



2025 Canada Summer Games Rugby Sevens Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

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2025 Canada Summer Games Rugby Sevens Technical Package

1. SPORT: RUGBY SEVENS

2. PARTICIPANTS

2.1. Athletes

Women's Team: 12

Men's Team: 12

All registered athletes must intend to dress in at least one game.

2.2. Staff

Women's Team: One (1) coach and one (1) manager per team;

- At least one (1) of the team staff must be a woman

Men's Team: One (1) coach and one (1) manager per team;

- At least one (1) of the team staff must be a man

Both the coach and the manager are permitted on the bench.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as athletes and team staff
- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holders' venue access:
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions (apprentice coaches and venue pass holders) are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Breastfeeding/Chestfeeding Parents Policy](#)
 - [Participant Assistant Policy](#)
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3. **CLASSIFICATION**

MEN

Under 20 as of December 31, 2024.

- Year of birth: 2005, 2006

WOMEN

Under 18 as of December 31, 2024.

- Year of birth: 2007, 2008
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4. **ELIGIBILITY**

4.1. Athletes

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - Senior World Championships
 - Olympic Games
 - Commonwealth Games
 - Pan Am Games

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status or carding status for the first time, or competes in an excluded event on May 11th, 2025 or later, they will still be considered eligible to compete at the 2025 Canada Games).

Athletes who hold a C1 card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Team Chef de Mission and approved by the Canada Games Council Sport & Games Committee.

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

4.2. Coaches

Coaches on the official registration form must be fully certified under the National Coaching Certification Program (NCCP) as Competition Introduction Rugby Coaches.

Coaches must be so certified no later than 180 days prior to the Opening Ceremony (February 10th, 2025).

Please note that "NCCP Competition Introduction Certified, Not Renewed" does not qualify under the coaching standards for the 2025 Canada Summer Games.

Please refer to the CGC's [Coach Certification Policy](#) for additional information.

For more information on the coach certification pathway, please see Appendix 1.

All Team Staff are encouraged to complete the *Canada Games Coaching eLearning module available in [The Locker](#) (under *Multi-sport*).*

5. COMPETITION

5.1. Competition Format:

10 Teams

Teams will be placed into their pools at random for the Round Robin Stage. There will be 2 pools of 5 teams in the Round Robin. Each team will play the teams within their pool and will be ranked 1st to 5th in their pool as per the points allocations below. Pools will be confirmed by Rugby Canada following a draw and communicated in the technical package no later than 12 months prior to the Games.

Should more or less than ten (10) teams enter the event, Rugby Canada will update the technical package in a timely manner to reflect an updated competition format.

ROUND ROBIN PLAY

Points: Points will be awarded for play on the following basis:

Win 3 Points

Draw 2 Points

Loss 1 Point

The standings at the completion of the round robin will be determined by the ranking of the teams according to points awarded above.

KNOCK-OUT ROUNDS

After the Round Robin teams will be ranked 1-5 within their pools based on the points system above. The first-seeded teams in each pool will automatically qualify for the semi-finals and the 2nd and 3rd place teams will cross over in a quarter-final match as per below:

Quarter-final 1: 2A vs 3B

Quarter-final 2: 3A vs 2B

The winner of the quarter-final matches will play the pool leaders in a semi-final match. The losers of the quarter-final will then play each other in a 5th place final. The losers of the semi-final will play in the 3rd place final (bronze medal match). The winners of the semi-final will then progress to the final (gold medal match).

There will be a consolation round for the 4th and 5th place teams in each pool. They will cross over in a consolation round semi-final as per below:

Consolation Semi: 4A vs 5B

Consolation Semi: 5A vs 4B

The winners of the consolation semi-final will play in a 7th place final. The losers of the consolation semi-final will play in a 9th place final.

11 Teams

Teams will be placed into their pools at random for the Round Robin Stage. There will be 1 pool of 6 teams and 1 pool of 5 teams in the Round Robin for men and women. Pool A will have each team play 4 matches total and will be ranked 1st to 6th in their pool as per the points allocation below. Pool B will have each team play the teams within their pool and will be ranked 1st to 5th in their pool as per the points allocations below. Pools will be confirmed by Rugby Canada and communicated in the technical package no later than 12 months prior to the Games.

ROUND ROBIN PLAY

Points: Points will be awarded for play on the following basis:

Win	3 Points
Draw	2 Points
Loss	1 Point

The standings at the completion of the round robin will be determined by the ranking of the teams according to points awarded above.

KNOCK-OUT ROUNDS

After the Round Robin each pool will firstly rank the teams from first to last based on the points system above. The first-seeded teams in each pool will automatically qualify for the semi-finals and the 2nd and 3rd place teams will cross over in a quarter-final match as per below:

Quarter-final 1: 2A vs 3B

Quarter-final 2: 3A vs 2B

The winner of the quarter-final matches will play the pool leaders in a semi-final match. The losers of the quarter-final will then play each other in a 5th place final. The losers of the semi-final will play in the 3rd place final (bronze medal match). The winners of the semi-final will then progress to the final (gold medal match).

There will be a consolation round for the remaining teams which will be combined and re-seeded from 1-5 in a Consolation Pool. Each team will play 3 round-robin matches. At the completion of these matches the pool will be ranked from 1-5 using the points awarded as above and awarded positions 7th-11th respectively.

5.2. Weather Protocol:

Heat Guidelines:

http://playsmart.rugbycanada.ca/pdf/Heat_Guideline_EN%5B1%5D.pdf

Lightning Protocol:

http://playsmart.rugbycanada.ca/pdf/Lightning_Safety_Guideline_EN%5B1%5D.pdf

6. TIE BREAKING RULES - COMPETITION

6.1. Tie within a Game:

ROUND ROBIN PLAY

Draws are permitted in Round Robin matches. Teams will receive 2 points for a draw.

KNOCK-OUT ROUNDS

Should a match be drawn during the knockout stages of the competition, 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.

6.2. Tie within a Pool:

If at the conclusion of the Round Robin stage **two teams** are equal on competition points for any position in the pool, such position in the pool competition table will be determined on the result of the match between the two equal teams. The team that won that match shall be deemed to have finished higher in the pool competition table.

If the match between the two teams equal on competition points at the end of the pool stage was a draw, then the following process shall be used to determine the ranking progressing from point 1 to point 5 with the ranking process concluding immediately once a differential has been determined.

1. The margin of points scored for and against in all pool matches shall be considered. The team with the higher positive margin of points shall be ranked top team in the pool competition table.
2. The margin of tries scored for and against in all pool matches shall be considered. The team with the higher positive margin of tries shall be ranked top team in the pool competition table.
3. The team that has scored the higher number of points in the pool matches shall be ranked top team in the pool competition table.
4. The team that has scored the higher number of tries in the pool matches shall be ranked top team in the pool competition table.
5. The tie will be resolved by the toss of a coin between the two Team Managers concerned.

If at the end of the pool stage **more than two teams** are tied on points then the following process shall be used to determine the ranking in the following sequence.

1. The margin of points scored for and against in all pool matches will be considered. The team with the highest positive margin of points shall be ranked top team in the pool competition table.
2. The margin of tries scored for and against a team in all pool matches will be considered. The team with the highest positive margin of tries shall be ranked top team in the pool competition table.
3. The teams concerned shall be ranked by reference to the number of points scored in all pool matches. The team with the highest number of points scored in the pool matches shall be ranked top team in the pool competition table.
4. The teams concerned shall be ranked by reference to the number of tries scored in all pool matches. The team with the highest number of tries scored in the pool matches shall be ranked top in the pool competition table
5. The tie will be resolved by the toss of a coin between the Team Managers concerned.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 30 days prior to the Opening Ceremony (July 10th, 2025).

7.2. Rugby Canada Registration Deadline

Teams must provide Long Lists to Rugby Canada 60 days prior to the Opening Ceremony (June 10th, 2025), and final rosters (including rugby position and Rugby Canada Membership number) 30 days prior to the Opening Ceremony (July 10th, 2025).

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Team Events

- Teams will be ranked from first through last place
- If a team does not finish or is disqualified, the team will not receive sport scoring points
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Rugby Sevens, Flag Points will be awarded separately for the men's and women's events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

10. TIE BREAKING RULES - FLAG POINTS

All teams will play out positions 1 through last and therefore no ties will exist in final Provincial/Territorial rankings.

11. MEDALS

The Canada Games will award medals to athletes only.

Women's Team:

Gold: 12 Silver: 12 Bronze: 12

Men's Team:

Gold: 12

Silver: 12

Bronze: 12

12. COMPETITION UNIFORM

Provincial/Territorial team colours must be worn. Home teams are permitted to wear their primary colour for the game. Additional information on each Provincial/Territorial team's colours can be found in Appendix C of the CGC's P/T Team Uniform and Sponsorship Policy.

13. EQUIPMENT

On Field

- 4 - Post Pads
- 14 - Field Flags
- 2 - Rugby balls per field

Player Clothing - WR Regulation 12: <http://playerwelfare.worldrugby.org/reg12>

Mouth Guards - Rugby Canada's risk management policies, procedures and expectations stipulate that players will only be permitted to enter the field of play or undertake any training or warm-up session whilst wearing a mouth guard to assist in the protection of their teeth and jaw area.

14. PROTEST & APPEALS

14.1. Canada Games Council Protest Policy & Appeal Policy

Appeals relating to this Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

Protests relating to disputes between and among Provincial/Territorial Teams as it relates to the Canada Games Council (CGC) Policies, Procedures and Principles that Govern Technical Packages (PTGTP) will be made in accordance with the CGC's [Protest Policy](#).

14.2. Rugby Canada Appeals

Appeals related to decisions made by Rugby Canada's Disciplinary or Judicial Committees will be made in accordance with Rugby Canada's Domestic Competitions Policies for National Age Grade Competitions.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

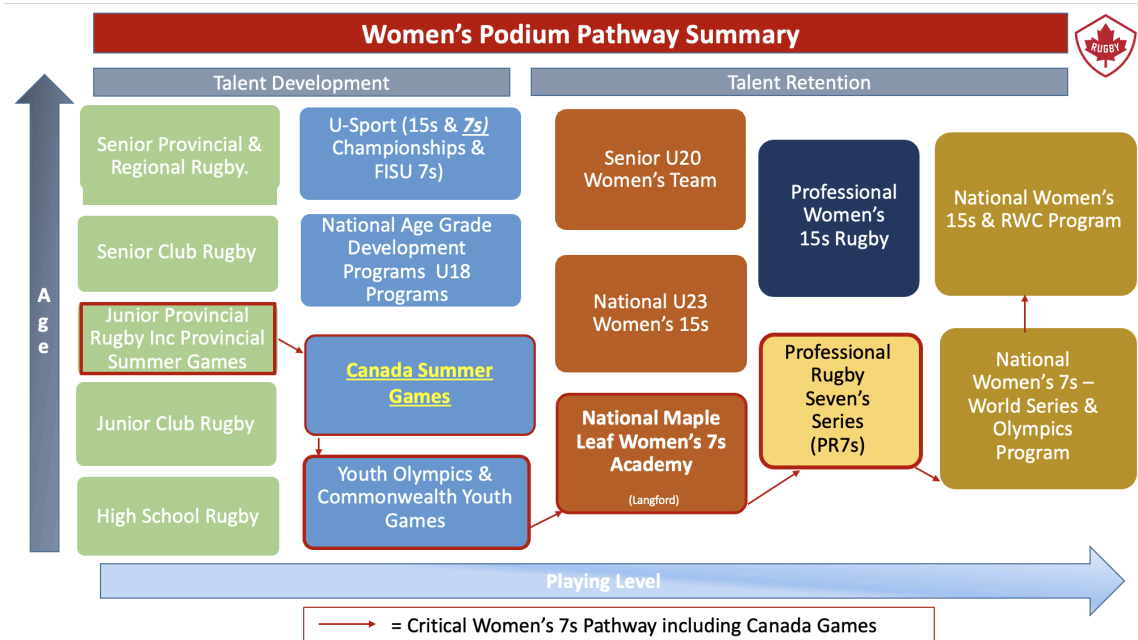
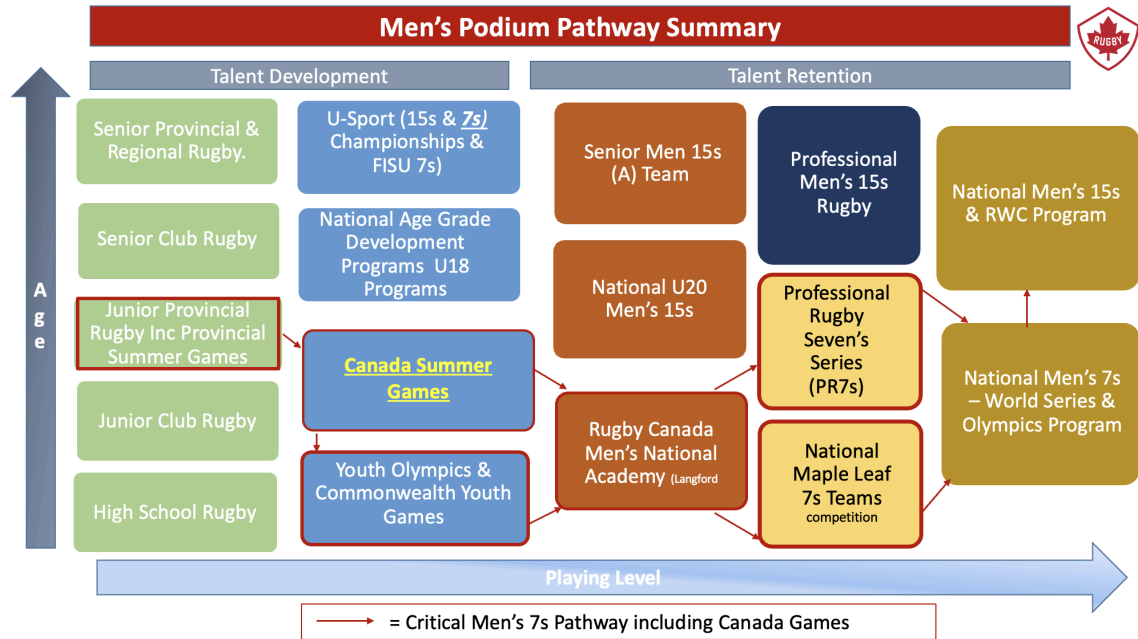
- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Reserve Players

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

Coaches are directed to: <https://rugby.ca/en/hq/coach-development> for comprehensive information on coach certification and the Rugby Canada Competition-Development pathway.

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of Long Term Development (LTD). These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.



APPENDIX 3 - RESERVE PLAYERS

Athletes named and approved by Rugby Canada will be on standby throughout the duration of the training and competition days. In the event that one or more players from a team become unable to compete, the team will have the option of using reserve athletes. Rugby Canada will be responsible for working with the appropriate P/TSO to identify the age-eligible athletes available.

When possible, reserve athletes will be pre-assigned to each team and permitted to participate in training sessions with their assigned team prior to competition days.

A replacement may be permitted for an athlete who becomes ill or injured during competition and becomes unable to compete as a member of a P/T team. Teams may request to use a reserve athlete only when no other team member is available to compete for the P/T; a reserve may not be requested to replace an athlete if another athlete from the team is available to compete.

The addition of reserve athletes must be arranged in advance of a scheduled match; no reserve athletes will be activated during a match that has begun. The procedure for using a reserve athlete shall be as follows:

1. A team requesting to use a reserve athlete must make a written request to the Rugby Canada technical representative in charge of the competition.
2. In the case of an ill or injured athlete, a medical certificate must accompany the request.
3. The ill or injured athlete that was removed from competition may return if/when cleared to play by the Host Society's medical team. The reserve player would then be removed from the team roster for the next match.
4. The Host Society will establish any required accreditation procedures.
5. The Rugby Canada technical representative shall determine which reserve is selected for competition.

The process to assign reserve athletes to teams will depend on the number of available reserve athletes. There is no guarantee a reserve athlete will be available. No more than two (2) reserve athletes can be assigned to a team during any one match.

Reserve athletes, whether they compete or not, are not considered to be an official member of the P/T team roster. The reserves are expected to have their own accommodation and meal arrangements. Reserve athletes will not receive a medal.

Teams will not be provided extra uniforms for reserve athletes. If a reserve athlete enters competition, they must use the uniform of the player that was removed from the roster or an existing spare uniform that the team has