

National Rugby Sevens Tournament 2026

ELIGIBILITY

1. This competition is open to members affiliated to the Scottish Association of Young Farmers Clubs. The team must consist of at least five members who have not attained their 28th birthday by the date of the National competition. This competition now allows for a maximum of 2 Associate members to take part who must not have attained their 30th birthday by the date of the National competition.
2. Due to health and safety reasons – no member under the age of **18 years** of age will be permitted to compete at ANY level of this competition. Unless SRU approved.

SCORING CRITERIA

1. Points for the League:- Win - 3 Draw - 1
2. All teams will be notified of their reporting time, any team not ready to start at their located time will have a defeat registered against them and credited to the side that is there, and if neither of the teams are there they will both have a defeat put against them.

PROCEDURE

1. Depending upon the number of entries received and the facilities available, the competition will be run in four leagues on two pitches. All games will be 7 minutes each way, except for the final, which will be 10 minutes each way. The top team of each league will go forward to the Semi- Finals and the Competition will then be conducted on a knockout basis. In the event that there is only sufficient teams for two leagues semi-finals will be organised between 1st and 2nd placed teams in each league on a knockout basis. In the event of a draw in the knockout stages, sudden death will be played in 5 minute periods until there is a winner.
2. All teams' members must wear appropriate attire and footwear (metal studs or moulded). These will be checked by the referee before play commences.
3. Start of Play: Kick off. Winner of the toss can choose whether he wants the kick off or choice of ends. The game shall be restarted in like manner after a score with scoring team kicking off.
4. Each team of seven players is permitted to substitute not more than three players during the game. A player who has been substituted may only re-enter the field of play as a substitute for another player at the referee's discretion.
The substitution of players may only take place at a stoppage in play.
Teams can use their own discretion as to how many substitutes they bring to the tournament as long as this does not exceed three.
5. The competition will follow the Rules of the Rugby Sevens as laid down by the International Rugby Board.
6. A player sent off during a game shall be suspended from the rest of the tournament. Receiving two yellow cards will also result in suspension from the rest of the tournament.
7. In the opinion of and at the Chief Steward's discretion, a competitor or team will be disqualified for ungentlemanly conduct by word or act, which is likely to bring the event and/or the YFC into disrepute.
8. National Council will appoint the Referees.

ENTRIES

1. This competition is open to all SAYFC clubs with no limit on district/regional entries.
2. The first 12 teams to enter will be offered a place in the competition.

Entry Deadline: Friday 1st May 2026

Entry Fee: £25

Competition Date: Sunday 17th May 2026

Entry Criteria: District to National