



RUGBY SEVENS

TECHNICAL HANDBOOK



FISU WORLD UNIVERSITY CHAMPIONSHIPS

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INTERNATIONAL
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1. HISTORY

FISU and World Rugby have collaborated since 2004, when the first University Rugby Sevens competition was held under FISU's auspices. Since then, the sport has been featured continually as a World University Championship sport and has also appeared at the World University Games (formerly known as the Universiade) in 2013 and 2019.

The number of participants has consistently increased, along with the number of participating countries, reaching a record total of 309 participants from 18 countries at the 2012 edition hosted by the city of Brive-La-Gaillarde in France.

The 2024 edition was a thrilling and highly competitive event held in Aix-en-Provence. The picturesque setting provided a stunning backdrop for the action, inspiring 240 players from 13 countries and spectators alike. It was a memorable occasion that celebrated young talent, international camaraderie, and the spirit of university sports.

2. STATISTICS

EDITION	YEAR	COUNTRY	CITY	COUNTRIES	ATHLETES			OFFs	TOTAL
					M	W	TOT		
1	2004	CHN	Beijing	9	91	68	159	38	197
2	2006	ITA	Roma	13	147	60	207	73	280
3	2008	ESP	Córdoba	13	149	60	209	78	287
4	2010	POR	Porto	17	158	115	273	98	371
5	2012	FRA	Brive-la-Gaillarde	18	214	95	309	119	428
6	2014	BRA	S. José dos Campos	11	104	95	199	70	269
7	2016	GBR	Swansea	14	104	121	225	77	302
8	2018	NAM	Swakopmund	13	126	60	186	62	248
9	2024	FRA	Aix-en-Provence	13	120	120	240	69	309

3. GENERAL SCHEDULE

DAY -3	DAY -2	DAY -1	DAY 1-2	DAY 3	DAY 4
A	A	GTM / OC	C	C / CC	D

Legend: A – Arrivals / CC – Closing Ceremony / C – Competition / D – Departures / GTM – General Technical Meeting / OC – Opening Ceremony

For Rugby Sevens, the competitions shall last 3 days



4. REGISTRATION PROCEDURES

4.1. GENERAL ENTRY (DEADLINE: -6 MONTHS TO THE EVENT)

The General Entry is the first stage of the registration process, where delegations are invited to register through the NUSFs, for the Championship, indicating a general interest in participating in the event.

Teams and athletes are not required to submit any documentation or undergo a selection process.

The submission of a General Entry Form is non-binding, indicating only initial interest by the NUSF but not final commitment

A. Team Deposit (Deadline: -5 months to the event)

A deposit of €5.000 must be paid to FISU during the General Entry stage and latest five months prior to the event, which secures a place in the selection process and serves as a guarantee to confirm the intention to participate.

If a team is not selected, their deposit will be reimbursed

B. Teams Selection

The team's selection will be handled by the FISU Championship Department five months before the Championship, following the below criteria:

- The results and ranking of the previous FISU Championships
- The International ranking of the sport
- National and/or Continental distribution and representativity

Once the team selection is finalised, FISU transfers the deposit of the selected teams to the Organising Committee. If a team is not selected, the deposit is returned to the NUSF.

This deposit serves as part of the delegations' Participation Fee final balance, and according to FISU General Regulations, deposits are non-refundable in case of withdrawal

C. Draw

- The draw will be carried out at the FISU headquarters by the FISU Championships Department
- The seeding procedure shall follow the same principle as the selection criteria
- The host country team shall be allocated in position A1

The draw will take place one month before the Championship and is communicated initially via the FISU social networks and then via the event's social networks

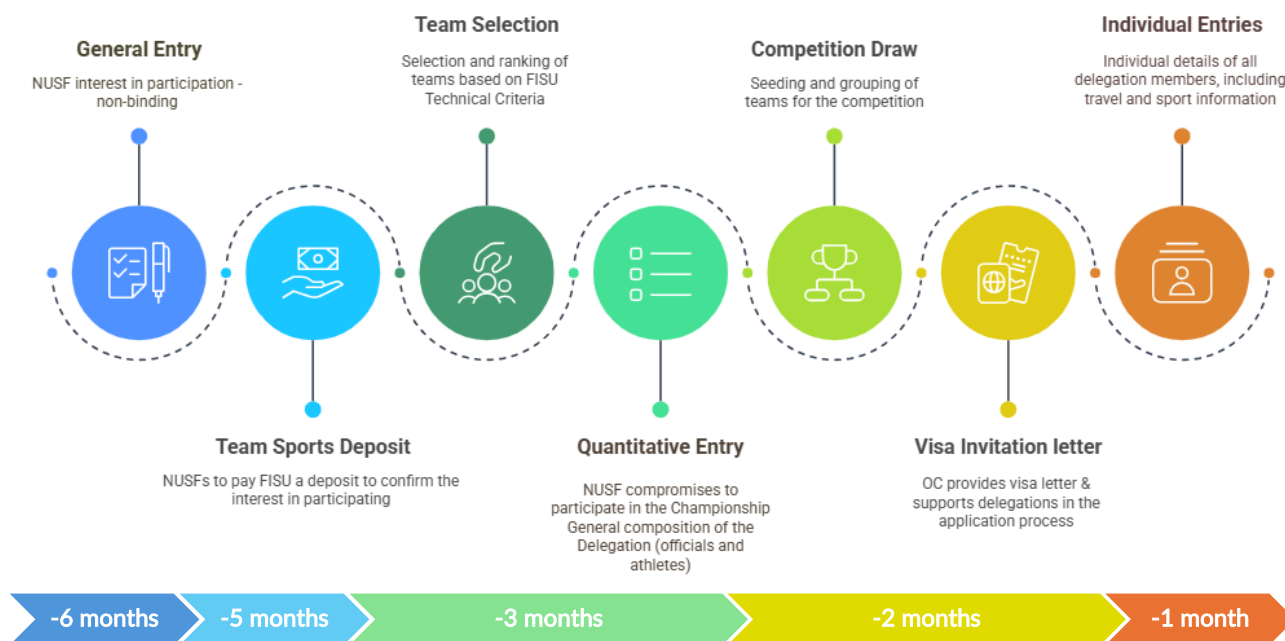
4.2. QUANTITATIVE ENTRY (DEADLINE: -3 MONTHS TO THE EVENT)

During the Quantitative Entry, the NUSF delegation confirms the delegation composition in terms of numbers and although it does not yet provide individual details, it requires the NUSFs to submit an accurate count of delegation members.

4.3. INDIVIDUAL ENTRY (DEADLINE: -1 MONTH TO THE EVENT)

The Individual Entry is the final step in FISU event registration. The NUSF must provide all relevant data and documentation for each delegation member.

The remaining amount of the participation fees is paid in full to the Organising Committee by this deadline. Failure to do so may result in non-participation in the Championship, unless specifically approved by the Organising Committee



5. SPORT REGULATIONS

The Rugby Sevens tournaments shall be played under the Laws and Regulations of the Game available on the World Rugby website (www.world.rugby). In case of dispute in the interpretation of the rules, the English text shall be regarded as authoritative.

The competitions shall last 3 days as indicated in the General Schedule (Section 3) and the competition programme shall be proposed by the Organising Committee Competition Manager and confirmed by the FISU TCC, including the following events:

5.1. EVENTS

TOURNAMENTS	
Men	Women

For both men's and women's tournaments, a maximum of 16 teams and a minimum of 8 teams from at least 4 different countries and 2 different continents per tournament are required

All participating athletes shall meet the criteria of World Rugby Regulation 9: [World Rugby I Regulations](#)

If a tournament does not meet the minimum number of teams by the Quantitative Entry deadline (-3 months to the event), the tournament shall be cancelled



A. Match Point System

Teams will compete against one another in each group on a round-robin basis. Match points will be awarded for each group match according to the following criteria:

RUGBY SEVENS MATCH POINT SYSTEM	
Win	3 points
Draw	2 points
Loss by 7 points or less	1 point
Loss	0 points

A match in the pool round can end in a draw, and no extra time shall be played during the group phase

B. Classification Criteria

Pool round

The ranking of each team in each group will be determined by the higher number of match points obtained in all group matches. If two more teams are equal on match points, then the following criteria will be used in the following order to determine the ranking:

- The team that won the match between those teams will be ranked higher in the pool (only applicable if only two teams are tied)
- The margin of points scored for and against in all pool matches will be considered. The team with the highest positive margin of points will be ranked higher in the pool
- The margin of tries scored for and against a team in all pool matches will be considered. The team with the highest positive margin of tries will be ranked higher in the pool
- The team that has scored the highest number of points in the pool matches will be ranked higher in the pool
- The team that has scored the highest number of tries in the pool matches will be ranked higher in the pool
- The team with the better Games seeding will be ranked higher in the pool

If the tie remains unresolved, the tie will be resolved by a coin toss between the Team Managers

Knockout round

For all matches in the ranking round, if teams are tied at full time, then the winner is determined by sudden-death extra time

This is a full ranking tournament, meaning that teams will compete for every position in the final standings

5.2. DELEGATIONS COMPOSITION

A. Athletes

DISCIPLINE	MEN's	WOMEN's
Tournaments	Max. 12 athletes	Max. 12 athletes
Max. 24 athletes (12 men & 12 women) per delegation		

Each country is allowed to enter a maximum of 16 individuals per tournament: a maximum of 12 and a minimum of 10 players, and up to 4 officials

At the Technical Meeting, the Head of Delegation or his/her representative shall confirm and sign the official list of competitors accredited by the CIC

B. Officials

EVENTS	MEN's	WOMEN's
Tournaments	Max. 4 officials	Max. 4 officials
Max. 8 officials (4 for the men's team & 4 for the women's team) per delegation		

Within their allocation of officials, each delegation must bring a suitably trained team medic or physio who has a current certification to World Rugby Immediate Care in Rugby Level 2 (ICIR 2 or equivalent) <https://passport.world.rugby/player-welfare-medical/immediate-care-in-rugby/>

Delegations should ensure that certification is up to date and covers the timing of the competition. They should contact their NF for guidance and support on training and certification opportunities, where needed, well in advance of selecting the relevant official to join their delegation.

C. Special Rules

- The duration of all matches will be seven minutes each half with a two-minute half-time interval
- During the knock-out competitions (including placement matches), in the event of a match being drawn at the end of normal time, sudden death (next score wins) / extra time will be played until a winner is determined. A two-minute water break will be held at the end of normal time
- The extra time is played in periods of five minutes. After each period, the teams will change ends without an interval. In extra time, the team which scores first will immediately be declared the winner without further play
- A toss by the Team Managers and the Referee will be conducted to determine which team will kick off the commencement of the extra time and choose which end the team will kick off from

D. Disciplinary Sanction

The Disciplinary Regulations are available in the World Rugby Handbook available at www.world.rugby/organisation/governance/regulations in English, Spanish, French and Japanese.

E. Results Management System

In case a different system is used for the results management, scoring should also be recorded in World Rugby's System, ensuring a streamlined reporting and management of disciplinary processes, in addition to a legacy of knowledge and experience for Organising Committee staff, Officials, and Teams.

There is also the option to utilise World Rugby's RIMS (Rugby Information Management System) for results management and reporting distribution at future events



6. TECHNICAL OFFICIALS

6.1. INTERNATIONAL TECHNICAL OFFICIALS

For the FISU Championship, the ITOs are appointed by World Rugby, with the endorsement of FISU. This appointment process considers several critical factors, including the number of participants, the level and availability of NTOs, and the goal to minimise expenses when possible. To achieve cost-efficiency, World Rugby will aim to nominate ITOs from neighbouring countries whenever feasible. This approach not only fosters regional cooperation but also optimises resources.

A. Number & Roles of ITOs

INTERNATIONAL TECHNICAL OFFICIALS	
NUMBER	FUNCTION
1	Referee Manager
1	Sideline Manager
1	Tech Zone Manager
1	Judicial Officer
3	Citing Commissioner
1	Designated Disciplinary Officer
8	Referee
8	Assistant Referee
A total of 24 ITOs are required	

These figures correspond to an 8- or 12-team format per gender. The number of appointments may increase if the tournament uses a 16-team format per gender

B. ITOs Costs

According to the Collaboration Convention signed between FISU and World Rugby, the costs of the ITOs are the following:

- Organising Committee shall manage:
 - Technical Delegate's accommodation in a single room
 - Technical Delegate's meals
 - Technical Delegate's internal transportation
 - ITOs flights
 - ITOs accommodation
 - ITO's meals
 - ITO's per diems
 - ITO's internal transportation

All ITOs costs should be shared among the participating teams. The Organising Committee will collect all expenses related to the ITOs and submit them to FISU for approval. Once approved, the Organising Committee will communicate the total cost information to the teams and provide them with the invoices for payment

6.2. NATIONAL TECHNICAL OFFICIALS

Concerning the NTOs, these individuals are appointed by the Rugby National Federation or the appropriate governing bodies within a country, under the supervision of the Organising Committee.

A. Number & Roles of NTOs

NATIONAL TECHNICAL OFFICIALS	
NUMBER	FUNCTION
1	Scorer
1	Timekeeper
4	Subs Controller
A total of 6 NTOs are required	

B. Agreement with the NF

The NTOs participation falls outside the scope of FISU or World Rugby. It is therefore advisable for the Organising Committee to reach an agreement directly with the National Federation. This collaboration will help ensure clarity and alignment on the financial aspects associated with it, including the following:

- NTOs Nomination – Ensure all NTOs possess the necessary qualifications to work in an international event
- Management and distribution of the technical officials' clothing/uniforms
- Arrangement of suitable accommodation for the required period, if needed

It is strongly recommended to initiate communication with the National Federation promptly regarding the appointment of these officials. This proactive approach will help avert any potential personnel shortages that may arise from conflicting event dates, thereby expanding the available options and ensuring a more successful engagement

7. SPORT MINIMUM REQUIREMENTS

7.1. COMPETITION VENUES

- Number of competition venues – 1
- Type of venues – Outdoor
- Rugby pitch:
 - Length – Min. 94m, max. 100m
 - Width – Min. 68m, max. 70m
 - In-goal length – Min. 6m, max. 22m
 - Natural grass (preferred)
 - If artificial turf, certified to World Rugby regulation 22
 - Safety zone – Min. 5m
- Lighting – 1.500 lux



7.2. TRAINING VENUES

- Number of training venues – 6
- Type of venue – Outdoor
 - Length – 105m
 - Width – 68m
 - Natural grass (preferred)
 - If artificial turf, certified to World Rugby regulation 22
 - Goal posts

7.3. EQUIPMENT

A. Venue Equipment

- Full-size goals – 2
- Field flags and poles (including padding) – 14
- Electronic scoreboards – 2
- Portable electronic substitution board – 1
- Match balls – 50
- Training balls – 5 per team
- Training equipment
 - Hit shields
 - Tackle bags
 - Agility poles
 - Cones

B. Uniforms & Sport Equipment

- Bibs in different colours – 2 sets
 - Max. 3 pink (water carriers) and 2 yellow (medical) per team

Please refer to the [Minimum Requirements document](#) for more detailed information

8. TRAININGS

The Organising Committee is responsible for coordinating and communicating the training schedule to each delegation, ensuring appropriate access to facilities based on the sport and competition schedule. Some of the factors to be considered are:

- Create a training schedule based on the indications of the FISU TCC
- Consider the usage of the main competition venue, if needed and appropriate
- Provide hydration and basic medical assistance for training sessions
- Share a detailed training plan with each delegation at least 48 hours before their arrival
- Ensure training venue availability throughout the Championship
- The Training Venues need to be available three days before the start of the competition
- Each training playing field must be at a team's exclusive disposal for the duration of each training session
- Training sessions should be a maximum of 90 minutes and should be available from 07:00 to 19:00
- The schedule will be included in the Event guide and bulletins and provided to the participating teams as early as possible to make the planning as smooth as possible.



Please refer to the Section 5.2.3 of the General Handbook for more detailed information regarding Trainings

9. MEDICAL SERVICES

A. FISU Requirements

- First aid and Emergency Medical care
- Medical transportation
- OC on-call first aid medical services shall be available on a 24-hour basis
- A minimum of two ambulances per venue should be available and on duty from the start of warm-up until at least 45 minutes after the final competition of the day

B. Participants' Medical Insurance

All participants must have a valid travel medical insurance, covering:

- 24/7 Emergency Assistance
- Emergency Medical Expenses
- Medical Evacuation/Repatriation
- Trip Cancellation/Interruption
- Accidental Death or Injury

Please refer to section 5 B for the certified official with ICIR Level 2 requirements

The OC is solely responsible for providing first-aid, emergency medical care, and transportation to the designated hospital. All other medical costs shall be borne by the participant's insurance

Refer to Section 3.4.1 of the General Handbook for more detailed information regarding Medical Services

10. DOPING CONTROL

A. FISU Requirements

- The requirements regarding the number and type of doping tests, as well as the total number of tests to be conducted, can be found in the *FISU Doping Test Requirements* document. This information is available exclusively to the Organising Committee.
- The OC Doctor or Head of the Medical area shall coordinate the doping testing and contact the FISU CMI to clarify the moment or disciplines in which the tests will be carried out.
- All doping test costs (including collection, transportation, laboratory analyses) shall be borne by the Organising Committee.

B. Athletes Selection

- Athletes are eligible for testing once accredited until departing from the official event accommodation.

Please refer to Section 3.4.2 of the General Handbook for more detailed information regarding Doping Control



11. PROTOCOL, SPORT PRESENTATION & AWARDING

11.1. MEDALS TABLE

RUGBY SEVENS									
EVENTS	MEN			WOMEN			OFFICIALS		
	G	S	B	G	S	B	G	S	B
Tournaments	12	12	12	12	12	12	8	8	8
TOTAL	12	12	12	12	12	12	8	8	8

A. FISU Requirements

The Organising Committee is responsible for providing the medals as shown in the table above. Medals must be awarded for all individual and mixed relay events. The top three athletes/teams in each discipline (individual and mixed relay) are eligible for medals.

The table below provides a comprehensive overview of the total number of medals awarded across all competition disciplines. Please note that extra/reserve medal sets and the FISU set are not included in these figures.

RUGBY SEVENS MEDALS	
Gold	32
Silver	32
Bronze	32

The Organising Committee must provide FISU with a set of medals of the event

B. Recommendations & Considerations

It is crucial to have additional sets of medals on hand as a contingency. Some medals may be defective and may need to be replaced.

C. Trophies

For the Rugby Sevens Championship, the Organising Committee will present the winning team with a trophy as a minimum. However, it is recommended that trophies be awarded to all top three teams. The trophies may vary in size and colour based on their finishing positions.

D. Individual Awards

The individual awards ceremonies are most common for team sports events and are not mandatory. As unofficial awards, there is no specific or rigid protocol, and they can be linked to an OC sponsor, such as:

- Best Player
- Best Try of the tournament
- Tournament Dream Team
- Fair Play

11.2. SPORT PRESENTATION

Sports presentation is vital for elevating a Championship from a competition to an unforgettable experience. It encompasses everything from music and lighting to commentary and fan engagement, creating a unique atmosphere that engages the audience.

In case there is a big screen in the venue for the spectators, an educational video (provided by World Rugby) regarding the rules of the sport can be displayed at the beginning of the competition day

A. FISU Requirements

- **Audio Elements**
 - Sound System: A high-quality sound system is essential for announcements, music, and commentary, ensuring clear communication and engaging atmosphere.
 - Microphone: Essential for general announcements such as schedule, results, teams introduction, general information, others.
 - Thematic Music: Curate an energetic playlist to be played during introductions, warm-ups, and medal ceremonies to elevate the excitement.
- **Commentary and Announcing**
 - Live Announcements: Make timely announcements regarding event schedules, match results, and teams backgrounds to keep the audience informed and engaged.
- **Teams Introduction**
 - Ceremonial Introductions: Develop exciting and personalised introductions for the teams, showcasing their achievements and backgrounds. This builds anticipation before each match.

B. Recommendations & Considerations

- **Audio Elements**
 - A DJ enhances the atmosphere and overall experience of a sports competition by creating and maintaining energy, motivating the athletes, and engaging the crowd. Music is played only before and after matches, during half-time, or if the game is stopped due to injury, never during active game time.
- **Commentary and Announcing**
 - Engaging Commentary: Hire knowledgeable commentators who can provide insights about the athletes, techniques, and game strategies. This adds depth to the viewing experience.

11.3. RUGBY SEVENS PRE-COMPETITION PROTOCOL

REGULAR MATCHES	
TIME	ACTIVITY
-29'	- Start of warm-up
-10'	- Coin toss
-7'	- End of warm-up and teams proceed to the holding area
-2'	- All players and Match Officials must be in the tunnel
-1'	- Run on and teams to their starting positions
-1'	- FISU anthem (short version) is played while players run on
0'	- Kick-off



FINALS	
TIME	ACTIVITY
-31'	- Start of warm-up
-10'	- Coin toss
-9'	- End of warm-up and teams return to the holding area
-9'	- All flagbearers and flags are ready in the tunnel (final only)
-5'	- All players and Match Officials must be in the tunnel
-4'	- Run on and teams line up in front of the VIP Tribune
-3'	- FISU anthem (short version) is played (final only)
-1'	- Players on starting positions
0'	- Kick-off

A more visual scheme of the protocol steps will be shared at a later stage with the Organising Committee

12. SERVICES

The Organising Committee should provide a variety of services for the event, including:

- Competition Video Recording
- Ice
- Laundry
- Wi-Fi

12.1. COMPETITION VIDEO RECORDING

Recording matches or athlete performances for review, evaluation, and technical analysis is a common need in Rugby Sevens. The Organising Committee should be prepared to meet the expectations of delegations in this regard.

- Ensure a system is in place allowing delegations to access recordings as soon as possible after the matches or events conclude.
- Provide reserved spaces in each venue with good visibility and access to power outlets, so delegation officials can carry out private recordings effectively if needed.

The OC should provide the recordings through a download option from the official event website, or from an alternative Cloud-based platform (access via link) for easy and quick retrieval



12.2. ICE

The supply of ice is one of the most common requests from participating delegations, particularly for injury treatment and recovery purposes.

- The Organising Committee must supply ice for treating injuries during both practice and competition, as part of the medical coverage for the event. It does not cover large quantities of ice needed for recovery treatments, such as cryotherapy.
- Ice baths are mandatory to provide in Rugby Sevens competitions, in addition to the ice required for treating injuries during practice and competition. However, this refers specifically to recovery purposes and not to the general medical ice supply.

The Organising Committee secure a reliable ice provider on standby, anticipating the request from teams and establishing clear procedures for ice procurement, including pricing and how to access this service

12.3. LAUNDRY

Laundry services are essential for many sports, particularly in long-duration competitions and team sports, where athletes and referees may require frequent changes of clothing.

- Laundry services must be provided in all Team Sports Championships and in all sports with more than four competition days.
- Self-Service or Full-Service Laundry can be considered (hotel/accommodation and external services included in the latter)

Self-service is the preferred option, giving more flexibility and control to the teams. If not, it is important to negotiate reduced pricing and adjust the timing for the collection/delivery of uniforms with the provider

12.4. WI-FI

Wi-Fi is an essential service for university students, as it serves as a critical infrastructure that fosters communication and supports their academic responsibilities.

- Participants can easily access real-time information about event schedules, results, and updates. This allows them to plan their day effectively, ensuring they don't miss out on key events and activities.
- Participants can engage with live broadcasts, social media updates, and other digital content related to the event.
- For many students, academic responsibilities continue even during events. Wi-Fi connection ensures they can access study materials and educational resources, maintain communication with professors, and keep up with online courses.

Wi-Fi should be provided free of charge for all participants at the event, both at the accommodation sites and at the competition venues

Please refer to Section 3.11 of the General Handbook for more detailed information on all services



13. GENERAL TIMELINE

TIMELINE	ACTIONS
Event -12 months	<ul style="list-style-type: none">• Coordination Visit<ul style="list-style-type: none">◦ Venues visit and Equipment approval (FISU TCC)• Competition programme approval (FISU TCC)• Venue medical plan approval (FISU TCC)
Event -6 months	<ul style="list-style-type: none">• General Entries (NUSFs)
Event -5 months	<ul style="list-style-type: none">• Team Deposit (NUSF)• Team Selection (FISU)
Event -3 months	<ul style="list-style-type: none">• Quantitative Entries (NUSFs)• ITOs & NTOs list (FISU / World Rugby)
Event -1 months	<ul style="list-style-type: none">• Individual Entries (NUSFs)• ITOs Cost (NUSF)• 100% payment from participating countries (NUSFs / OC)• Final Bulletin (OC / FISU / FISU TCC)
Event -1 day	<ul style="list-style-type: none">• Accreditation and participants list confirmation (NUSFs)• Technical Officials Meeting (ITOs / NTOs / TCC / OC)• General Technical Meeting (NUSFs / OC / FISU)
EVENT	
Event +1 week	<ul style="list-style-type: none">• Send all documents and media to FISU (OC)
Event +1 month	<ul style="list-style-type: none">• Final Report to FISU (OC)

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