

WHITU 7's Tournament Rules

1. Teams are allowed to have a maximum of 14 players on their roster.

2. High School, Academy, Club and representative level teams are eligible to play.

3. Divisions:
 - U14 Girls and Boys Open
 - U16 Girls and Boys Open
 - U18 Women and Men's Open
 - U18 Women and Men's Elite

4. Eligibility:

Players must be born in year 1999 or later

5. Coin Toss:
 - a. To keep the games flowing a representative from each team must be at the Field admin tent (on their field of play) at exactly half time point of the game before theirs. If either team doesn't have a representative there by the whistle for second half, it is at the other team's discretion for how their game will start. If neither team is there, it is at the referee's discretion.
 - b. No shows: If a team does not have 7 players on the field ready for kick off within a minute of their kick off time (ie kick off is set for [10:20](#), and the team only has two players there at [10:21](#) - that team is deemed as a no show).

6. Draw/Ties:
 - a. Draws are acceptable during pool play.
 - b. Draws in play-off games will result in a 5 minute "sudden death" overtime. A coin toss will take place between the two captains at the side line immediately following the end of regulation time, to determine which team will kick-off or choose a side.
 - c. Should the game still be tied at the end of the five-minute overtime; teams will choose ONE kicker (who was on the field of play when the final whistle was blown) to kick a drop goal from the left side of the 22m at the 15m line, centre 22m; and right side 22m at the 15m line.
 - d. Should the game STILL be tied at the end of the six penalty kicks, a new kicker MUST be selected by both teams and the 22m drop goals from the three locations resumes until someone misses.

7. Cards:
 - a. Yellow cards will be two minutes in length and will be served in a designated area at the Field admin tent table. The time does not begin until the offending player has left the field of play.
 - b. In the event of a red card being issued, player will not be able to return to play for the remainder of the tournament.

8. Substitutions:

A team may make a total of five substitutions per game.

A player that is substituted during a game can not return to play in that game even to replace a injured player.

Exception - a player may replace a player with a bleeding or open wound.

9. Point Allocations:

a. A win is worth three points.

b. A draw is worth two points to each team.

c. A loss is worth one point

d. Zero for a “ no show”

e. Tie Breaker

i. Head to head

ii. Tries for

iii. Point differential