

GUIDELINES: 2026 Mid Atlantic Conference (MAC) Men's and Women's Sevens

2026 Committee Members:

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Section 1. Qualification Tournaments.

1. Men's/Women's Qualifiers:

The 2026 MAC Sevens Season will consist of 4 Qualifier Tournaments for the Men's Premier Division (MP) and Women's Premier Division (WP).

The final qualifier tournament will act as a qualifier for the Men's Premier, and Women's Premier division equally weighted as the previous 3 qualifiers. Hence, the last qualifier holds no greater weight than the previous 3 qualifiers for MP and WP. **The MAC MP and WP Champion will be decided by point accumulation at the 4 qualifiers** (see section 9 for tie-breaker scenarios).

For 2026, we know MAC will receive 1 automatic bid. More At-large bids will be allocated to the Union, but the amount is unknown at this time.

Qualifier Dates:

1.1. Qualifier Tournament Venues

- June 13 – Red, White, and Blue 7's (Wilmington RFC)
- June 20 – Billy Gardner 7s (Northern Virginia RFC)
- June 27– Rites of Summer (Baltimore-Chesapeake RFC)
- July 11 – S'kill 7s (Schuylkill River RFC)

Section 2. Qualifier Divisions.

2. Divisions:

Any team may enter MAC qualification tournaments regardless of the region with which they are associated; however, teams must meet below requirements to uphold the intent of the qualification process. Further, MAC Points will only be awarded to the MAC clubs striving to participate in the National Club 7s Championships.. For example, if a Northeast team finished 1st, and a Mid-Atlantic team finished 2nd, the MAC team would receive 1st place points in regard to MAC standings.

- 2.1. **Men's Premier** - A division available to any CIPP (Rugby Xplorer) registered club, MAC or non-MAC. Points will only be awarded to MAC Teams first side, unless clubs second side has separate club registration and trying to advance to National Championship
- 2.1.1. Non-MAC teams must be a CIPP registered club, and all players participating in the tournament must be CIPP registered for said club. ***Non-MAC team's entrance is at the discretion of the MAC 7's board.***
- 2.1.2. A MAC team can field "development sides" without CIPP registering a separate club." ***Developmental teams entrance is at the discretion of the MAC 7's board***
- 2.2. **Women's Premier** - A division available to any CIPP registered club, MAC or non-MAC. Points will only be awarded to MAC Teams first side, unless clubs second side has separate club registration and trying to advance to National Championship
- 2.2.1. Non-MAC teams must be a CIPP registered club, and all players participating in the tournament must be CIPP registered for said club
- 2.2.2. A MAC team can field multiple sides without CIPP registering a separate club. Developmental team entrance is at the discretion of the MAC 7's board

Section 3. Intent to Participate

3. Intent to Participate:

A club's "intent to participate" is notifying USA Club 7's Committee of your club's aspirations to participate in the Premier Division at Qualifying Tournaments with the intent to qualify for 7's Club National Championship. This process allows USA Rugby and MAC 7's Committee to provide the highest level of 7's by not being inclusive, and further does not diminish from the intent of the qualification process. **The "[intent to participate](#)" must be made by Tuesday, July 1, 2026.**

3.1 **Men's Premier** - Any club wishing to participate in the Men's Premier Division at a MAC qualifier must notify MAC 7's committee indicating themselves as one of the following: Qualifier, Developmental, or Non-MAC. ***If a club indicates themselves as "Qualifier, they are required to attend all 4 Qualifying Tournaments. Failure to do so still requires a team to pay tournament entry fee(s) to hosting club(s), or be barred from MAC Qualifiers for 1 year. Clubs indicating themselves as "Developmental" are not required to pay penalty fees should they drop out of competition. .*** This is in addition to USA Rugby's requirement of intent to participate, to help MAC 7s committee coordinate locally.

3.1.1. **Qualifier** – A CIPP registered club within the MAC that is attempting to qualify for the National Club 7s Championships.

3.1.1.1. Any Club who declares "Qualifier" as their intent is required to attend all 4 Qualifying Tournaments.

3.1.2. **Developmental** – A CIPP registered club within the MAC fielding multiple sides not attempting to qualify its lower side(s) for National Club 7's Championship, or a club new to Qualifier Division attempting to be full participant in the future.

- 3.1.2.1. Developmental sides are not subject to penalties described but must indicate their intent prior to first qualifier and receive approval from MAC 7's Committee
- 3.1.3. **Non-MAC** – A CIPP registered club not within the MAC
 - 3.1.3.1. Non-MAC sides are not subject to requirements noted above
- 3.2. **Women's Premier** - Any club wishing to participate in the Women's Premier Division at a MAC qualifier must notify MAC 7's committee indicating themselves as one of the following: Qualifier, Developmental, or Non-MAC. ***If a club indicates themselves as "Qualifier, they are required to attend all 4 Qualifying Tournaments. Failure to do so still requires a team to pay tournament entry fee(s) to hosting club(s), or be barred from MAC Qualifiers for 1 year. Clubs indicating themselves as "Developmental" are not required to pay penalty fees should they drop out of competition***
 - 3.2.1. **Qualifier** – A CIPP registered club within the MAC that is attempting to qualify for the National Club 7s Championships.
 - 3.2.1.1. **Any Club who declares "Qualifier" as their intent is required to attend all 4 Qualifying Tournaments unless otherwise agreed upon by Mac 7S Committee**
 - 3.2.2. **Developmental** – A CIPP registered club within the MAC fielding multiple sides not attempting to qualify its lower side(s) for National Club 7's Championship or a club new to Qualifier Division attempting to be full participant in the future.
 - 3.2.3.
 - 3.2.3.1. Developmental sides are not subject to a penalty described but must indicate their intent prior to first qualifier and receive approval from MAC 7's Committee
 - 3.2.4. **Non-MAC** – A CIPP registered club not within the MAC
 - 3.2.4.1. Non-MAC sides are not subject to requirements noted above

Section 4. Club Eligibility.

4. Club Eligibility:

MAC follows the eligibility regulations of USA Rugby. The following are taken directly from USA Rugby's Eligibility Regulations for National Men's Club Sevens Championships. A newly formed club that plays sevens exclusively will need to register as any other club would. **June 14th, 2026** is the registration deadline for 7s season.

4.1 Players may form and join any sevens club, regardless of their fifteens affiliation.

4.2 A club may be registered solely to play sevens

4.3 Players may transfer from a fifteens club to a sevens club and transfers can be denied by their club for outstanding financial issues or disciplinary matters with their Territorial Union (TU) or Local Area Union (LAU)

4.4 For the USA Rugby Men's and Women's Club Sevens Championships, at least 9 players on the roster must meet National Team eligibility standards

- 4.5 Players may register with any sevens club, but may not play in any qualifying tournaments for any other club during a USA Rugby qualifying match

Section 5. Player Eligibility.

5. Player Eligibility:

The purpose of these regulations is to prevent club hopping and the importation of guest players late in the season to strengthen teams for qualification into the National Club 7's Championship and ensure teams competing at the Championship event are reflective of the team that qualified.

- 5.1. Play in at least two sevens matches at least a week apart from each other prior to this USA Rugby Championship Event for the club. These tournaments must be USA Sanctioned tournaments which all 4 Qualifiers are. ***Subsequent to this rule, a player must play in at least one sevens qualifier or other sevens matches prior to the final MAC qualifier (7/11). This is a MAC regulation.***
- 5.1.1. In the event a player has not played in one sevens qualifier or other sevens match prior to the final MAC qualifier, said player will be ineligible to play in the final MAC qualifier
- 5.1.1.1. A player must provide proof (submitted rosters, photos, video, etc.) if seeking qualification via non-qualifying tournaments and is at the discretion of the 7's committee to prove if valid.
- 5.1.1.2. A player having not played in one sevens qualifier or other sevens match prior to the MAC finals can seek a waiver from USA Rugby seeking to waive the match requirement clause thus making them eligible for the Club National Championship. ***If waiver from USA Rugby is approved prior to the final MAC Qualifier said player will be eligible for qualifier. Waiver must be approved, pending will not suffice.***
- 5.1.1.3. In the event a player has not played in at least one sevens qualifier or other sevens matches prior to the final MAC qualifier, nor has received a waiver from USA Rugby prior to the final MAC qualifier, that does not prohibit them from playing at Club Nationals. The player would need to submit a waiver to USA Rugby waiving the match requirement and potentially still become eligible for Club Nationals.
- 5.2. Be enrolled for the club, through initial enrollment or transfer, prior to the earlier of (i) playing in any match pursuant to a) above and (ii) ***July 2, 2026.***
- 5.3. Have not played in any qualifying tournaments (unless outside the qualifying division) for any other club.
- 5.4. Player must be at least 18 years of age, unless granted a waiver by USA Rugby Eligibility Committee.

Enforcement of USA Rugby laws is the responsibility of the MAC Sevens Committee members. Absent a complaint, checking of passports is at their discretion. However, in the event of a complaint the MAC Sevens Committee must take the lead on clarifying eligibility. In the event a team is found to have used an ineligible player, at a minimum they will forfeit ALL points earned on that day.

Section 6. Roster Management.

6. Roster Management:

The purpose of these regulations is to ensure all teams are meeting USA Rugby eligibility requirements. This not only to benefit the MAC 7's Committee in ensuring teams/players are eligible, but also a benefit to the participating clubs ensuring them all players would be eligible if to reach the National Club 7s Championship. We will be exclusively using Rugby Xplorer for roster management.

- 6.1. Teams in the MP and WP divisions are required to complete their **rosters on the Rugby Xplorer App by 12:00PM Friday prior to each of the tournaments** in which the team is participating. **Teams should email a screen shot of the match day roster to the members of the MAC 7s Committee.** The MAC Committee will use each roster to confirm eligibility. All other divisions must submit roster form to tournament director before first match using the tournament host document. *If a player does not show on your "Squad List" thus not on your roster and able to be selected for "Match Day" roster, **they cannot play.***
 - 6.1.1. Rosters should be as accurate as possible leading up to the tournament, however, teams can make changes until the day of the tournament.
 - 6.1.2. Teams do **not** need to set roster for each match, do subs, or scoring. The only requirement is to set up roster in Rugby Xplorer as noted in 6.1.
 - 6.1.3. Teams in the Social Divisions are encouraged to use Rugby Xplorer for their rosters as well so counts toward the eligibility towards USA Rugby Eligibility Requirements. If roster submitted manually, it may still count but cannot guarantee and would be up to USA Rugby
 - 6.1.4. For a player in the Social division to use the tournament to count towards their participation requirements for the USA Club 7's Nationals, they must be registered with the club in Rugby Xplorer prior to the tournament start date.
 - 6.1.5. A roster limit of 13 players will be in effect this season for the MP and WP divisions.
 - 6.1.6. ***Please refer to USA Rugby Eligibility guidelines in reference to number of Professional and non-citizen players eligible to participate.*** In short, 2 professionals with potential waiver for a 3rd, and 2 non-citizens with potential waiver for a 3rd on a 13-man roster.
- 6.2. All MAC MP and WP players registrations and transfers must show up in Rugby Xplorer and added to your roster match day roster for said tournament. If they are not in your "Squad List" in Rugby Xplorer, they are not eligible to play. Teams playing ineligible players forfeit all points earned in the tournament and face possible additional sanctions.
- 6.3. All MAC MP and WP team's must adhere to regulations listed in "**Section 5 Player Eligibility**"
- 6.4. **Teams fielding Multiple sides in Premier Division (MP or WP)**
 - 6.4.1. **Multiple "Qualifier" teams** - Teams must have separate clubs registered with USA Rugby
 - 6.4.1.1. Player swapping is forbidden both the day of the tournament and subsequent tournaments for the totality of the summer, even if one of your teams decides to no longer play in the "Qualifier" Division as this would fall under regulation 4.3 as playing for another club.
 - 6.4.1.2. **"Qualifier" and "Developmental"** – Teams can play under one CIPP registered club with USA Rugby

6.4.1.2.1. Player swapping is forbidden the day of the tournament, but a player can move to another one of the club's sides in subsequent weeks.

6.5. "Non-MAC" teams in Premier Division (MP or WP)

6.5.1. All players must be CIPP registered for the participating club

6.6. Roster Swapping – Any swapping of players between sides (regardless of Division) on tournament day will result in forfeit of all points earned that day by both offending teams.

Section 7. Tournament Guidelines.

7. Tournament Guidelines:

The purpose of these regulations is to make sure all events are uniform, and setting a standard for both teams and host to abide by.

7.1. Tournament Seedings:

7.1.1. The Tournament Director will email a list of the teams that have registered in each division for the upcoming qualifier tournament to the Sevens Committee's representatives listed at the beginning of this document soon after the TUESDAY, 10:00PM DEADLINE

7.1.2. The first **2026** Qualifier will be seeded by **2025** results according to:

7.1.2.1. Finish at Nationals

7.1.2.2. Final 2025 MAC Standings

7.1.2.3. Tie-Breakers will be decided by MAC 7's Committee

7.1.3. Subsequent qualifiers will be seeded by the results of the previous qualifiers

***Subsequent Tournaments seeding will be based on immediately preceding Qualifier tournament results. It is not based on total points accumulation.**

7.2. No Show Seedings/Forfeit Points:

7.2.1. In the event a team does not show up, the MAC 7's committee and tournament director will work to develop alternative brackets if possible.

7.2.1.1. If re-bracketing is not possible, the event will be reseeded so that the no show team is placed last in the pool and their forfeit should count as a 28-0 loss

7.3. Forfeiting Match:

7.3.1. Any team forfeiting/not playing a pool match, other than the first of the day due to travel issue is not eligible for Cup playoffs, and/or will be seeded in the last place match (i.e., 7/8th match if 8 teams)

7.3.2. Any team(s) not playing a knock-out/semi-final match which leads into a succeeding match will both be issued a forfeit and not eligible to advance. (i.e., Widget 1 RFC and Widget 2 RFC do not play a semi-final match against each other. Both teams will not advance to the final).

7.3.3. Teams from the same club can choose not to play a 3rd place, 5th place match, etc. whereas it is the last match of the day and no further advancement.

7.4. Kick off times:

7.4.1. The MP and WP Division will kick-off no earlier than 10:00 AM. The MAC 7s Committee does reserve the right to start play as early as 9:20AM if tournament is scheduled to run too long in the day for safety of the athletes.

- 7.4.1.1. All MP and WP should be prepared to play at 10:00AM although kick-off can be later. ***Tournament Director/MAC committee can alter tournament schedule up to 5:00 PM Friday before the tournament, therefore all teams should be prepared and plan travel accordingly to play at 10:00 AM***

7.5. Scheduling of games:

- 7.5.1. MP and WP games should be at least 1 hr. and 20 minutes hours from start of preceding match to kickoff of the subsequent match.
- 7.5.2. MP and WP cannot exceed 3 hours from start of preceding march to kickoff of the subsequent match.
- 7.5.3. Above requirements should be achievable as detailed in your bids for hosting. If the amount of Social games cause the above schedule to not be possible, you must adjust the amount of social teams.
- 7.5.4. **All schedules must be approved by MAC 7's Committee**

7.6. Tournament Format:

- 7.6.1. The format for pool play and play-offs will be determined per qualifier tournament dependent upon the number of teams registered within each division. Tournament Directors will work with the MAC Sevens Committee members to determine the best possible options of play
- 7.6.2. Pool advancement, for those that have semi/quarter finals is determined by:
- 7.6.2.1. Record in pool
 - 7.6.2.2. Total wins
 - 7.6.2.3. Head-to-head-competition
 - 7.6.2.4. Point differential
 - 7.6.2.5. Tries scored
 - 7.6.2.6. Converted tries scored
- 7.6.3. Third place in Championship bracket matches are to be scheduled. If one team decides not to play, the 3rd place points will be awarded to the team willing to play and the 4th place points to the conceding team. If both teams concede, each team will receive the points allocated to the fourth place team.
- 7.6.3.1. 5/6th place match, 7/8th place matches, etc. are to be scheduled. If one team decides not to play, the higher points will be awarded to the team willing to play and the lower place points to the conceding team. If both teams concede, each team will receive the points allocated to the lower finish (i.e., in 5/6th place game, both teams would get the 6th places points (12)).
- 7.6.4. Championship and 3rd place Ties will be resolved according to the 'Standard Set of Variations Appropriate for the Seven-a-Side Game' in the current Law Book.
- 7.6.5. In the event of any post-match discrepancy or disciplinary actions, those teams who originally placed below the disciplined team will move up accordingly in receiving points.
- 7.6.6. Seeding: Points will be awarded in the following manner for the following places in a Qualifying Tournament:
- 7.6.6.1. **First place – 22 points**
 - 7.6.6.2. **Second Place – 19 points**

- 7.6.6.3. **Third Place – 17 points**
 - 7.6.6.4. **Fourth Place – 15 points**
 - 7.6.6.5. **Fifth Place – 13 points**
 - 7.6.6.6. **Sixth Place – 12 points**
 - 7.6.6.7. **Seventh Place – 10 points**
 - 7.6.6.8. **Eight Place – 9 points**
 - 7.6.6.9. **Ninth Place – 8 points**
 - 7.6.6.10. **Tenth Place – 7 points**
 - 7.6.6.11. **Eleventh Place - 5 points**
 - 7.6.6.12. **Twelfth Place - 3 points**
 - 7.6.6.13. **If more than twelves teams, teams finishing 13 or greater are given 1 point.**
- 7.6.7. **Tournament Cancellation:** If one tournament needs to be cancelled or end early due to adverse weather conditions, point totals stay as they are at the time of cancellation.

Section 8. Tournament Registration.

8. Qualifier Tournament Registration:

The purpose of this section is to make sure MAC qualifiers are inclusive of all teams wanting to participate in qualifying for the National Club 7s Championships, but also allowing enough time for organizers to run a class event.

8.1. Qualifier Tournament Registration –

- 7.1.1 Teams participating in the MP or WP must register by **10:00PM on the Tuesday prior to the tournament for guaranteed entry**
- 7.1.2 **If a team pulls out of the tournament after Tuesday deadline, refund is subject to the tournament hosts.**
- 7.1.3 Entry to the qualifier tournament after the deadline for MAC MP and WP teams is at the discretion of the MAC 7's Committee for the event.
- 7.1.4 Teams competing in the MP, and WP, take precedence over all other teams entering the tournament before the Tuesday deadline.
- 7.1.5 Entrant registration method must include acceptance of an emailed letter of commitment **ONLY** by the Tournament Director.
- 7.1.6 MAC will hold any team liable to a fine and the full entry fee (for each team entered) for backing out of a tournament after the above deadline if a Tournament Director is holding a faxed or emailed commitment. For example: Widget RFC confirms that Widget I and Widget II will attend a qualifier, but backs out after Tuesday at 10:00 p.m. EDT; each side owes the full entrance fee and can be fined by their local union. This holds true if a team registers after the deadline, is accepted into the tournament and then backs out prior to or on the day of the event. **Please note requirement/penalty for Premier Sides as detailed above.**

- 7.2 **Tournament Registration Fees:** Tournament hosts cannot charge Eligible MAC teams (Men's Premier/Open & Women's Premier more than the fixed rate of \$400.00. Tournament hosts may charge non-MAC teams or teams not Eligible any rate they choose. **All tournaments, including the last qualifier have a registration fee.**

Section 8. Qualifier Tournament Hosts.

8. Tournament Host requirements:

The purpose of this section is to ensure MAC qualifiers are held to a certain standard reflective of a National Qualifying event.

- 8.1 Tournament Director** - Designate a single individual to be a Tournament Director (TD) whose responsibilities include managing brackets, ensuring timely kick-offs, securing, and briefing referees
- 8.2 Referee Assignments** – MP and WP must be assigned to MARR referees. The TD should contact the MARR RDO to facilitate this. MARR will ask for local referee society support as needed to cover the MP and WP. The TD should contact the local referee society for assigning all other games
- 8.2.1 MARR RDO** – Aaron Davis – davis.aaronk@gmail.com
- 8.3 Water/Fluids** - Provide for access to water/fluids either free or available from a vendor at the field, or within 0.25 miles from the tournament facility.
- 8.4 Balls** – *Each field should have 2 match balls at all times, one in play and one at mid field. The TD should monitor this throughout the day to ensure this is consistent for all matches*
- 8.5 Scheduling games** – Please note section 7
- 8.6** Tournament organizers must submit win/loss records and scores for all teams entering qualifying divisions by e-mail on the Monday following the tournament to the Sevens Committees members listed at the top of this document.

. Section 9. Advancement to National Men's/Women's Club Sevens Championships.

9. Advancement to National Men's/Women's Club Sevens Championships

As Stated in section 1, there is 1 automatic bids to Nationals for teams in the Men's Qualifier Premier Division and Women's Qualifying Premier Divisions for winning the MAC Championship. Our hope is that more bids will be allocated for MAC teams to compete at the National Championship. The MAC Champion will be decided by total point accumulation from the 4 qualifiers. Likewise, **the 4th qualifier will act as a final qualifier and will carry the same weight as the previous 3 qualifiers.**

- 9.1 MAC Champion Determination** - In determining the MAC Champion, the following guidelines and tie breakers will be applied:
- 9.1.1** Points awarded for eligible tournaments (All four MAC qualifiers)
 - 9.1.2** Qualifiers won
 - 9.1.3** Head-to-head (wins vs. losses in qualifiers)

- 9.1.4 Head-to-head (delta points in qualifiers)
- 9.1.5 Gross points scored in all appointed qualifiers
- 9.1.6 Net points scored in all appointed qualifiers

****** Any dispute with rules and regulations will be heard and decided upon by the MAC 7's Committee with guidance from USA Rugby. This applies to any issue that may not have been addressed above. ******