



2024 7's State Tournament Guidelines

Tournament Date: November 2, 2024
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 and paid within normal TRA procedures. The Tournament Roster will be limited to a maximum of 15 players and 5 coaches.

Rosters – It is the club's responsibility to forward their player and coach rosters to the BOD Chair (by email) to trarugbydirector@gmail.com. **This roster must be forwarded no later than NOON on Wednesday, October 30th, 2024.** It is also the club's responsibility to verify that players and coaches are registered, paid, and on the approved State roster. This must be done prior to the Noon deadline on October 30th, 2024. **Failure to comply with the NOON deadline for submission of rosters will result in a forfeit of the team's first game during the tournament.**

Substitutions – 2024 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.

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

Bench Areas – Only players and coaches who are on the approved Tournament Roster 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 Matches (Gold, Silver, Bronze), semi-final, and championship games.

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.

Semi-Final and Final Tie Break Procedure

For Semi Final and Finals: During the Semi-Final and Final games, 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.