



Empire 7s Series Rules

PREFACE

1. The 2026 Empire GU 7s Series (EGU7s) will consist of four (4) sanctioned tournaments. Selected tournaments and dates will be announced at a later time.
2. The Empire GU 7s Series (EGU7s) will consist of a Men's and Women's divisions.
3. Tournaments will be selected by the EGU 7s director after consultation with the EGU Director of Rugby and EGU Rugby Leadership Board
4. Tournaments will be selected based on an application review, past performances, geography and club participation.
5. Series rankings will be determined by the combined points of a team's finishes at the EGU sanctioned tournaments.
6. In the event that a EGU7s Series has more than four (4) tournaments, each team will only have their Top 4 finishes included in their series rankings tally.
7. The team with the highest number of points at the completion of the series will be deemed the champion.
8. In the result of a series tie, co-championships will be awarded.
9. All matches will be held in accordance with the laws of the game – as specified by World Rugby – as well as any and all applicable guidelines set forth by USA Rugby & the EGU.
10. Please ensure your club, team, and players meet the USA Rugby Eligibility Regulations.

Series Points

11. Points will be awarded at each EGU7s Series tournament as follows:

1st – 22

2nd – 19

3rd – 17

4th – 15

5th – 13

6th – 11

7th – 9

8th – 7

9th – 5

10th – 3

11th and below – 1

12. One (1) additional point will be awarded when a team submits the names of each player who scored a try, conversion or penalty to the EGU 7s director, by Sunday night of the preceding tournament.

13. Teams may only accumulate points from one tournament per weekend.

14. Non Empire-member teams are not eligible to participate in the Championship final of the Series.

Advancement

15. Pool advancement is determined by:

a. Record in pool

b. Head-to-head competition

c. Point differential

d. Tries scored

- e. Converted tries scored
- f. Coin toss

Eligibility

- 16. All players must be registered with USA Rugby prior to competing.
- 17. College players may play with any senior club so long as they are registered with their school club through USA Rugby.
- 18. Senior players may transfer to another senior club for the 7s season but must register for their new club through USA Rugby.
- 19. Once a USA Rugby-registered player competes with a team in an EGU7s tournament, that player is committed to that club for the entire Series.
- 20. Teams participating in the Northeast Championship Series are not eligible to play in the EGU7s (with limited exception).
- 21. Individuals should have government-issued picture ID at each tournament.
- 22. The Tournament Director will verify eligibility compliance.

Disciplinary Procedures

- 23. Red Cards must be reported to the Tournament Director and EGU Director of Sevens.
- 24. If no Judicial Officer is present, the Tournament Director will determine sanctions.
- 25. Three Yellow Cards in a tournament equates to a Red Card and follows the same process.