BOULDER, Colo. – International age-grade rugby is coming to southern California in July as South Africa, England, Canada and host United States convene for the fourth iteration of the Women's Under-20 Nations Cup. The games will be contested between Thursday-Saturday, July 14-23 at the University of California – Santa Barbara (UCSB).

Each team will play one another during three rounds of round robin play, and the top two teams will meet in the final on July 23 in Harder Stadium on the UCSB campus.

"The U20 Nations Cup is the leading age-grade women's international competition and we are proud to host this elite event here in the United States," said USA Rugby Women's High Performance Director and tournament director, Alex Williams.

"These athletes are world-class and, given their age, we fully expect to see a handful of players from this tournament at the 2014 Women's Rugby World Cup and on the Olympic stage in Rio in 2016," Williams added. "We are also excited to give our U20s team the opportunity to play international rugby in front of a home crowd for the first time."

Ten days later, the senior version of the Nations Cup will get underway in Toronto, Canada.

Admission to all games is free and all games will be webcast. The first two days will be a delayed webcast, and the final two days will be webcast live on USA Rugby's UStream channel, www.ustream.tv/usarugby.

Schedule (All times PDT)
Thursday, July 14 (Storke Field, Santa Barbara, Calif.)
4 p.m. - England v. Canada
6 p.m. – USA v. South Africa

Sunday, July 17 (Storke Field, Santa Barbara, Calif.)
2 p.m. - Canada v. South Africa
4 p.m. - USA v. England

Wednesday, July 20 (Harder Stadium, Santa Barabara, Calif.)
4 p.m. England v. South Africa

6 p.m. - USA v. Canada

Saturday, July 23 (Harder Stadium, Santa Barabara, Calif.)
2 p.m. – 3rd place
4 p.m. – Championship