

- 2023 TOURNAMENT RULES -

Age Limit – U14 players must have been born on or after 9/1/2008; U16 players must have been born on or after 9/1/2006. Age shall be verified by birth certificate, passport or other form of state identification. Any disputes shall be resolved by a three-member panel Tournament Staff.

U14 Waiver(s) – If an athlete would have qualified under last year's rules (U15 + 8th grade), that an athlete may participate in the tournament's U14 division. Each team has up to three waivers for the U14 divisions ONLY. Please contact Tournament staff as soon as possible to discuss your waiver(s).

Concussion Protocol - All decisions regarding concussions will be made by our Tournament medical staff. They will have the exclusive and final say on all these decisions.

Roster Size Limit - 15 athletes per side. Athletes cannot compete in more than one division (i.e., Boys Tier I & II). If a club has more than one team in that division, athletes can only compete for one team. /

Match Roster - 12 athletes per side. Match rosters can fluctuate from match to match.

Substitutions - Must be made at dead ball and with permission from the referee. Rolling subs are allowed. Limit is five (5) movements per match.

Field Dimensions – Roughly 100 yards long (goal line to goal line) X 54.25 Yards wide; all fields are turf playing surface.

Ball Size - Size 5 for all matches

Point Scoring - Five (5) points awarded per try; two (2) points awarded per conversion. In game drop goals and penalty attempts are worth three (3) points.

Scrum & Line-outs- Scrums will be contested. Lifting is permitted for lineouts.

Red Cards/Yellow Cards - One Yellow Card shall result in a two-minute suspension from play. Two Yellow Cards in one match results in a red card and the removal of that player for the duration of the match. A Red Card results in the player's removal for the duration of that current match. Two red-cards in the tournament will result in the player's removal from the tournament. Any disputes over the issuance of a Yellow and/or Red Card shall be resolved by a three-member panel of Tournament Staff.

Coin Toss - Five (5) minutes prior to assigned kick-off, captains and/or team representatives shall report to the scorer's table of the assigned field to determine ball possession and direction of play.

Match Duration - Seven minutes each half, with a two-minute half-time break. Includes Championship Matches. No extra time permitted in pool play. Extra time permitted in placement matches - five minutes per period, sudden death.