

MedStar 7's Rules & Regs

For tackle games: teams currently playing on the field 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.

- Respect AGE/GRADE BRACKETS! Can play UP but NOT DOWN.
- 7-a-side for all Tackle Teams
- Team/coach/ref meetings: TACKLE: 7:30am. TAG: 8am
- Three points for win, 2 for tie, 1 for loss
- Tie is separated by head-to-head, followed by points diffs

Artificial turf field

- Referee assistant marks the 10m line for kickoffs. On both fields the lines are a little dodgy so help the players and referee.

Boys High School bracket (BHS)

- Pool 1: 4 team shoot-out. The Pool Winner goes into Final
- Pool 2: 3 team pool play. Team finishing 1st goes to Pool Final, then Pool #2 plays #3 for right to play Pool Winner.
- Pool 1 Winner vs Pool 2 Winner in Final
- 3-5 games each

Girls High School bracket (GHS)

- Single pool of 4. Teams finishing #1 and #2 play Final.
- Teams finishing #3 and #4 play for placing.
- 4 games each

Boys Juniors bracket (BJR)

- **Single pool of 4. Teams finishing #1 and #2 play Final.**
- **Teams finishing #3 and #4 play for placing.**
- **4 games each**

U15 / Middle School bracket (MS)

- **Two pools of 4. Each Pool Winner plays the Final.**
- **3-4 games each**

Under 13 (U13)

- **Two pools of 3. Pool #1 straight to Pool final. Each Pool #2 and #3 play cross-pool #2 and #3. Winners of those play-offs play the Pool #1 to be Pool Winners**
- **Pool Winners play in Final**
- **3-4 games each**

TAG TEAMS

- **Per the Schedule, which might yet change.**
- **Play per FIT TOUCH rules found here: <https://rugbyva.org/fit-touch-modifications>**