

Tri-State Conference Collegiate Women's 7s Championship 2024



In 2023 Columbia University took the title in the Championship game versus Fairfield University

Div. II Pool A

Columbia University
Marist College
Stony Brook University
Rensselaer Poly. Inst.
Fordham University

Div. II Pool B

Fairfield University
Vassar College
Rutgers University
The College of New Jersey
Montclair State University

SC Division

Hofstra University
Drew University
SUNY-New Paltz
Molloy College
SUNY-Maritime College
Siena College

hosted
by

Stony Brook University

Stony Brook, NY



RUGBY

Sunday April 7th, 2024

Welcome

This is the second year in a row that Stony Brook University is hosting the Tri-State Conference Women's Rugby 7s Championship and we are indebted to the players, coaches and the Club Sports Office for their support of Women's Rugby.

This year there are 2 Championships to determine, Division II and Small College Tri-State titles are on the line. The winners advance to the Collegiate Rugby Championship (CRC) hosted by National Collegiate Rugby (NCR).

The Tri-State Conference and Stony Brook University extend a warm welcome to all the players, coaches, referees, and spectators for what we hope will be an exciting day of 7s Rugby.

Please remember to be respectful of the players and the referees. We trust that all will understand that the referee's decision is final and a foundation of the sport of Rugby is respect for the officials and the very difficult job that they must do for the game.

Championship T-shirts are on sale all day.

We hope everybody will enjoy the day and are supportive of all the participants.

Division II - Pool A

Columbia University, Marist College,
Stony Brook University, Fordham University,
& Rensselaer Polytechnic Institute.

All teams play 4 games & have 1 open slot
10:20, 11:20, 12:20, 1:20 & 2:20

Division II - Pool B

Fairfield University, Vassar College,
Rutgers University, Montclair State University,
& The College of New Jersey.

All teams play 4 games & have 1 open slot
10:40, 11:40, 12:40, 1:40 & 2:40

Small College Division

Hofstra University, Drew University,
SUNY-New Paltz, Molloy College,
Maritime College & Siena College.

All teams play at
10:00, 11:00, 12:00 1:00 & 2:00

TRI-STATE CONFERENCE RUGBY SEVENS CHAMPIONSHIP

Sunday April 7th, 2024
at Stony Brook University
Stony Brook, NY

Games

Games will be two halves of 7
minutes each;
1 minute for halftime;
Overtime only to be used in
semifinal or final if teams are tied.

Teams may have a squad size of **21 players**.
For each game a team shall have a roster
of 7 players and 5 replacements (**12**).

Standings

Teams earn 3 pts for a win, 2 for a tie and
1 bonus point for 5 scoring tries or more and
1 bonus point if a loss is by 7 points or less.

In the event of a tie in the **pool standings** the
tie-breakers are:

1. Head-to-head result between tied teams;
2. Best points differential (lower number
i.e. pts scored minus pts conceded);
3. Most tries scored;
4. Total points scored;
5. A coin toss will determine the winner.

Kick-off - All teams must be in place for their designated kickoff time or risk immediate forfeit.

Tournament Information

Medical

There will be 2 ATCs in between the 2 fields.

Teams should provide their own tape and please understand that with 16 teams and 2 ATCs on site the more that players can self-serve the better and if possible use their own ATC.

Hospital

Stony Brook University Hospital is on site. Ambulances usually get to the field in 5 minutes or less.

Transportation & Parking

Please use the South P Lot for parking and do not block any entrances. Emergency vehicles need full and quick access.

Alcohol

Absolutely no tailgating is permitted.

No alcohol is allowed at any Tri-State Conference event.

Tenting

Teams may set up anywhere in the area alongside one of the fields.

Warm up area

Teams may use the open area behind the in-goal areas as well as the in-goal but must not interfere with play. Please be respectful of other teams.

Kick-off

All teams must be in place for their designated kickoff time or risk immediate forfeit.

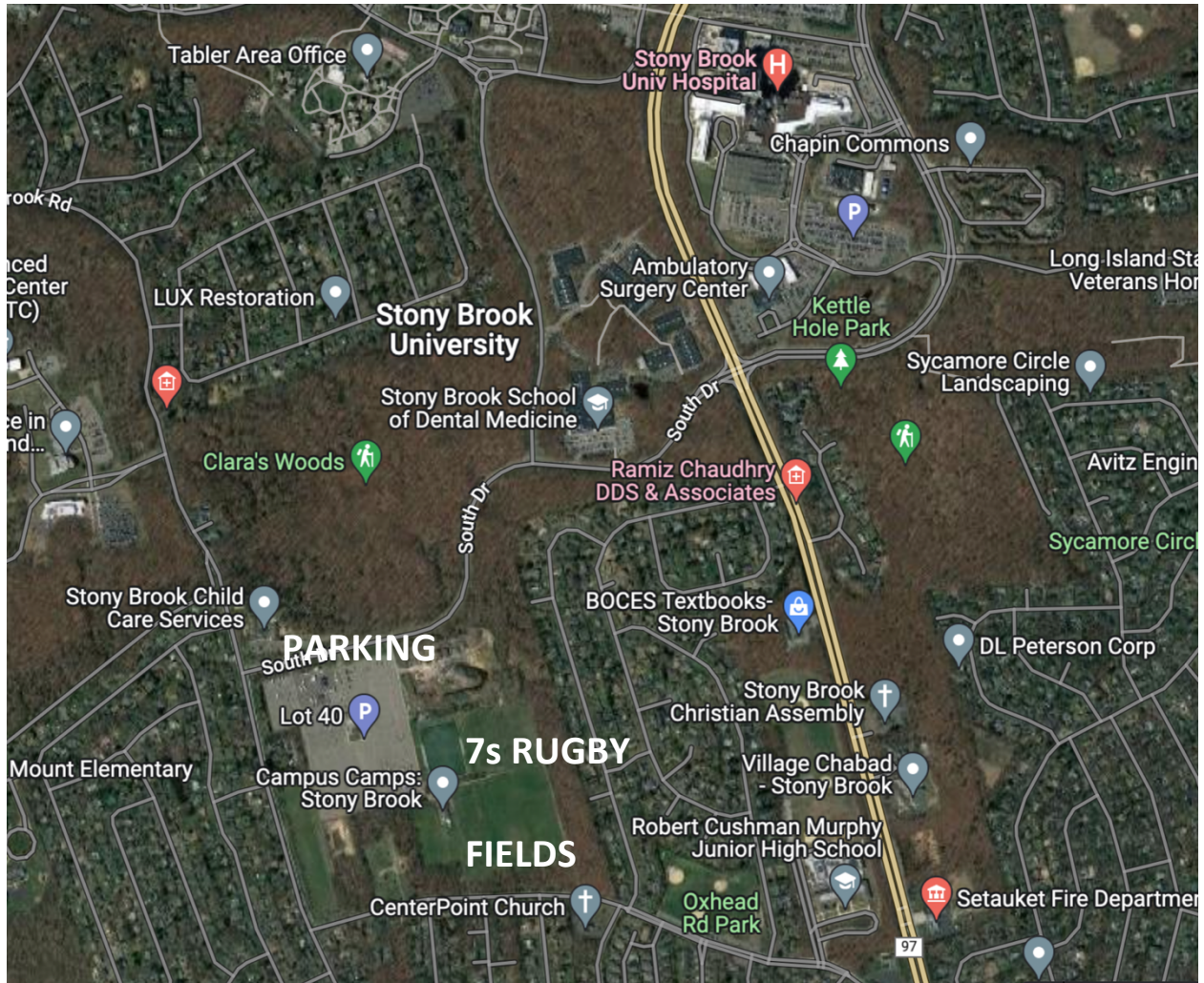
Food

Teams should bring their own food and water/Gatorade to the fields. Water coolers will be near the Referees Station and you can get refills for your water bottles there.

Match balls

The Rugby Referees Society of New York (R.R.S.N.Y.) are officiating the Championship and all match balls should be returned to the referee.

Venue Map



Tournament Rules

Roster sizes

Teams are limited to 21 players for each team for the tournament. No additions after tournament play begins. For each game 7 starters and 5 replacements must be designated.

Kit Color Conflicts

The “home” team (i.e. the team that traveled the shortest distance) will be responsible for changing kit if, at the sole discretion of the referee, there is a kit color conflict. Teams should bring two game kits ideally different coloring. IF YOU NEED A CHANGE OF JERSEYS FOR YOUR TEAM, PLEASE CONTACT TONY BROWN AT 845-380-9052, AS A LOANER SET WILL BE AVAILABLE AT THE FIELD.

Substitutions

Substitutions follow current Laws of the Game (7s variations)

Indicate starting seven

Maximum 5 subs allowed per match

Reserves pulled from 21-person roster

Substitutions must go through the Referee.

Points System – Group Standings

Teams earn 3 points for a win & 2 for a tie.

Bonus Points are: 1 point for 5 or more tries & 1 point for losing by 7 points or less.

In the event of a tie in the **group** the tie-breakers are:

Head-to-head result between tied teams;

Points differential (points scored minus points conceded);

Difference in tries scored;

Points Scored;

Coin toss

All matches shall be played according to the International Rugby Board (IRB) Bye Laws, Regulations and Laws of the Game with Seven-a-side variations as framed by IRB. (2 x 7 minutes halves with a 1-minute half- time.)

A Match shall be played by no more than Seven Players in each Team on the playing area.

A team has a maximum roster for each game of 12 players. A team may have 21 players for the tournament roster.

Play will consist of matches between teams in the same group on a round robin basis.

No extra time will be played in group matches.

Points will be awarded for these matches on the following basis:

Win = 3 points; Tie = 2 points; 5 Tries = 1 bonus point; Losing by 7 or less = 1 point.

Determining Group Standings

Position in the group competition table shall be determined by competition points as set out above.

If at the conclusion of the group stage two Teams are equal on competition points for any position in the group, such position in the group competition table will be determined by the

result of the game between the two equal Teams. The Team that won that game shall be deemed to have finished higher in the pool competition table. If the game between the two Teams equal on competition points at the end of the group stage was a draw, then the following process shall be used to determine the standings:

The margin of points scored for and against a Team in all group games shall be considered. The Team with the highest positive margin of points shall be ranked higher in the group competition table. If the tie remains unresolved, then: The margin of tries scored for and against a Team in all group games shall be considered. The Team with the highest positive margin of tries shall be ranked higher in the group competition table: if the tie remains unresolved then: The Team that has scored the highest number of points in the group games shall be ranked higher in the pool competition table: if the tie still remains unresolved then; The Team that has scored the highest number of tries in the group games shall be ranked higher in the pool competition table: if the tie still remains unresolved then: The tie will be resolved by the toss of a coin between the Team Managers concerned.

If at the end of the group stage **more than two Teams** are tied on points, then the following process shall be used to determine the standings: The margin of points scored for and against a Team in all group games will be considered. The Team with the highest positive margin of points shall be ranked highest in the group competition table: if the tie remains unresolved then: The margin of tries scored for and against a Team in all group games will be considered. The Team with the highest positive margin of tries shall be ranked higher in the group competition table, if the tie remains unresolved then: The Teams concerned shall be ranked by reference to the number of points scored in all group games. The Team with the highest number of points scored in the group games shall be ranked higher in the group competition table: if the tie remains unresolved then: The Teams concerned shall be ranked by reference to the number of tries scored in all group games. The Team with the highest number of tries scored in the group games shall be ranked higher in the group competition table: if the tie remains unresolved then: The tie will be resolved by the toss of a coin between the Team Managers concerned.

Following the completion of the group games, the Group winners and the second placed teams will progress to the Championship semifinals.

During the Knock-out Competitions, in the event of a Match being drawn at the end of normal time, extra time will be played until a winner is determined. Extra time will be 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.

The Team that first kicked off will do so again in the first period of extra time, and subsequent kick-offs will alternate between the two sides.

The duration of all games will be seven minutes each half with a one-minute half time interval.

Group/Pool Matches

Where a pool Match has been abandoned either at half-time or at any time in the second half the result and any points and tries scored by each team in the match shall stand.

Where a pool Match has been abandoned during the first half the result shall be declared a draw.

Where a pool Match has been declared a draw then for that Match each Team will be awarded two Match points and any points and tries scored will count towards the total points and tries scored by each Team in all their pool matches.

Substitutions/Replacements

A match shall be played by no more than seven players in each team on the playing area. A player may be replaced on account of injury or substituted. A team can use up to five replacements/substitutes in each match.

Temporary replacement for a blood injury to a player is permitted. A player who has been replaced through injury may not resume play in the same match except if temporarily replaced for a blood injury. A player who has been substituted may not resume play in the same match except as a temporary replacement for a player with a blood injury. No replacement or substitution may be made except with the permission of the Referee, and only during a stoppage in play.

Only players, the referee, touch judges and medically trained persons, in order to tend to an injured player, may enter the playing area. During the interval coaches and watercarriers may enter the playing area but they must leave it before resumption of play and must not do anything to delay the punctual resumption of play.

The Standard Set of Variations for the Seven-a-Side Game in relation to Law 10 Kick-Off, Law 13 Kick at Goal After a Try, and Law 27 Penalty Kick apply, except that all infringements at a Kick-

Off by the kicking team as specified below will result in a Free Kick at the centre of the half-way line awarded to the non-offending team.

- Ball not reaching opponents' 10 metres line, unless first played by an opponent;
- Ball kicked directly into touch;
- Players of the kicker's team in front of the ball when it is kicked;
- Ball kicked into In-Goal where it is immediately made dead by the non-kicking team, or the ball becomes dead by crossing the Touch-in-Goal or Dead Ball lines.

A player sent from the field, under Law 10, will not be permitted to play again until the matter has been dealt with, in accordance with the applicable Tournament Disciplinary rules.

The following rule shall be observed by Participating Unions and the Teams: For all matches where there is a color clash, the team wearing the alternate kit will be determined by coin toss.

Toss

The toss to decide who will kick off and choice of ends will take place at half time in the preceding match. The toss shall be conducted by the match referee with the captain of each team in attendance.

Variations to the Laws of the Game

(Brief summary)

There are several variations in laws which apply to Rugby Sevens, primarily to speed up the game and to account for the reduced number of players.

The main changes can be summarized as follows:

- Seven players per team on field (instead of 15).
- Five substitutes, with five interchanges
- Seven-minute halves (instead of forty-minute halves).

- One minute half-time (instead of ten minutes).
- All conversion attempts must be drop-kicked (instead of having the option to place-kick).
- Conversions must be taken within 40 seconds of scoring a try (instead of 60 seconds).
- Three player scrums (instead of eight players).
- Kick-offs: In sevens, the team which has just scored kicks off, rather than the conceding team, as in 15s.
- Yellow cards net a 2-minute suspension (instead of 10 minutes).
- Suspensions are more severe in Sevens than in Fifteens. The team plays a man down for 1/7 of the match instead of 1/8 and losing 1 player out of 7 opens up more space than 1 man out of 15.
- Referees decide on advantage quickly (where one play usually ends advantage, not true in 15s).

Overtime Policy

If the semifinals or final are still tied at the end of regulation play **AND there is sufficient time on the schedule**, then a single 5-minute period of “sudden victory,” i.e. first team to score any points wins, will be played. The Tournament needs to stay on schedule and if there is not a 5-minute period available then the Referee will move directly to a Drop Goal competition.

The Referee will conduct a drop-kicking competition to determine the winner of the match, according to the following procedures:

- i. All Players and Match officials will remain on the Playing Area. The Referee will call the captains of the two teams together and will conduct a coin toss. The winner of the coin toss then may either choose which Team kicks first (in which case the loser chooses the end at which all place kicks will be taken) or choose the end at which all drop kicks will be taken (in which case the loser chooses which Team kicks first).
- ii. Each Team must nominate three players to take part in the competition. Only Players on the Playing Area at the final whistle of extra time may be nominated. No substituted Players, injury-replaced Players or Players who have been shown a red card may take part at any time. For clarification purposes, any Player who

has received a yellow card and who remains in the sin bin at the time of the final whistle of sudden death may not take part in the drop kick competition. The order in which the nominated Players will kick does not have to be predetermined.

- iii. The Match Officials and the six nominated Players (three from each team) will assemble on the halfway line. Team management and Players not nominated must remain behind the halfway line in the side of the Playing Area not used. No one other than the Match Officials, the Match Manager, two Ball persons and the participating Players are allowed in the part of the Playing Area being used for the competition (including around the Playing Area, behind the posts, etc.);
- iv. The three players from each team will drop kick from the 22-meter line, directly in front of the posts;
- v. The Referee will start the competition by calling the first Player selected from the Team kicking first to the first kicking point. Once the Player has taken the drop kick, the Referee calls a Player from the opposing Team to take his drop kick from the same point;
- vi. The next two Players (one from each Team) will drop kick from the 1st point in turn. This will continue until all three Players from each Team have drop kicked (the next players place kicking respectively from the first point), or until one Team is unable to equal the score of the other Team within the remaining number of kicks (at which time the Referee will declare the winner);
- vii. If there are an equal number of successful kicks once each Team has completed its three place kicks from point one, the competition continues on a 'sudden victory' basis, following the same order of kickers used in the first three kicks.
- viii. The competition will continue two kickers at a time (one from each Team) until one player succeeds with a drop kick and the player from the other Team taking the same drop kick misses it. Once this occurs, the Team of the player who succeeded with the drop kick will be declared the winner. Each of these additional kicks shall be taken by the same 3 players in rotation.
- ix. Throughout the drop-kicking competition:
 - a. Once a Player has positioned themselves on the kicking point, they must take the kick within 15 seconds. Should they take longer, the Referee shall declare the kick unsuccessful.
 - b. After each kick, the Referee records the number of the Player and whether the attempt was successful. The Sideline Manager/Substitution Recorder will record the same details on the official Match report.
 - c. Whether or not the kick is successful in each case is the sole decision of the Referee, who may at their sole discretion rely on the assistance of

their assistant Referees. The Referee's decision shall be final and binding.

- d. Once a Player has completed their drop kick, they shall return to stand with their Team behind the halfway line in the side of the playing area not used.

Tournament Cancellation

If the need arises due to weather delay, a Coaches Meeting will be convened with the Head Referee and options discussed. It could be that scheduled rest periods are shortened, the third-round game times may be shortened, quarterfinals are shortened, quarterfinals are cancelled or some variation along these themes.

Disciplinary

2-minute yellow card. Red card is out of game AND tournament;

Tournament Contacts

- 🏆 Tony Brown, Tri-State Conference Commissioner
tobrown@vassar.edu
845-380-9052
- 🏆 RRSNY, Head Referee (& additional senior referees as required for committee purposes)
- 🏆 Reggie Ferraro, Tournament Director & SBU Head Coach, 631-766-4457.

Lightning Guidelines

According to the NCAA Sports Medicine Handbook, lightning is the most consistent weather hazard that may affect intercollegiate athletics. While the probability of being struck is low, the odds are certainly greater when an approaching storm is in the area and proper safety precautions are not followed. Below are procedures you need to know to be safe while out on the field.

Be aware how close lightning is occurring. The flash-to-bang (lightning to thunder) method is the easiest and most convenient way to determine just how far away lightning is striking.

Remember thunder always accompanies lightning, even though you may not hear it due to background noises and its distance away from you.

The “flash-to-bang” method is used by counting the seconds from the time you see lightning to when the clap of thunder is heard. Divide that number by five to obtain how far away (in miles) the lightning is occurring. Thus, an F-B of 10 sec = 2 miles; 15 sec. = 3 miles; 20 sec. = 4 miles; etc.

Fields will be cleared if the lightning/thunderstorm is within 8 miles of the fields i.e. a 40 sec. count or SkyScan recognizes the distance).

Lightning awareness needs to occur with the first flash of lightning or the first clap of thunder, no matter how far away. It is extremely important to monitor how far away the lightning is occurring to know how fast the storm is moving, so that the distance that you have to travel to safe shelter can be accommodated. The National Severe Storms Laboratory (NSSL), as a minimum, strongly recommends that by the time the flash-to-bang count of 30 sec. is counted all individuals should have left the athletics site and reached a safe structure or location. The locker room shower and plumbing facilities do not provide safe shelter and should not be used during this time.

When outside, stay away from tall or individual trees, lone objects (e.g. light and flag poles), metal objects (e.g. metal fences, tents or bleachers), standing pools of water, and open fields.

Avoid being the tallest object in the field. Do not take shelter under a single tall tree. If there is no safe shelter within a reasonable distance, crouch in a thick grove of small trees surrounded by taller trees or in a dry ditch. Crouching with only your feet touching the ground and keeping your feet close together, wrap your arms around your knees and lower your head to minimize your body's surface area. **DO NOT LIE FLAT!** Do not remain in a boat in the open water, if lightning is spotted, or thunder is heard. Locate safe shelter as quickly as possible.

If you feel your hair stand on end or your skin tingles or hear cracking noises immediately crouch (as outlined above) to minimize your body surface area.

Allow 30 minutes to pass after the **LAST** sound of thunder or flash of lightning before resuming any competitive athletic activity. Do not use a telephone unless there is an emergency. People have been struck by lightning and killed while using a landline telephone. Lightning strike victims do not carry an electrical charge. CPR is safe for the responder and has been shown to be effective in reviving lightning strike victims.

Pay more attention to the lightning threat than the rain. It need not be raining for lightning to strike; lightning can strike far from the rain shift.

The Tournament Director in conjunction with the Head Referee will notify coaches when lightning activity is dangerously close and when teams should leave the field or event site. This will be done by reviewing the radar on either weather.com or intellicast.com and, in addition, the Sports Medicine staff may utilize the SkyScan system to verify the distance away of the lightning strikes and/or /thunderstorm. The Sports Medicine staff will blow an air horn briefly once to notify the coaches/student-athletes to be aware of the possibility of lightning in the area. This **DOES NOT** mean the teams have to leave or discontinue their practices immediately but to just be on the look-out for lightning.

Fields will be cleared by a member of the Sports Medicine staff if the lightning/thunderstorm is within 8 miles of the practice facilities (40 sec. count or SkyScan recognizes the distance).

If you hear long constant blows on referee whistles or an air horn blown in three long bursts this will signify that the fields must be cleared immediately and rapidly.

Teams should immediately take shelter in the cars or board their bus.



SEVENS
TRI-STATE CONFERENCE
RUGBY SEVENS CHAMPIONSHIP
 Sunday April 7, 2024
 at Stony Brook University
 Stony Brook, NY
WOMEN



Division II - Pool A	W	L	T	BP	Pts For	Pts Agnst	Pts Diff	Total
Columbia University								
Fordham University								
Marist College								
Rensselaer Polytechnic Institute								
Stony Brook University								

Division II - Pool B	W	L	T	BP	Pts For	Pts Agnst	Pts Diff	Total
Fairfield University								
Montclair State University								
Rutgers University								
The College of New Jersey								
Vassar College								

Small College Division	W	L	T	BP	Pts For	Pts Agnst	Pts Diff	Total
Drew University								
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 Difference in tries scored; Points scored; Coin toss.

TRI-STATE CONFERENCE

RUGBY SEVENS

2024 CHAMPIONSHIP



CHAMPIONS

2013 Rutgers University **2014** Rutgers University **2015** Rutgers University
2016 Vassar College **2017** Vassar College **2018** Marist College **2019** Vassar College
2020 & 2021 Cancelled due to Covid
2022 Columbia University **2023** Columbia University