



2026 KAMLOOPS 7S

Tournament Package

MacArthur Island, Kamloops, BC
September 19-20, 2026



CONTENTS

Competition Purpose.....	2
2026 Tournament Format.....	2
Team Rosters.....	3
Player Exemption Requests.....	4
Key Deadlines & Timelines	5
Medical Information.....	5
Venue Details	6
Venue Map.....	6
Food & Water.....	7
O’Neills Merchandise	7
Game Footage	7
Funding Opportunities	7





COMPETITION PURPOSE

Kamloops 7s is the largest Youth Sevens Tournament in Canada. It has shown extraordinary popularity amongst age-grade teams across the province and beyond. This offers boys & girls a fun, action-packed, and exciting 2-day tournament that features developmentally appropriate competition for each age group.

The purpose of this tournament is as follows:

1. Provide an environment to foster growth of Age-Grade Rugby throughout BC
2. Provide developmentally appropriate competition across age-grades to foster skill development.
3. Provide an environment to prepare BC teams for the upcoming Age-Grade Season.
4. Provide opportunity for BC teams to experience a tournament with teams from across Canada and the United States.
5. Provide an opportunity to showcase talent in front of BC Representative Team selectors for BC Bears 7s Programming.

2026 TOURNAMENT FORMAT

Kamloops 7s will be played over two days, with each team participating between 5-6 matches dependent on tournament draw sizes.

This tournament will follow Rugby Canada's Age-Grade Law Variations.

Important: Please note as per World Rugby's Age-Grade Law Variations total match play per day for tournament is to be capped as follows

- U14 - 70mins per day
- U16 & U18 - 90mins per day

Each Division will feature a Male & Female Division. Division size will be based on total number of teams submitted, with a maximum of 20 teams per division.

Teams will be added to the waitlist if a division is full and entry will be allowed if a team drops. Waitlist position will be predominantly based on time of registration.

Scheduling will be determined prior to the tournament based on number of teams per division.



TEAM ROSTERS

Team Rosters can have minimum of 12 and a maximum of 15.

Submissions must be completed via EventConnect by the following deadline:

Out of Province Teams: August 21st, 2026

In Province Teams: September 12th, 2026

Managers must also be included in the rosters, and must upload the following current certificates:

[World Rugby Passport - Rugby Ready](#)

[World Rugby Passport - Concussion Management for the General Public](#)

A tutorial for adding rosters to EventConnect as a manager and as an individual player can be found here:

[Video Link](#)

BC Rugby recommends players; coaches & managers individually fill out their rosters.



Divisions:

Division	Entries	Birth Years
U18 Elite	Open	2009-10
U18 Open	Open	2009-10
U16 Competitive	Open	2011-12
U16 Development	Open	2011-12
U14	Open (BC Teams Only)	2013-14

PLAYER EXEMPTION REQUESTS

For all Player Exemption requests, **please fill out this form** and email it to jtait@bcrugby.com with "BC Rugby Player Exemption Request" in the subject line.

Players a year above the listed birth years can apply for a Player Exemption to play in their requested divisions. This must be done within the designated deadlines and must receive explicit confirmation and approval from BC Rugby staff.

Out of Province teams must send and receive approval from their home provincial unions before seeking an exemption from BC Rugby. Both home provincial union and BC Rugby must provide explicit approval of any birth year variations at Kamloops 7s.

Age-Grade exemption approvals are at full discretion of BC Rugby.



KEY DEADLINES & TIMELINES

FRI, Aug 28	Out of Province Team Rosters Deadline
TUE, Sept 1	Deadline for Age-Grade exemptions to be submitted
FRI, Sept 4	Team Entry deadline (if not sold out prior)
FRI, Sept 11	BC Team Rosters deadline
WED, Sept 16	Pre-Tournament Coaches and Managers Call
THU, Sept 17	Final Schedule circulated

Please note: There will be no refunds of team fees after August 29th

MEDICAL INFORMATION

BC Rugby Medical Staff will be present all weekend. BC Rugby Staff will only step onto the field for an injury if called upon by a Coach, Referee or Therapist. Therapists will be wearing Red Pinnies to identify themselves. **Please bring your own taping as these services will not be provided by therapists.**

BC Rugby's number one priority is player safety and adheres to World Rugby's policy of 'Recognize and Remove' when dealing with concussions or suspected concussions.

Any player suspected or suffering from concussion should be immediately removed from competition and report to BC Rugby Medical Staff for evaluation. Not reporting injury symptoms to avoid medical evaluation significantly increases the risk prolonging recovery and long-term effects.

Alternatively, players can be directed to Royal Inland Hospital for evaluation and treatment from a physician for any injury. Please provide documentation to the medical tent for completion of the incident and witness report forms.



VENUE DETAILS

The 2026 Kamloops 7s are taking place at McArthur Island Park, 1655 Island Pkwy, Kamloops.

Parking: Parking is free and located around the edge of the park. Please note that there are other sporting events happening on the same weekend and parking may be limited.

Changerooms: No teams will have allocated changerooms for the weekend. With the high number of players in attendance, we ask all teams to change prior to arriving at the fields.

Washrooms: There are washrooms throughout the park.

Venue Map





FOOD & WATER

Food Trucks: We are currently securing multiple food trucks for this event and will provide an update on our Tournament Package.

Water: Please bring your reusable water bottle for the weekend and fill it up at the water stations found throughout the park.

O'NEILLS MERCHANDISE

BC Rugby will be hosting an O'Neills merchandise stall with Event and BC Rugby merch available for purchase.

GAME FOOTAGE

BC Rugby will record U18 Elite divisions. Teams are welcome to set up camera systems for **other divisions** but must be placed at least 4 meters back from any field lining.

FUNDING OPPORTUNITIES

There are funding opportunities available for teams:

- **BC Ferries Sport Experience Program** - Through the BC Ferries Sport Experience Program, BC Ferries and via Sport provide travel support to eligible not-for-profit sport organizations and athletes. For more information visit [here](#).