

- 2026 TOURNAMENT RULES -

Age Limit – U14 players must have been born on or after 9/1/2011; U16 players must have been born on or after 9/1/2009; U18 players must have been born on or after 9/1/2007. Age shall be verified by birth certificate, passport or other form of state identification. Picture ID also required. Any disputes shall be resolved by a three-member panel Tournament Staff.

Waiver(s) – Three within 90 days of cutoff.

Concussion Protocol - All decisions regarding concussions will be made by our Tournament medical staff. They will have the exclusive and final say on all these decisions.

Roster Size Limit - 15 athletes per side. Athletes cannot compete in more than one division. If a club has more than one team in that division, athletes can only compete for one team.

Match Roster - 12 athletes per side. Match rosters can fluctuate from match to match.

Substitutions - Must be made at dead ball and with permission from the referee. Rolling subs are allowed. Limit is five (5) movements per match.

Field Dimensions – We'll utilize three fields. Two are turf. The Stadium Field (Staudt) is 116 x 74 yards; the secondary field (Vasco) is 116 x 62 yards. The grass field is regulation size and lined specifically for rugby.

Ball Size - Size 5 for all matches

Point Scoring - Five (5) points awarded per try; two (2) points awarded per conversion. In game drop goals and penalty attempts are worth three (3) points.

Scrum & Line-outs- Scrums will be contested. Lifting is permitted for lineouts.

Red Cards/Yellow Cards - One Yellow Card shall result in a two-minute suspension from play. Two Yellow Cards in one match results in a red card and the removal of that player for the duration of the match. A Red Card results in the player's removal for the duration of that current match. Two red-cards in the tournament will result in the player's removal from the tournament. Any disputes over the issuance of a Yellow and/or Red Card shall be resolved by a three-member panel of Tournament Staff.

Coin Toss - Five (5) minutes prior to assigned kick-off, captains and/or team representatives shall report to the scorer's table of the assigned field to determine ball possession and direction of play.

Match Duration - Seven minutes each half, with a two-minute half-time break. Includes Championship Matches. No extra time permitted in pool play. Extra time permitted in placement matches - five minutes per period, sudden death.