Aber7s 2022 Competitions, Teams & Knockout Structure

| Team Name | Competition |
|--|----------------------------------|
| Harleguinns Budgie Smugglers Fat Kids Win at Seesaw Blood, Sweat & Beers Aber Baa Baas Pistol Shrimps The Tryglycerides Victorious Secret Jeffreys Angels At Try-Aeda Sondico Office Linebackers Agri Culls Waunfawr Warriors Tarannau Thunder Buffalo's Battle Beavers Ajax Welsh Birds Fighting Otters Gentlemen's Club PA U12s Bois Y Croes Livin' Navidi Loco Wild Rovers Harley Quins Will's Hetros | Men's Beginner (24 teams) |
| Shambles Incompetent Rugby of Aberystwyth Preseli Babas Mingers & Wingers Red Roosters 7s Jaeger Bombs The Bar-Barians Môn 7s Black Country Bears Y Geltaidd Castle Hotel Invitational Team The Cowboys Quando 7s Portland Panthers Back, Sack & Ntamack Cymric Cardiff Archers Charlies Angels Bar 47s | Men's Intermediate (19 teams) |

| Team Name | Competition |
|--|--------------------------------|
| Bows & Hoes Wicket Witches of the West Salty Seagals Hakuna Ma Haka Catch & Snatch Aber Warriors District 7s Strictly Scrum Dancing Agri Heifers | Women's Beginner (9 teams) |
| Sexy Mutha Ruckers Ruck Me Till I Scrum SI*t Buckets Filthy Vixens No Woman No Try RDVC LRFC Don't Give a Ruck Geltaidd Cymric | Women's Intermediate (9 teams) |



| Men's Beginners 1 | Men's Beginners 2 | Men's Beginners 3 | Men's Beginners 4 |
|----------------------------------|-------------------|----------------------------|----------------------|
| Harleguinns | Budgie Smugglers | Fat Kids Win at Seesaw | Blood, Sweat & Beers |
| Aber Baa Baas | Pistol Shrimps | The Tryglycerides | Victorious Secret |
| Jeffreys Angels | At Try-Aeda | Sondico | Office Linebackers |
| Agri Culls | Waunfawr Warriors | Tarannau Thunder Buffalo's | Battle Beavers |
| Bois Y Croes | Ajax Welsh Birds | PA U12s | Livin' Navidi Loco |
| Fighting Otters Gentlemen's Club | Will's Hetros | Harley Quins | Wild Rovers |

| Men's Intermediate 1 | Men's Intermediate 2 | Men's Intermediate 3 |
|----------------------|----------------------------------|----------------------|
| Shambles | Incompetent Rugby of Aberystwyth | Preseli Babas |
| Mingers & Wingers | Red Roosters 7s | Jaeger Bombs |
| The Bar-Barians | Môn 7s | Black Country Bears |
| Y Geltaidd | Castle Hotel Invitational Team | The Cowboys |
| Quando 7s | Portland Panthers | Back, Sack & Ntamack |
| Cymric | Cardiff Archers | Charlies Angels |
| Bar 47s | | |

Knockouts

Knockouts
Cup QFs 1st & 2nd Placings
Plate QFs 3rd & 4th Placings
Bowl QFs 5th & 6th Placings

Cup QFs 1st & 2nd Placings, plus 2 x best 3rd Placings

Plate QFs 2 x worst placed 3rd, plus 4th Placings

Bowl QFs 5th, 6th & 7th Placings with best 5th getting a BYE

| Women's Beginner 1 | Women's Beginner 2 |
|--------------------|----------------------------|
| Bows & Hoes | Wicket Witches of the West |
| Salty Seagals | Hakuna Ma Haka |
| Catch & Snatch | Aber Warriors |
| District 7s | Strictly Scrum Dancing |
| Agri Heifers | |

Knockouts Playoff WB1 5th Place v Worst Placed 4th

Semi Finals for Cup & Plate

| Women's Intermediate 1 | Women's Intermediate 2 |
|------------------------|------------------------|
| Sexy Mutha Ruckers | Ruck Me Till I Scrum |
| SI*t Buckets | Filthy Vixens |
| No Woman No Try | Don't Give a Ruck |
| RDVC LRFC | Geltaidd |
| Cymric | |

Knockouts

Playoff WI1 5th Place v Worst Placed 4th Semi Finals for Cup & Plate