

MedStar 7's Rules & Regs

- Team/coach/ref meetings: TACKLE: 7:30am. TAG FIELD: 8:30am
- Respect AGE/GRADE BRACKETS! Can play UP but NOT DOWN
- Players have to be under the age bracket stated on 1 Sept this year/2023.
EG: player was 12 on 1 Sept 2023. He/she is U14
- Boys JV/U16: no 17/18 yr olds
- TAG: you need to provide 1 ref per team
- 7-a-side for all Tackle Teams
- Three points for win, 2 for tie, 1 for loss
- Tie is separated by head-to-head, followed by points difference

For tackle games: teams playing on the Nike 7 & 8 fields must go to the FAR SIDE of field to set up (next to Utterback Store Rd). **The near side is for spectators, the far side players ONLY.**

Artificial turf fields (Nike 4 and 7).

Referee assistant marks the 10m line (also marked with cones) for kickoffs. Familiarize yourselves with the demarcations before the game.

Boys High School bracket (BHS)

Pool 1: 4 team Pool play. Play on Nike 8 (grass). Pool Winner goes into Final.

Pool 2: 5 team Pool play. Play on 8 and Nike 7 (turf). 6-minute halves to even up playing time vs Pool 1. Winner in Final

Final: Winner Pool 1 vs Winner Pool 2

3-5 games each

Girls High School bracket (GHS)

Single pool of 5. Play on Nike 8 (grass). Everyone plays everyone. One Winner.

4 games each

Boys Juniors bracket (BJV)

Single pool of 4. Play on Nike 7 (turf). Teams finishing #1 and #2 play Final.
3-4 games each

Coed U14

Pool 1: 4 team Pool play. Play on Nike 7 (turf). Pool Winner goes into Final.

Pool 2: 3 team Pool play, then #2 vs #3, and winner plays #1 for Pool Winner. This allows more than just 2 games for losers. And a 2nd chance at Winner.

Final: Winner Pool 1 vs Winner Pool 2

3-5 games each

Coed U12

Single pool of 3. Pool play, then #1 vs #2 for final. Potentially can add a game depending on timing.

2-3 games each

TAG TEAMS

Start 9am – 11am approximately. All age group U6, U8, U10.

To be finalized.

Play per FIT TOUCH rules found here: <https://rugbyva.org/fit-touch-modifications>