



USA Rugby Competition Guidelines and Extra Time Policy for College 7s

Determining Pool Standings

Position in the pool standings shall be determined by competition points (Win = 3, Tie = 2, Loss = 1) However, if at the conclusion of the pool stage two teams are equal on competition points for any position in the pool, such position in the pool standings will be determined on the result of the match between the two equal teams. The team that won that match shall finish higher in the pool standings.

If the match between the two teams equal on competition points at the end of the pool stage was a tie, then the following process shall be used to determine the pool standings:

1. Points differential
2. Tries differential
3. Points for
4. Tries for
5. Coin toss between team captains

If at the end of the pool stage more than two teams are tied on points, then the following process shall be used to determine the pool standings:

1. Points differential
2. Tries differential
3. Points for
4. Tries for
5. Coin toss between team captains

The duration of all matches including the championship matches, will be seven minutes each half with a two minute half time interval.

Determining Knock-out Round Brackets

Men's Division IA

The 4 pool winners and the 4 pool runners-up will advance to the Cup Quarter-Finals and play across pools – A1 vs B2, C1 vs D2 and so forth. The four winners will go on to the Cup Semi-Finals; the four losers will go on to the Plate Semi-Finals.

The 4 pool third-place finishers and the 4 pool fourth-place finishers will advance to the Bowl Quarter-Finals and play across pools – A3 vs B4, C3 vs D4 and so forth. The four winners will go on to the Bowl Semi-Finals; the four losers will go on to the Shield Semi-Finals.

Men's Division IAA and Men's Division II

The 3 pool winners, 3 pool runners-up and the top 2 third place teams will be re-seeded and advance to the Cup Quarter-Finals – 1 vs 8, 4 vs 5, 3 vs 6, and 2 vs 7. The 3 pool winners will be ranked 1-3, the 3 pool runners-up will be ranked 4-6, and the top 2 third-place teams will be ranked 7-8. The four winners will go on to the Cup Semi-Finals; the four losers will go on to the Plate Semi-Finals.

The remaining 4 teams will be reseeded and advance to the Bowl Semi-Finals – 9 vs 12 and 10 vs 11.

Women's Elite Division, Women's Division I and Women's Division II

The 2 pool winners and 2 pool runners-up will advance to the Cup Semifinals and play across pools – A1 vs B2 and B1 vs A2.

The 2 pool third-place finishers and the 2 pool fourth-place finishers will advance to the Bowl Semifinals and play across pools – A3 vs B4 and B3 vs A4.

Extra Time Policy for Knockout Rounds

During the elimination (knockout round) 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. After a break of one minute, extra time will be played in periods of five minutes. After each period, the teams will change ends without interval. In extra time the **team which scores first will immediately be declared the winner** without further play. Before extra time starts, the referee will organize a coin toss between captains to decide whether to kick-off or choose an end to defend. If the winner of the coin toss decides to choose an end, the opponents must kick off and vice versa. Subsequent kick-offs will alternate between the two sides.