2026 7's State Tournament Guidelines

Tournament Date: October 25th, 2026
Hendersonville, Rugby Complex
1788 Avant Lane
Hendersonville, TN 37075

The 7's State *Tournament Roster* will be limited to the Team's players and coaches registered in the Rugby XPlorer Registration System. The *Tournament Roster* will be limited to a maximum of 15 players and 5 coaches per team.

Rosters – It is the club's responsibility to enter all players and coaches into the Squad Management system of Rugby RX. This roster must be entered no later than 6:00 PM on Wednesday, October 21st, 2026. Failure *to comply with the deadline for submission of rosters may result in a forfeit of the team's opportunity to participate in the tournament.*

Substitutions – 2026 Sevens - Game Management Guidelines will be used:

1. **Each Team must have no more than seven players on the playing area**
2. **Each team can nominate and use 5 substitutes/replacements**
3. **Substituted players may return multiple times (5 total movements)**
4. **7 Players will be LOCKED to any one roster in the Upper Division (State Cup Olympic 7s Championships). A player from the same club's OPEN side can move over to the CUP, but not back to OPEN if they play in the CUP.**

Bracket point system – all divisions: A win will equal 3 points. A tie will equal 2 points. A loss will equal 1 point. A "No Show" or forfeit will equal 0 points for the no show and 3 points for the "winner".

Pre-Game procedures – all teams will be available at their field at least 10 minutes prior to their scheduled game time for check-in and coin toss.

Bench Areas – Only players and coaches who are on the approved Tournament Roster in Rugby RX are allowed in the bench area. Coaches must be on the "team side" – there will be no coaching from the fan side or from the "end lines". Coaches and players must remain in their team area which is designated as from their side of the half-way line to the 22M line. Reserve players must remain between the half-way line and the 10M line and in the roped off section of their side.

Duration of periods - All Matches, including semi-final and finals, will consist of two seven-minute halves except overtime periods as noted below. There will be no overtime period in pool/preliminary/bracket games. Overtime will only be played in the "Medal Rounds". Medal Rounds are the Semi-Final and Final Matches (Gold, Silver, Bronze).

Seeding Tie Breaker Procedures:

1. **Head-to-head competition**
2. **Total point differential**
3. **Most points scored**
4. **Least points allowed**
5. **Most tries scored**
6. **Most conversions**
7. **Coin toss**

At any time in ANY MATCH that both coaches agree (typically blowouts or "inconsequential" matches) the rules for substitution can be suspended by simply informing the Referee both Staffs agree at any time before or during the match.

Semi-Final and Final Tie Break Procedure

For Semi Final and Finals: During the Semi-Final and Final (Medal) matches, in the event of a match being tied at the end of normal time, extra time will be played until a winner is determined. Extra time will be in periods of five minutes. After each period the Teams will change ends of the field without interval. In extra time the Team which scores first will immediately be declared the winner without further play. The Team that first kicked off will do so again in the first period of extra time, and subsequent kick-offs will alternate between the two sides.