



Singapore Rugby Union

TOURNAMENT MANUAL

**2026 PESTA SUKAN
RUGBY 7s & 10s COMPETITION**

**Categories:
Boy's Under16 10s
Women's Open 10s
Men's Open 7s**

**Date:
31 July, 1 & 2 August 2026
Jurong West Stadium**

GETACTIVE! SINGAPORE
PESTA SUKAN 2026
RULES AND REGULATIONS

1. BACKGROUND

GetActive! Singapore (GASG) is a national movement to celebrate National Day through sport. GASG will ensure that everyone, regardless of age and abilities, have opportunities to enjoy sport in celebration of National Day.

One of the key pillars under GASG is Pesta Sukan, the largest multi-sports competition in Singapore. Pesta Sukan aims to provide opportunity for sportsmen and women to get together in camaraderie to raise the standard of sports through friendly competition while celebrating our Nation's birthday.

2. OBJECTIVES

- To improve the quality of the game in Singapore and provide a competition platform to facilitate the development of Rugby
- To foster the spirit of friendship and goodwill among officials, members, teams, and players across the fraternity.

3. ORGANISER

The competition shall be organized by the Singapore Rugby Union (SRU).

4. TENTATIVE COMPETITION SCHEDULE

The tournament will be held from 31st July, 1st & 2nd August 2026. Venue will be Jurong West Stadium (20 Jurong West St 93 Singapore 648695).

The tentative competitions dates and timing are as follows:

| Date | Day | Tentative Start time | Tentative End time |
|-----------------------------|------------|-----------------------------|---------------------------|
| 31 st July 2026 | Friday | 5.00pm | 10.00pm |
| 1 st August 2026 | Saturday | 8.30am | 8.00pm |
| 2 nd August 2026 | Sunday | 8.30am | 7.00pm |

A detailed schedule will be provided by the organizer after the Team Manager's briefing.

5. TOURNAMENT GUIDELINES

5.1. Team Manager's Briefing

- 5.1.1. There will be a Team Managers Briefing (Online) 2 weeks prior to the tournament. This will be a compulsory briefing and all teams are expected to have someone attend should the Team Manager not be available.

5.2. Code of Conduct

- 5.2.1. We expect all teams to abide by the World Rugby code of conduct. Any abuse of Match and/or Event officials will be taken seriously.
- 5.2.2. Please refer to the link below for the Code of Conduct.
https://passport.worldrugby.org/pdfs/World_Rugby_Regulation_20_EN.pdf

5.3. Attire

- 5.3.1. Jerseys must be clearly numbered and provided for all players, including reserves, by their respective teams. Teams must also be uniformly attired in their respective team colors.
- 5.3.2. Under no circumstances would two or more players from the same team be allowed to wear the same numbered jersey in the same match.
- 5.3.3. All participating teams are to have a spare set of jerseys of a different color. In the event of a clash in jersey color, the team that lost the coin toss will have to change their jersey.

5.4. Smoking

- 5.4.1. Smoking is strictly prohibited at all ActiveSG premises and SRU run tournaments.

5.5. Consumption of Alcohol

- 5.5.1. Alcohol is strictly prohibited on the premises unless sold by approved SRU vendors under license. All normal Singapore laws regarding sale and consumption of alcohol apply.

5.6. Medics and ambulance services

- 5.6.1. An ambulance and paramedics will be present throughout the tournament to assist team physiotherapists with **game injuries** and to assess the overall condition of participating players.

- 5.6.2. Should the injured player/s be required to be sent to a hospital for further treatment, the player must be accompanied by a representative from the club they are playing for.
- 5.6.3. The team physiotherapist cannot be the person accompanying an injured player in an ambulance. The team manager or the team coach is allowed to accompany an injured player in an ambulance.
- 5.6.4. The person accompanying the player to the hospital must have the injured player's ID and medical declaration for administrative purposes.
- 5.6.5. Tournament organizers expect all clubs and/or its players to have valid medical insurance coverage in case of injury. The tournament organizers will not be responsible for any injuries and medical costs incurred.

5.7. Concussion protocols

- 5.7.1. Concussion Management Policy: All matches played under SRU jurisdiction must comply with World Rugby Concussion Guidelines. SRU uses WR's "Recognize and Remove" as the standard policy. SRU Recognize and Remove <http://www.singaporerugby.com/wp-content/uploads/2019/04/Recognise-and-Remove-Feb-2019.pdf>
- 5.7.2. WR Recognize and Remove <http://playerwelfare.worldrugby.org/concussion>

5.8. Players Area

- 5.8.1. Team's rest areas in the Stands.
- 5.8.2. Teams are solely responsible for their own valuables and personal belongings.
- 5.8.3. Tournament organizers will not be responsible for the loss of any personal items.
- 5.8.4. Teams are expected to keep their respective sitting area clean and tidy both during and at the end of the tournament.

5.9. Team Holding & Warm-up Area

- 5.9.1. The Team Holding & Warm-up Area is at either end of the pitch on the 'D' area.
- 5.9.2. Teams are allowed to warm up in the designated area only one game prior to their kick-off.

5.10. **Supporters**

5.10.1. All supporters and members of the public are not allowed to enter the field of play area (rugby pitch), warm-up area (D-Area) including the Technical Zone.

5.11. **Tournament Team & Player Registration**

5.11.1. All tournament teams and player registration will be via ActiveSG Portal.

5.11.2. All players representing Singapore based clubs must hold a valid NRIC or FIN pass to be registered.

5.11.3. Tournament format & fixtures will be available online once all participating teams have registered.

5.11.4. Team Composition shall comprise minimally 70% Singapore and Permanent Residents.

5.11.5. Pesta Sukan General Rules and Regulation for more details <https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan>

5.12. **7's & 10s Age Group Dispensation / 7's & 10s Dispensations for Open Grade**

5.12.1. All players 18yrs and above as of 31st July 2026 are eligible to play in the Open Grade Tournament

5.12.2. U16 Category: Boys born in the years of 2010 & 2011. Parental Consent is required.

5.12.3. Players born in Year 2009 can participate in the Open's category, subject to dispensation from SRU Medical. Parental Consent is required.

5.13. **Registration Fee**

5.13.1. The Registration fees required per team / Category are as follows:

- Men's Open 7s: S\$105
- Women's Open: S\$150
- U16 Boys': S\$100

5.13.2. Registration and payment will be through the ActiveSG app.

6. **TOURNAMENT RULES FOR 7s**

6.1. A team may register up to a maximum of 13 players for the tournament.

- Team managers must select and register at Main Control the starting 7 and reserve 5 players for each match 20 min prior to kick off that match at the Main Control.

- Teams may substitute or replace up to five players. (Law 3. Seven a side variation). **The exceptions are concussion and blood bin.**
- Any team that fails to register by that time or plays an unregistered player at any time during the tournament shall be disqualified from the tournament.

7. TOURNAMENT RULES FOR 10s

- 7.1. A team may register up to a maximum of 16 players for the tournament.
- Team managers must select and register at Main Control the starting 10 and reserve 6 players for each match 20 min prior to kick off that match at the Main Control.
 - Teams may substitute or replace up to six players. (Law 3. 10 a side variation). **The exceptions are concussion and blood bin.**
 - Any team that fails to register by that time or plays an unregistered player at any time during the tournament shall be disqualified from the tournament.
- 7.2. Team managers must ensure that all players have proof of age (i.e. passport or identification card). Tournament organizers reserve the right to request for it at any time during the competition. This is also required for any medical evacuation.
- 7.3. Team Managers are the first point of contact for Tournament issues.
- 7.4. Teams must report to the Technical Zone 2 minutes before the kick-off to their game.
- 7.5. Kick off at the start of the match will be dictated by the first named team on the schedule. The other team chooses the direction of play.
- 7.6. At the kick-off or restart after a try, a drop kick shall be taken on or from behind the center of the halfway line by the team that has just scored.
- 7.7. A free kick will be awarded to the receiving team at the center of the halfway line, if the following occurs during the kick-off or restart:
- The ball did not reach/cross the opponent's 10-meter line.
 - A team member from the kicking team is in front of the ball.
 - The ball is kicked into the In-goal area, where it immediately becomes dead.
 - The ball is kicked directly into touch.
 - The ball is dropped kicked in front of the halfway line.

- 7.8. All kicks at goal, including penalty kicks and conversions must be drop kicks.
- 7.9. Preliminary Competition points will be awarded as follows:
- Win – 3 points.
 - Draw – 1 point.
 - Loss/Concede Walkover – 0 point.
- 7.10. In the event of a tie in the standings after the preliminary rounds, the final group standing will be decided as follows:
- The highest difference between points scored and points conceded.
 - The highest number of points scored.
 - In the continued event of a tie, the coin toss will be used to decide the outcome.
- 7.11. All games will be played in the format of **two halves of 7 minutes each with a 2-minute break in between (7-2-7)**.
- 7.12. During the semi-finals or finals, if any game ends in a draw after normal regulation time, 5-minutes sudden death extra time will be played.
- 7.13. During sudden death:
- The side that kicks-off in normal regulation time will restart the game,
 - The team that scores first points in extra time will be declared the winner.
 - If it still ends in a draw, the team that scored first in normal regulation time will be declared the winner.
 - If it still ends up in a draw following the above, decision will be decided by a toss of coin.
- 7.14. Other than the players and the referee, only medically trained persons and persons carrying water may enter the playing area. Coaches and Manager are to remain in the technical areas and cannot run water during breaks in play.
- 7.15. **Yellow Card**
- 7.15.1. A player who is shown a yellow card will be "SIN-BINNED". The player will leave the pitch for 2 minutes of Playing Time. The player must be seated at

the Match Day Control Area where an official will keep track of the time.

Time will only start when the player is seated in SIN-BIN area.

7.16. Red Card

7.16.1. If a Participant is shown the Red Card in a Sevens match, his case shall be adjudicated within 2 hours from the end of the match such Participant was involved or present in.

7.17. Discipline Committee

7.17.1. The Citing Commissioner shall be appointed for a Tournament, and if for any reasons, a Citing Commissioner is not appointed, the SRU shall determine any Incident in the Citing Commissioner's place.

7.17.2. A Club/team shall not have the power to cite a Player for Foul Play but may refer any incident of Foul Play to the Citing Commissioner (or SRU, if applicable).

7.17.3. The Citing Commissioner (or SRU, if applicable) shall determine, within 1 hour of the completion of the match in which the Incident is alleged to have occurred, whether the Player should be referred to a Hearing before a Judicial Panel (or not, as the case maybe).

7.17.4. The Citing Commissioner's decision as to whether a Player or Notice of Citing should be referred to a Hearing before a Judicial Panel (or not, as the case may be) shall be final.

7.18. The competition will be played within the **Laws of the Game of Rugby Football (7 & 10-a-side-variation)** as framed by World Rugby and sanctioned by **Singapore Rugby Union**. Unless, otherwise stated in this tournament manual.

7.19. The SRU and its Competitions Commission reserves the right to decide on any matters not provided for in this Tournament Manual, and their decision is final.

8. INDEMNITY FORMS

8.1. All Participants must complete an indemnity form prior to start of the tournament. Forms will be sent to participating team managers upon registration.

9. AWARDS

9.1. Medals will be awarded to the top three teams of each category. All prize winners must be present at the closing ceremony to receive the awards. Any teams

that failed to do so must produce reasons for not doing so; otherwise, disciplinary action will be taken against the team and its players.