

中國香港大專體育協會七人欖球賽章則

2025-2026

一	賽制 各參賽的大專院校將編配為兩小組 (小組 A 及小組 B)。每小組進行單循環賽以決定小組排名。A 及 B 組之首名及次名隊伍進行交叉對戰，勝出之兩隊爭奪比賽之冠軍及亞軍，其餘兩隊爭奪賽事之季軍及殿軍。A 及 B 組之第三及四名隊伍將爭奪比賽之第五及第六名或第七及第八名。
二	球例 比賽球例將以 World Rugby 的最新條例為執法準則。 http://laws.worldrugby.org/
三	比賽地點 京士柏運動場 http://www.kingspark.com.hk/contact
四	比賽時間 (a) 每場比賽為 14 分鐘 (分為上、下半場，每半場時間不得超過 7 分鐘) 加上損失的時間。中場休息時間不得超過兩分鐘。 (b) 所有比賽必須決出勝負，不設和局。如法定比賽時間結束後雙方比分相同，則須進行加時比賽。 (c) 加時比賽 - 黃金得分制 (Golden Point) i. 當比賽於法定時間內未能分出勝負而須進行加時比賽時，裁判將與雙方隊長擲毫以決定開球權。加時比賽分為 2 節，每節 5 分鐘。 ii. 於加時比賽中，任何一方首先取得任何得分，即被判定為該場比賽之勝方，比賽隨即結束。 iii. 於加時比賽中，雙方球隊各可額外獲得一次更換球員的機會。 iv. 如完成加時比賽後仍未能分出勝負，則以該場比賽中首先得分之隊伍為勝方。如整場比賽均未有任何得分，則由裁判以擲毫方式決定勝方。
五	計分方法 (a) 小組賽計分方法： 勝 = 3 分、負 = 0 分、棄權 = -3 分 *每場比賽必須決出勝負，以避免平分影響淘汰賽的種子排名。* (b) 若小組賽隊伍出現相同得分的情況，會根據以下的順序作決定出線隊伍/排名： i. 若小組隊伍得分相同，會以兩隊對賽成績作決定 ii. 若多於兩隊隊伍出現得分相同的情況，會以順序方法作決定 a) 會以小組賽中的 得失分差距 作決定，以得失分差距較大為較高排名； b) 會以小組賽中的 入球 (達陣) 差距 作決定，以入球 (達陣) 差距較大為較高排名； c) 會以小組賽中的 得分較多 作決定 以得分較多為較高排名； d) 會以小組賽中的 入球 (達陣) 較多 作決定，以入球 (達陣) 較多為較高排名； e) 若以上方法都無法得出結果，則由主委以擲毫方式決定較高排名。
六	報名 a) 每間院校限報“男子組及女子組”各一隊，每隊報名人數不得超過 15 人及不少於 10 人。 b) 運動員經填報後不得更改 (包括資料及相片)。報名表需經董事局成員簽署及蓋上院校印鑑。 c) 所有參賽球員須為中國香港大專體育協會之註冊會員學院之全日制學生。年齡由 18 歲至 35 歲，即 1990 年 1 月 1 日至 2008 年 12 月 31 日期間出生。 截止報名日期：2026 年 2 月 23 日(星期一)，隊伍請於當日下午五時前，將報名表電郵至中國香港大專體育協會 info@usfhk.org

七	改期 賽程經主委編定後，各院校不得要求改期。若有特別事故，主委有權更改賽期。
八	裁判 由比賽主委聘請合資格中國香港欖球總會裁判擔任。
九	棄權 a) 參賽隊伍必須於每場比賽開始前 15 分鐘，派出 10 名運動員出賽，否則判作棄權 (由主委負責計時)。該隊伍的比賽成績會視作負 0:20 (4 次達陣)。 b) 球賽進行中，所有判決會根據當時的執法裁判為最終判決，不得異議。比賽須繼續進行，如球隊反對決定，拒絕參賽，會視為棄權比賽。 c) 棄權隊伍均須就棄權一事作書面解釋 (比賽後 72 小時內“假期計算在內”)。該書面信函須由董事局成員簽署。
十	抗議及上訴 賽後如有抗議提出上訴者，應該在賽事負責人宣佈是次比賽結果三十分鐘內以書面提出。該書面信函須由董事局成員或執委會成員簽署，連同保證金港幣 三仟圓正 ，送交比賽主委提出上訴，經由上訴委員會審判後為最終判決。
十一	天氣 舉行比賽當日如遇惡劣天氣，主委有權決定賽事應否依期舉行。
十二	附則 a) 參賽隊伍及球員請於法定比賽時間前三十分鐘向大會報到，親自攜同身份證明文件，到大會記錄台核對相關資料。另外，參賽隊伍須於比賽前十五分鐘交回「出場次序表」，法定比賽時間依比賽場地內大鐘為準。 b) 如對賽隊伍球衣顏色相同或類近， 賽程上左方球隊需更換球衣。 c) 比賽期間每支球隊在比賽區域內的隊員不得超過 7 名及需要最少 5 名球員，如球隊在比賽區域內的隊員人數少於 5 名，比賽會立即結束。該球隊將被判為負方並以 0:20 (4 次達陣) 為最終記錄的分數。 d) 每隊最多可提名 5 位後備球員，每場比賽替換球員次數最多為 5 次。 e) 當球員出現流血受傷，該球員將離開比賽場地，並可能被臨時替換。一旦流血已得到控制和/或掩蓋，受傷的球員將立即恢復比賽。 受傷球員在控制出血和/或包紮後，應在 15 分鐘內重返賽場。(符合世界橄欖球比賽規則) f) 黃牌: 當球員在比賽中被警告並短暫禁賽兩分鐘時，裁判員將亮黃牌給該球員。 g) 紅牌: 當球員在比賽中被勒令退場時，裁判員將亮紅牌給該球員。該球員將安排出席賽事紀律聆訊作決定停賽場次。 h) 停賽: a. 當球員在整個比賽中累積三張黃牌，該球員必須出席賽事紀律聆訊。 b. 當球員在比賽中獲得紅牌，該球員必須出席賽事紀律聆訊作決定停賽場次。 c. 在同一場比賽 2 張黃牌相等於一張紅牌 i) 賽事紀律聆訊將會由一位審判人員進行，該名審判人員需須符合以下其中一項資格： a. 擁有至少 10 年以上的律師經驗；或 b. 在欖球紀律程序方面富有豐富經驗和對欖球比賽有深入了解。 賽事紀律聆訊參考： World Rugby 手冊 -規則 17：紀律 - 犯規。 j) 本章程如有未盡善之處，主辦單位得隨時修訂，並提交大專執委會通過後實施。

USFHK Rugby Sevens Competition 2025-2026

Rules and Regulations

1.	<p><u>Format of Competition</u> All participating teams will be drawn into two groups (Group A & Group B). A single round-robin system will be adopted within each group to determine the group rankings in the preliminary round.</p> <p>Top two teams in each group will qualify for the final. Teams finishing at 3rd and 4th places in the groups will play for the 5th, 6th, 7th and 8th place, adopting the cross-elimination system.</p>
2.	<p><u>Regulations</u> Unless otherwise stated, rules will be set by the latest edition of the World Rugby Laws of the Game. http://laws.worldrugby.org/</p>
3.	<p><u>Competition Venue</u> King's Park Sports Ground http://www.kingspark.com.hk/contact</p>
4.	<p><u>Duration of Game</u></p> <p>a) A match lasts 14 minutes (split into two halves, each of not more than 7 minutes) plus time lost. Half-time consists of an interval not exceeding two minutes.</p> <p>b) All matches must have a winner and no drawn matches are permitted. If the scores are equal at the end of legal playing time, extra time will be played.</p> <p>c) Extra time - Golden Point</p> <ol style="list-style-type: none"> i. When there is a drawn match and extra time is required, the referee will conduct a coin toss with both team captains to determine possession. Extra time will consist of 2 halves of 5 minutes each. ii. The first team to score any points will be declared the winner, and the match will end immediately. iii. Each team will be permitted 1 additional player replacement. iv. If no team scores during extra time, the winner will be the team that scored the first points during the match. If no points are scored during the entire match, the winner will be determined by a coin toss conducted by the referee.
5.	<p><u>Points System</u></p> <p>a) A single round-robin system will be adopted and match points will be awarded on the following basis: Win = 3 points, Loss = 0 point, Forfeited = -3 points</p> <p><u>*Each game winner must be decided to avoid a score tie to affect the seeding of the knock-out</u></p> <p>b) Ranking at the conclusion of the pool phase</p> <ol style="list-style-type: none"> I. If, at the completion of the Pool phase, two teams are equal on match points, the winner of the match in which the two tied Teams have played each other will be the higher-ranked. II. If, at the completion of the Pool phase, more than two Teams are level on Match points, the following criteria will be used in the following order until one of the Team can be determined as the higher ranked <ol style="list-style-type: none"> a) The Team which has the best difference between points scored for and points scored against in all its Pool Matches shall be the higher ranked; b) The Team which has the best difference between tries scored for and tries scored against in all its Pool Matches shall be the higher ranked; c) The Team which has scored the most points in all its Pool Matches shall be the higher ranked; d) The Team which has scored the most tries in all its Pool Matches shall be the higher ranked; e) if none of the above produce a result, then it will be resolved by coin toss.
6.	<p><u>Application</u></p> <p>a) Each institution is limited to enrolling for a men's team and a women's team. A team may consist of a maximum of 15 players and a minimum of 10 players.</p> <p>b) The personal information of the athletes shall not be changed (including data and photographs) after the submission of the entry form. The enrollment form must be signed by a member of the Board of Directors with the College's seal on the cover.</p> <p>c) Eligibility of student-athletes: Full-time student at the respective institution. Ages 18 to 35. All players must be born between 1-1-1990 to 31-12-2008.</p> <p style="color: red;">Submission deadline: 1700 on 23 February 2026 (Mon). Please send the entry form via email to USFHK info@usfhk.org</p>

7.	<p><u>Rescheduling</u> After the competition fixture has been confirmed by the Convener, requests for rescheduling will not be entertained. Under special circumstances, Convener has the right to change the fixture.</p>
8.	<p><u>Referees</u> Convener will employ qualified referees from Hong Kong China Rugby Referee Society.</p>
9.	<p><u>Abstain</u></p> <ol style="list-style-type: none"> a) Any team not presenting minimum 10 players for each match 15 minutes before the scheduled time (according to the official clock) shall be disqualified for the match. The match result will be 0:20 (4 tries) in favor of the abstaining team as the final result. b) During a match, the decision of the referee made according to the relevant rules shall be final. Should a team oppose the decision and refuse to play, it shall be considered to have abstained from the match. c) Any abstaining team must submit an official explanation signed by a Council Member of the institution concerned to the Chairman of the Executive Committee of USFHK (within 72 hours, irrespective of holidays of the event).
10.	<p><u>Protests and Appeals</u> Appeals shall be made in writing within 30 minutes after the game. The writing must be signed by the members of the Board of Directors, together with a deposit of HKD three thousand. Appeals shall be sent to the Convener the event, and the decision of the Appeal Committee shall be final.</p>
11.	<p><u>Weather Conditions</u> In case of adverse weather on the competition day, the Convener has the right to decide whether the event should be held on time.</p>
12.	<p><u>By-law</u></p> <ol style="list-style-type: none"> a) All participants must register and report to marshal with their Identity documents 30 minutes before the official start of the first match. (Subject to official timer). The teams must present the “starting list” 15 minutes before the match starts. b) In case of clash of jersey colour between competing teams, first name team of the game need change the jersey. c) Each team has no more than 7 players in the playing area during play and has a minimum of 5 players, if a team less than 5 players in the playing area the match will end immediately. And the team shall be declared as losing and results will be recorded 0:20 (4 tries). d) A team may nominate no more than 5 replacement players, and substitutions for each game are limited to 5 times only. e) When a player has a blood injury, that player leaves the field of play and may be temporarily replaced. The injured player returns to play as soon as the bleeding has been controlled and/or covered within 15 minutes of actual time. (in line with world rugby laws of the game) f) Yellow Card: When a player has been cautioned and temporarily suspended for two minutes in a game, the referee will show that player a yellow card. g) Red Card: When a player has been sent off in a game, the referee will show that player a red card. And that player will be suspended for the remainder of the match and subject to a disciplinary hearing. h) Suspension: <ul style="list-style-type: none"> • When a player accumulates 3 yellow cards within the tournament, they will be subject to a disciplinary hearing. • When a player receives a straight red card during on a game, they will be subject to a disciplinary hearing • 2 yellow cards equal 1 red card. i) The disciplinary hearing will be held by single Judicial Officer, he/she shall be: <ol style="list-style-type: none"> a. a lawyer of at least 10 years' standing, or b. a person with substantial experience in rugby disciplinary procedures and an in-depth knowledge of the game. Reference: World Rugby Handbook book - Regulation 17 : Discipline – Foul Play j) The Organizing Committee reserves the right to modify the rules and regulations of this competition at any time for improvement. All modifications will be submitted to the Executive Committee for approval before execution.