

Pools

Boys: Each pool winner advances to the semifinals. The remaining semifinal position will go to the highest-ranked eligible team based on the pool-play ranking criteria.

Girls: The winner of Pool A and the first- and second-place teams from Pool B advance to the semifinals. The remaining semifinal position will go to the highest-ranked eligible team based on the pool-play ranking criteria.

For Pool Play:

- a The system to determine ranking in the pools teams will be based on the following order:
 - i League Points
 - ii Number of wins
 - iii Head To Head
 - iv Total Points Scored
 - v Points Differential
 - vi Coin Toss

League Points

- Win = 4
- Tie = 2
- Loss = 0
- Score 4 Tries = 1 Bonus
- Loss By 7 or Less Points = 1 Bonus

Overtime

In the event of a tie after regulation play for Semi-Finals and Championship matches, the following will be used:

- a If a tie remains at the end of regular time in a playoff match, a 3-minute sudden death overtime will be used. A coin toss will decide who receives the ball from the kick.
- b If still tied after the sudden death, a 3-kicker (drop kick) system will apply. A coin toss will decide who kicks first: whoever wins the coin toss can elect to go first or have the opposing team kick first. Each team will select 3 players, who were on the field of play at the end of the sudden death period, that will take 1 kick each (alternating between teams) at goal from behind the 22 directly in front. The other team must then repeat and beat the results to win, or match the results to force another repeat. This format is used to stay on time with the event and determine a winner and the limited number of minutes a U-19 rugby player may play in a single day.