

MedStar 7's Rules & Regs

- Team/coach/ref meetings: TACKLE: 7:30am. TAG FIELD: 8:00am
- 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: 4 team Pool play. Play on Nike 8 (grass). Pool Winner goes into Final.

Final: Winner Pool 1 vs Winner Pool 2

Boys JV/U16 bracket (BJV)

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

Pool 2: 4 team Pool play. Play on Nike 7 (turf). Pool Winner goes into Final.

Final: Winner Pool 1 vs Winner Pool 2

Coed U14

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

Pool 2: 4 team Pool play. Play on Nike 7 (turf). Pool Winner goes into Final.

Final: Winner Pool 1 vs Winner Pool 2



Coed U12

Single pool of 4. At the end of pool play, #1 is winner (no final).

3 games each

TAG TEAMS

Start 8:30am – 11:30am approximately. All age group U6, U8, U10.

Meet 8am sharp to finalize

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