

FROME RUGBY 7s 2027

PLAYER RULES & CODE OF CONDUCT

TOURNAMENT RULES

- The Competition will be conducted entirely under the control of the Frome 7's Festival Committee whose decision is final.
- Each squad will consist of no more than 12 players.
- Each game will be seven minutes each way.
- The kick at goal after a try will be a drop goal. If under the post please kick back on to the pitch to avoid any delays.
- The side scoring the try shall restart the game.
- A player receiving a yellow card will spend 2 minutes behind his own goal posts.
- A player sent off in the tournament may not play in subsequent rounds.
- A substitute is permitted in future rounds.
- Substitutes are unlimited and made on a rolling basis.
- 2 POINTS FOR A WIN.
- 1 POINT FOR A DRAW.
- Drawn matches: At the group stage – no extra time; each team receives 1 point.
- In the knockout – sudden death extra time will be played.
- In the event of a tie in a group table of the Social, the order will be decided by: Points Difference; Number of Try's; Points against; if teams are still equal, the result will be decided by coin toss.
- Teams must be ready for their match five minutes before they are due on to play. Every minute they are late will result in one point being deducted from their overall score.
- Players must not transfer between teams or competition.

RFU CODE OF CONDUCT

MATCHDAY EXPECTATIONS

- Respect the Laws of the Game and the decisions of match officials.
- Extend courtesy to players, coaches, volunteers, officials and spectators from both teams.
- Stay in designated areas and follow instructions from club officials or match organisers.
- Do not challenge, criticise or abuse referees, assistant referees or other match officials.
- Do not become involved in heated arguments or behaviour that may become, or sound, aggressive.
- Condemn bad language, rude behaviour, violence, intimidation and discriminatory conduct.
- Remember that rugby should be enjoyable, safe and respectful for everyone.

SAFEGUARDING & APPROPRIATE CONDUCT

- Treat all people with dignity and respect.
- Use appropriate language and behaviour at all times.
- Do not bully, intimidate, discriminate against, harass or verbally abuse players, coaches, officials, volunteers or spectators.
- Respect club safeguarding, supervision, changing-room, travel and photography guidance.
- Before taking photos, check with the Senior Coach that no player has a parent or guardian who has withheld photography consent.
- Do not use cameras or phone cameras in changing rooms.
- Speak to a club official or safeguarding contact if you see, hear or experience anything that makes you feel unsafe or uncomfortable.

SOCIAL MEDIA & DIGITAL CONDUCT

- Represent Frome RFC positively online and in digital communication.
- Do not publish, post, share or send content that is offensive, discriminatory, abusive, unsporting or harmful to the club, players, officials, volunteers, opponents or the game.
- Do not use social media or messaging to bully, harass, intimidate or exclude others.
- Respect privacy and do not share images, videos or personal information without appropriate permission.
- Follow club and RFU digital communication guidance.

ACCOUNTABILITY

Frome RFC will not tolerate behaviour that is abusive, discriminatory, disruptive, rude or outside the spirit of Rugby Union. Breaches of this Code may result in:

- A reminder of expected standards.
- A conversation with coaches, team managers, club officials or committee members.
- A request to leave the playing area, clubhouse or club event.
- Temporary or permanent restriction from training, matches, events or club premises.
- Refusal of future attendance at Frome RFC where behaviour does not meet club expectations.
- Referral to the club committee, safeguarding team, disciplinary process or RFU where necessary.

Please ensure every player and team member has read and understood these rules before taking part.