

## SPORTS DAY

Sunday 8<sup>h</sup> May 2022

VENUE: Brecon Leisure Centre  
(Entry Date: Monday 11<sup>th</sup> April 2022)

**Entry Date: 11/04/2022**  
**Winter Marks: N/A**  
**Last Amended: 18/03/2022**  
**Withdrawal by: 02/05/2022**

**Mary Phillips Sports Trophy:** Points will be recorded as follows: For team or individual - 4 points for 1<sup>st</sup> place; 3 points for 2<sup>nd</sup>; 2 points for 3<sup>rd</sup> and 1 point for participation.

**John Davies, Tyclyd, Beulah - Sports Trophy 18 years of age or under:** Points will be recorded as follows: For team or individual - 4 points for 1<sup>st</sup> place; 3 points for 2<sup>nd</sup>; 2 points for 3<sup>rd</sup> and 1 point for participation.

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- **PUNCTUALITY** - please ensure that your competitors report on time for the competitions. No competition will be held up for late competitors.
  - Competitors to report half an hour before the commencement of their respective competition for a Draw to be made.
  - Play to commence promptly in each of the competitions.
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Once a team signs in to play any sport and play begins, that original team must remain the same throughout the competition. Clubs are allowed one guest per team. Guest must be YFC member from another club within the Federation and not played in another competition on the day/evening. If clubs have more than one guest, then the points are split or the combined team play for fun and no points are awarded. For mixed competitions, if teams have too many girls or not enough boys then teams are allowed to play at a disadvantage only

## 7 A SIDE RUGBY

The game shall be played in accordance with the laws of the IRB

### **ELIGIBILITY**

Only one team allowed per Club.

A squad of 10 member, all of whom must be 28 years of age or under on the 1<sup>st</sup> of September 2021. All payers must be 18 years of age on 22<sup>nd</sup> July 2022 to be eligible to play. A squad of 10 players, from whom 7 will be chosen to form the team for each game. A team can substitute or replace up to 3 players during a game.

### **PRODECURE**

A draw will b made on the evening. All games will be played on a knockout basis.

Duration of play will be 7 minutes each way in the eliminating rounds with two-minute interval.

The final will be 10 minutes each way with a two-minute interval.

In all games, if the cores are level at fill time, then extra time will be played. Such extra time will be in periods of five minutes when teams will change ends without an interval. Before commencement of extra time the captains shall toss for the right to kick off or the choice of ends. In extra time the team which scores first will immediately be declared the winner without further play.

All competitors will be suitably dress, i.e., shorts, socks and boots. Referee to check all boots to confirm with the regulations of the Welsh Rugby Union.

A player who is 'sent off' by the referee shall take no further part in the competition.

The referee shall be the sole arbiter on points of dispute,

If any member is believed to be under the influence of alcohol, stewards will have the authority to refuse the member from competing.

The Referee's decision is final.

(Eliminator for Royal Welsh Show 18<sup>th</sup>-21<sup>st</sup> July 2022)

Entries to be submitted online by Monday 11<sup>th</sup> April 2022. **NO LATE ENTRY FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.**

**WITHDRAWAL FROM COMPETITIONS**

Clubs/Members are asked to notify the YFC Office of any withdrawals 5 days prior to a Competition. **PLEASE NOTE: All withdrawals from Club Secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours then a message should be left on the answer phone.**

**Please Note:** "That only members with up-to-date plastic membership cards and are on the database in the YFC Office are eligible to compete. Any new members forms and photos must be attached to the Entry Form when returned by clubs."

**PLEASE NOTE:** If a member does not produce an up-to-date membership card at the competition, it will result in a £5.00 fine. The fine will be refundable only if they provide confirmation of membership within 7 days of the Competition. If they have not yet joined, they will have 7 days to send a form and photograph to the YFC Office.