



Sending us paper forms

Saturday, November 28, 2026 · Randall's Island, NYC

Filling out forms on paper at practice? No problem. Here's how to get them to us so we can read them in cleanly.

The forms

Team roster: one per team, filled in by the coach or team manager.

Adult waiver: one per player who is 18 or older on November 28, 2026.

Minor waiver: one per player under 18. A parent or guardian fills it out with the player and both sign.

Filling them out

Blue or black pen, printed clearly, one item per box. Dates as YYYY-MM-DD (for example 2001-04-12). Leave an optional box blank rather than guessing.

Taking the photos

Every page, including the legal text and the signature page. One page per photo, flat on a table, in good light, with all four corners in the frame and no shadows or fingers over the writing. A scan or a phone scanner app (Notes on iPhone, Google Drive on Android) is even better, and a single PDF per team is perfect.

Sending them

One team per batch. Email the photos or scans to **ny7sdirector@newyorkrugby.com** with your team name and division in the subject line, for example "Paper forms: Example RFC, Men's Club". Got a big squad? Split it over a few emails with the same subject.

Waivers need to be in before a player takes the field. If a page is hard to read or something's missing, we'll get back to you.

Rather do it online?

Team roster: **tally.so/r/A71x6N**

Player form, for every player: **tally.so/r/2EQLOb**. A parent or guardian fills it in for players under 18.

Thanks, and see you on Randall's Island.

The NY7s team