams, may decide whether the game will actually be forfeited or played as scheduled. If the team that arrived on time insists on the forfeit, it will be enforced accordingly.

The changing rooms will only be available approximately 10 minutes before the match, as they are reserved for the teams currently playing. Please note that changing rooms are shared with other teams. Teams are kindly asked to vacate the changing rooms promptly after the match to ensure a smooth transition for the following teams.

4. Number of Players & Safety Rules

The **maximum number of players** per team is **12**.

Each team in a game must field the same number of players.

Every player **must wear a gum-shield / mouth guard** as a safety measure for the protection of teeth and mouth.

No Jewellery of any form allowed on field during the game.

5. Tournament Meeting

On Thursday, June 18, a Rugby Manager / Coaches' Meeting will be held at 19:00 (7.00PM) at the Players Town / Stadium. Meeting Point: Check-In

Who should attend: All Coaches, Managers (Or a representative of the team) and Referees should attend this meeting where the Tournament and Referee Coordinators will discuss organisational matters, tournament schedules (any last min. unexpected changes), regulations; participants will have the opportunity to ask questions, address concerns, make suggestions and connect with one another. Individual players looking to join a team should also attend. If a team does not attend, it will be assumed that they have all the changes and will be expected to fulfil all obligations that were discussed at the meeting

Location: TBC / Meeting point: Players Town @Check-In

6. Delayed, postponed, abandoned and cancelled Matches

In the interest of all teams, maintaining the scheduled kick-off times of matches shall be the first priority in all instances, and in making up time in case of injury delays, etc.

However, in circumstances deemed necessary by the tournament coordinators and/or director, matches may need to be delayed, postponed, abandoned, or cancelled.

All decisions in this regard shall be communicated to teams by the tournament coordinators. If a team refuses to play or abandons a match in progress without the prior consent of the referee, the tournament coordinator will decide the result of the game and may also disqualify the team from the competition. Score will be 0-30. In case of emergencies, unexpected or unavoidable changes please ensure we have your team contact person's WhatsApp number on our file.

Match Stoppage

If a match is stopped by the referee, procedure is as follows:

1. When a match is stopped either at half time or during the second half, and cannot be completed the same day, the result will stand.
2. When a match is stopped in the first half and cannot be completed the same day: a decision will be taken by the tournament coordinator.

7. Rules of the Competition

Before the tournament, please submit the team sheet to the tournament board and/or the Rugby coordinators.

As far as the general rules are concerned, the UWG Rugby tournament will be played according to the World Rugby laws of the game with U19 Seven's variation.

The age/grade regulations of the RFU (England) will apply, (see Regulation 15 and age related Appendices) [Regulation 15 – Age Grade Rugby | Rugby Football Union](#). There are a couple of adaptations listed in this section as this is a tournament focusing on safety and enjoyment of the players.

Rugby Ball Sizes

U10, U12, U14	Size 4
U16, U18	Size 5

7.1 Main Regulative Changes Summarised in Table Below:

	U10	U12	U14	U16	U18	Comment
	Fundamentals		Contest			
	Environment and Scoring					
Time	2 x 5 min	2 x 7 min	2 x 7 min	2 x 7 min	2 x 7 min	These = max times ; ½ time = 3 mins
Players	5 - 7*	7*	7*	7*	7*	
Ball Size	4	4	4	5	5	
Subs	Rolling Substitution					
Field Size	½**	½**	Full pitch	Full pitch	Full pitch	
Try	5 pts	5 pts	5 pts	5 pts	5 pts	
Conversion	0 No Conversion	0 No Conversion	2 pts In front of posts	2 pts	2 pts	
During the Game						
Tackle*****	Below the base of the sternum	Below the base of the sternum	Below the base of the sternum	Below the base of the sternum	Below the base of the sternum	
Fending	Yes Fending below armpit allowed	Yes Fending below armpit allowed	Yes Fending below armpit allowed	Yes Fending allowed	Yes Fending allowed	
Scrum	3 players *** No pushing and no contest	3 players *** No pushing and no contest	3 players No pushing, hooking allowed	3 players 1,5m / 45° contested	3 players 1,5m / 45° contested	Safety is paramount!
Lineout	0 Free Pass, **** defenders 7m	0 Free Pass,**** defenders 7m	Contested, no lifting			Free Pass is taken from mark of touch (5m in)
Penalty / Free Kick	Free Pass	Free Pass				
Kicking (general play)	No kicking	No kicking				
Kick-off after try	Free Pass (restart non-scoring side)	Free Pass (restart non-scoring side)				

* These numbers are maximums. If a team doesn't have enough players to start a game, they lose the game, but a game should then still be played with equal numbers.

** 1/2 Field: Touchlines are 5m from Goal Line and 10m from Halfway Line; Goal Lines are 5m from Touch Lines; Dead-Ball-Line is the Touch Line. **No Spectators between the fields!**

*** Defending Scrum Half must join, but not tackle when ball emerges. Ball must be passed by Scrum Half.

**** Free Passes – background to implementation:

- 1) RFU is using Free Passes up to U13 boys in certain set pieces as a SAFETY measure;
- 2) Past difficulties with scrums, penalties & lineouts lead to loss of playing time & ENJOYMENT;
- 3) Following extended pandemic limitations, preferable to simplify to reduce risks of injury.

***** Tackle: U10s only. Tackle, ruck, maul

When the tackle is made and the ball carrier is on the ground, ONE supporting player from each team, who must remain on their feet, may:

- **i.** rip the ball from the ball carrier but must then pass the ball immediately to a team mate; or
- **ii.** pick up the ball and pass away from the contact area; or
- **iii.** if a ruck is not formed, pick up the ball and run; or
- **iv.** join to form a ruck but must do so from their own side (i.e. from the direction of their own goal line) and attempt to drive over the ball, in an attempt to take their immediate opponents away from the ball.

Note about tackle height

- Safety is the number one priority for everyone. As in above table, all tackles must be below the base of the sternum or be liable for sanction.
- It is the responsibility of coaches to prepare and coach their teams accordingly. Any teams attracting multiple offences around tackle height may be asked to attend a session with the resident RDJ coach

7.2 Definitions

1) Head Injury

In the case of a clear head injury, this will result in a player not being permitted to play in remainder of tournament, unless cleared by an independent medic (doctor, not a physio). Medical clearance must be submitted to Tournament Directors by UWG Doctor/Paramedic. Referee or Referee Manager makes decision on allowing the player back onto the field or not.

2) Squeeze Ball

No player shall use the technique known or referred to as "Squeeze Ball".

"Squeeze Ball" is a technique where the ball carrier goes to ground, head forward (touching or close to the ground), irrespective of immediate contact with opponents, usually keeping parallel to the touchline, holding and protecting the ball close to the chest and, when on the ground, pushing the ball back between the legs. Free Kick is the sanction.

3) Sin Bin

If a player is temporarily suspended (yellow card = 2 minutes of playing time), the countdown begins at the time when the player arrives in the "Sin Bin" area designated by the Tournament Directors.

4) Free Pass

A "Free Pass" is used to simplify and accelerate the start and restart of the game in younger age grades and to encourage continuity. At a free pass, the opposition must be 7 metres back from the mark. At a free pass, the passer must start with the ball in both hands and, when the referee calls "Play", pass the ball backwards through the air to a member of their team. For safety reasons, no player may run until the pass is made.

5) Substitutions and Replacements

Rolling substitutions are permitted and substituted players are permitted to re-enter the game at any time. Substitutions can only take place with the referee's consent and only when the ball is dead. The Assistant Referee/4th Official, where available, should be alerted in good time on the touch line to facilitate the substitution.

6) Fending

Fending ("hand-off") is a permitted action, taken by a ball-carrier to fend off an opponent, using the palm of the hand. A ball-carrier is permitted to fend off or to use a "hand-off" on an opponent provided excessive force is used and also no "stiff arm" is used.

7.3 The final ranking after the group matches:

1. Number of competition-points (win: 4 points, draw: 2 points, loss: 1 point, DSQ: 0 points)
2. Lower number of forfeited games (DSQ)
3. Higher score difference (points for – points against)
4. Higher number of scored points (points for)
5. In case of two or more teams being equal on all of the criteria above, only the matches between these teams will count to determine their ranking (criteria 1-4 apply in the same order)
6. If no decision can be made after applying all of the criteria above, there will be a decision by coin toss

In case the best 2nd, 3rd, 4th or 5th ranked teams (etc.) need to be compared across different groups, the following criteria apply:

1. Number of competition-points / Number of games played
2. Number of forfeited games (DSQ) / Number of games played
3. Score difference / Number of games played
4. Number of scored points (points for) / Number of games played
5. If no decision can be made after applying all of the criteria above, there will be a decision by coin toss

7.4 Allocation of competition-points:

Win	4 Points
Draw	2 Points
Loss	1 Point
No show	0 Points

8. Finals

No draw game!

- A draw in a final game will be decided in a seven (7) minute sudden death period (in U10 and U12 in a five (5) minute period).
Sudden death means that the first score in the period ends the game. The final result will be the total aggregate score after the sudden death period (s)
- U14 and above: Should a game still be tied after the sudden death period, kicks for goal will start at the 5-metre line from the goal posts and move out 5 metres per kick until a winner is declared.
- U10 and U12 will continue with 5 minute sudden death periods, until a team scores.

9. Insurance & Disclaimer

The participants are not insured through the organizers. It is up to the coach of each team to make sure that his/her players and all the participants of the team are insured during the event. The organizers do not assume any kind of liability in case of illness, accidents or loss/theft of personal belongings.

With their participation the athletes accept the disclaimer of warranty for any kind of damage. No claims can be asserted against the organizing committee, the event sponsors, the city of Klagenfurt and the province of Carinthia regarding damage or injuries.

Every athlete has to make sure that they are fully physically capable of participating without any medical objections.

Do not leave any valuables and/or expensive clothing and/or shoes in the locker rooms. This applies to all Team Officials and players, as well as supporters.

10. Red Cards & Disciplinary Proceedings

Any player receiving a **red card** for foul play is not only **sent off in the current game but will also be banned for the following game** in the UWG Rugby tournament. In addition, referees must report red cards to the Citing Commissioner in written form. The Citing Committee will organise a hearing and publish results as soon as possible after the Red Card offence. Team Manager, Tournament Board / Directors and Rugby Austria will be informed.

A second yellow card in the same game will also result in a ban for the following game.

Furthermore, the Tournament Board reserves the right to ban players, Coaches and Manager, as well as supporters, for more than one game or even suspend entire teams from the tournament if they act in a disrespectful manner towards referees, officials, coaches, spectators or opponents or if they misbehave on or off the pitch, at the stadium or housing premises or on the public transportation.

The team management is responsible for the behaviour of their own players, officials and spectators. Game values need to be respected by all concerned. Tournament officials reserve the right to ask individuals to be removed from the playing arena.

11. Federation Clearance

Should a participating team be registered within a regional or national federation, then it needs to be **cleared to take part in the UWG Rugby tournament by said federation**. The UWG Organizing Committee assumes that all participating teams are cleared by their federation to compete in our Rugby tournament.

Teams that are not registered within a federation are allowed to participate in the United World Games Rugby tournament (for example school teams).

The regulations at hand apply for all participating teams.

Please note: Teams, whose federations have a Cross-border Agreement with the Austrian Rugby Federation (ÖRV) do not need additional clearance for the UWG participation.

12. Final remark

The organisers and coordinators of the United World Games, and the respective sports competitions, shall assume that each participant, coach, manager and team leader/captain, has **read and understood** all the sections of these rules and regulations. All Teams to ensure they are familiar with the base laws of the game, which have been modified for this Tournament.

IMPORTANT:

In emergencies the emergency number 144 must be called. Please also note that if an injured athlete has to be transported to the hospital by ambulance, a coach, manager or parent/guardian of the affected team must always accompany them.