
Summer 7's

Posted by Crawford - 2010/05/05 08:37

Topeka RFC will have a summer sevens program!!

As tournament invites come in I will post them on this forum.

Anyone that is CIPPd can play 7's. This is a very fast paced and rewarding version of Rugby. I encourage everyone to try it and at the very least attend practice as it is the best conditioning one can get prior to the fall season.

Tournaments:

5/29/2010 KC Rogues Invitational, KCMO

6/05/2010 Taz 7s -- Iowa Falls IA

6/12/2010 Parothead 7's - Tulsa, OK

6/19/2010 Wichita 7s Wichita, KS

6/26/2010 Springfield 7's Springfield, MO
Dallas 7's WRFU Qualifier, TX

7/10/2010 Blues 7's WRFU Qualifier, KCMO

7/17/2010 Iowa City Ducks Sevens Tournament, Iowa City, IA

7/24/2010 Zeekers Midnight 7's Stillwater, OK
Denver 7's WRFU Qualifier

7/30/2010 - August 1st: CAN-AM 15s, Saranac Lake, NY

8/07/2010 Mudfish 7s XXIV DARC, Dallas, TX \$200
The Horse Shoe Sevens, Shreveport, LA,

Mudfish rules (bring the fatty's)

Divisions

Minnows: No weight restrictions.

Mudfish: Players must weigh 220 lbs or more. You will be weighed and marked!

Super Mudfish: Players must weigh 250 lbs. or more. ONE GAME ONLY

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