

Rugby 10's Competition Rules

This information must be read in conjunction with "Sport Entry Forms", "Sport Information" and "Games Information" available from the website. Details are subject to change please contact the Games Office for the most recent information.

Field Size

Field dimensions are a full size regulation field

Rules Modifications

Scrum is non contested

NOTE: All entrants in Rugby 10's must be over 18 years and be able to show personal photo ID at the Sport Venue if asked. Determined by age as of 31 December 2010. All entrants will be required to submit a Medical Form outlining their current and past history, as well as Insurance Details.

