



DON'T HAVE 15 PLAYERS, OR WANT TO PLAY A MODIFIED FORMAT OF THE GAME?

Don't worry, you can utilise some of the options below to keep the **GAME ON!**

To support your Return to Play you can utilise the **GAME ON!** principles that are recommended for all Adult and Youth friendly matches.

TEAM SIZE

Play with less players per team. Teams should start with equal numbers.

GAME DURATION

Examples incl.
2 x 30mins
or **3 x 20mins**

PITCH SIZE

Change the pitch size if playing with smaller teams (e.g. cross-field 7s)

GAME ON!

THE SCOTTISH WAY
SUPPORTING
CLUBS & SCHOOLS
RETURN TO RUGBY

Unlimited
**ROLLING
SUBS**

LINE-OUT CONTEST

Optional

ALTERNATIVE FORMATS

Use alternative game formats (e.g. 7s or 10s)

COMMUNICATION

The team wishing to use any of the **GAME ON!** principles must communicate with their opponents as soon as possible. The principles are then agreed prior to kick off between both team captains and the Match Official(s).

Find out more at scottishrugby.org

It's time to roll up our sleeves
Vaccinations for COVID-19 are underway



STAY SAFE

PROTECT OTHERS

SAVE LIVES



#AsOne

GAME ON!

None of us want to see friendly fixtures being cancelled or postponed because teams don't have sufficient numbers, or enough position specific players. By utilising some of the principles below, clubs and schools can work together to ensure the Game is On.

A reminder that all full contact training and friendly matches must be in line with the Scottish Rugby Return to Rugby Levels Framework, and all other Return to Rugby guidance.

GAME ON! PRINCIPLES

COMMUNICATION

The team wishing to use any of the GAME ON! principles must communicate with their opponents as soon as possible. The principles should then be agreed prior to kick off between both team captains and the Match Official(s).

Clubs should also consider notifying any spectators (if permitted) and parents of any GAME ON! principles being applied so that they are aware of what is going on in the game.

TEAM SIZE

A friendly fixture can start with less than 15 players if it is agreed by both teams. In the spirit of fairness, it is important that teams are equal at the start of the match. In youth rugby, where Age Grade Law Variations apply, team sizes can be reduced beyond the age specific team size if required.

If a game goes ahead with less players, the pitch size can also be altered to suit.

GAME DURATION

We would recommend playing a minimum of 40minutes, but this can be split into halves, quarters or thirds. For example, 3 x 20 minutes or 2 x 30minutes.

Also consider ensuring every player has equal game time.

ROLLING SUBSTITUTIONS

There are no limitations to how many substitutions or interchanges you can make in a game. Rolling subs can be applied (i.e. players can be substituted and the return back to the field of play). All substitutions must be communicated with the Match Official(s) before being made.

LINEOUT CONTEST

The lineout can be contested (where both teams can compete for possession) or uncontested in a game. If a lineout is uncontested, the ball must be passed to the Scrum Half from the receiving player in the Lineout. No maul can be formed.