

COMPETITION FORMAT 2026 (Girls` Sevens)

1. Pool Stage (7 min / half, half-time 2 min)

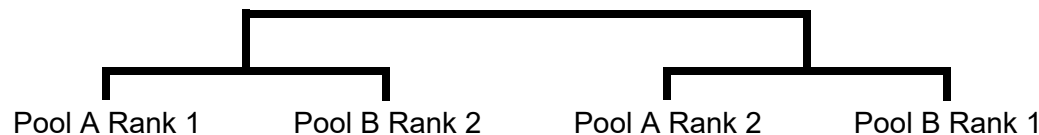
The 8 teams shall be divided into two pools of four teams each and shall compete in a Pool stage on a round-robin basis

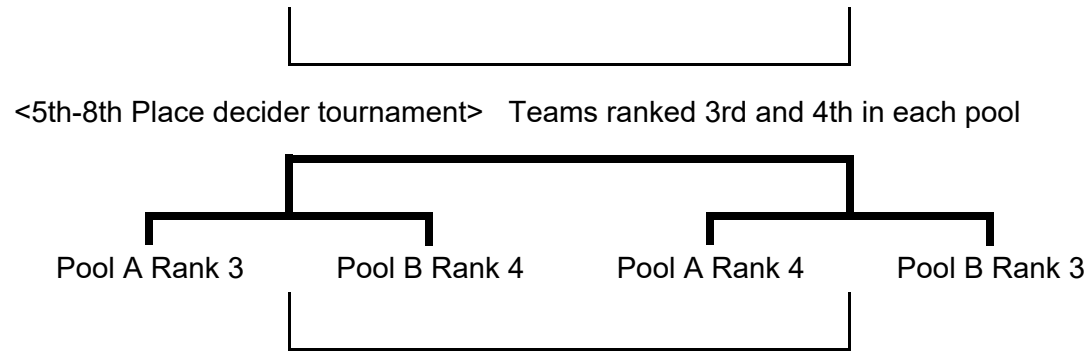
Pool A	Pool B
The Glennie School (Australia)	MANUKURA (New Zealand)
Queen Margaret's School (Canada)	Worthing College (England)
Kanto Gakuin Mitsuura High School (Kanagawa)	Yokkaichi Maryknoll Gakuin High School (Mie)
Otemon Gakuin High School (Osaka)	Fukuoka Rugby Football Club (Fukuoka)

- A match-point system shall be used to determine the standings in the Pool stage
 Win - 3 points Draw - 2 points Loss - 1 point No show - 0 point
- At the end of all pool stage matches, teams shall be ranked from first to fourth in order of the total number of match points earned
- If two or more teams have the same number of match points, the rankings shall be determined in the following order
 1. if only two teams are tied, the winner of the match between those teams;
 3. total points scored;
 2. overall points difference;
 5. total number of penalty tries;
 4. number of tries;
 7. drawing of lots among the tied teams
 6. total number of successful conversions after tries;

2. Place decider Tournament (7 min / half, half-time 2 min)

<1st-4th Place decider tournament> Teams ranked 1st and 2nd in each pool





If a match in the place decider tournament is tied, the winner shall be determined in the following order:

1. number of tries;
2. number of penalty tries;
3. number of successful conversions;
4. extra time on a sudden-death basis

Extra time:
 Following an interval of 1 minute, extra time shall be played in 5-minute periods.
 The team that kicked off in the first half of regular time shall kick off in extra time.
 The teams shall change ends after each period without interval. Additional 5-minute periods shall be played repeatedly until one team scores, and that team shall immediately be declared the winner.

3. Schedule

- APR 27 Coaches' Meeting
- APR 28 Pool Stage
- APR 29 Opening Ceremony / Place decider Tournament / Commendation Ceremony