

SCOTTISH RUGBY NATIONAL COMPETITION RULES 2020-21

1 DEFINITIONS

‘Board’	means the Scottish Rugby Board, or any sub-committee of the Board operating under the specific authority of the Board.
‘Championship Committee’	means the Scottish Rugby Championship Committee.
‘Championship Secretary’	means the person who deals with the day-to-day running of the Scottish Rugby National Competitions.
‘Club’	means any club, team or other body (as the context may require) which participates in a Scottish Rugby National Competition.
‘Competitions Committee’	means a committee elected or appointed to assist in the organisation of an individual Scottish Rugby National Competition.
‘Competition Secretary’	means the person appointed by Scottish Rugby to act as Secretary to a Scottish Rugby Competitions Committee.
‘Cup’ and ‘Women’s Cup’	means such knock-out competitions as are designated as Scottish Rugby National Competitions by the Board and as the context may require.
‘Emergency Loan Player’	means a player permitted to participate for a club by virtue of Rule 4.27.
‘International Clearance’	means the formal process under World Rugby Regulation 4 and Scottish Domestic Regulation 4.2 (<i>Clearance to Play in another Union</i>) whereby a Player is granted permission by both Unions to change the Union within which they are registered to play.
‘Laws of the Game’	means the <i>Laws of the Game</i> as issued by World Rugby from time to time and a reference to a “Law” shall be to that Law as worded within the Laws of the Game.
‘Match’	means a match played or to be played in a National Competition.
‘Minimum Operating Standards’	means the minimum standards and requirements issued by Scottish Rugby from time to time.
‘National Competitions’	means the Scottish Rugby league and knock-out competitions designated by the Board from time to time and listed in Appendix 2.
‘Player’	means any person who is named by a Club to participate in a Match.
‘Playing Enclosure’	means the Field of Play and the Perimeter Area as set out in Law 1.
‘Primary League Club’	means the Club which currently holds the Player’s registration and is responsible for maintaining all aspects of the Player’s registration details.
‘Regulations’	means any supplementary regulations provided or approved by the Board in respect of individual National Competitions, or generally.
‘Rules’	means the Scottish Rugby National Competition Rules approved by the Board from time to time.
‘Scottish Rugby’	means Scottish Rugby Union Limited.
‘Secondary League Club’	means the one additional Club for which a Player is formally registered to play.
‘World Rugby’	means the game’s world governing body.

2 ORGANISATION AND APPLICATION

The National Competition Rules

2.1 The National Competitions shall be governed by the Rules.

- 2.2 The Rules and changes to them shall be subject to approval by the Board.
- 2.3 The Board may provide supplementary Regulations in respect of individual National Competitions (see Appendix 1). The Board reserves the right to amend the Rules and Regulations from time to time.
- 2.4 The Board shall have the power to rectify any error or omission in the Rules and the Regulations in such manner as it deems fit.
- 2.5 In the Rules and Regulations, unless specified or the context otherwise requires, words importing any gender shall include all other genders, and importing singular shall, where appropriate, include plural.
- 2.6 Should any provision of the Rules or Regulations be held by any court or other competent authority to be illegal, void or unenforceable (in whole or in part) the remainder of the Rules and/or Regulations shall continue to be enforceable.

Championship Committee

- 2.7 The Board shall be assisted in the organisation of the National Competitions by a Championship Committee. Membership of the Championship Committee shall comprise:
 - 2.7.1 the Championship Convenor (the “Convenor”) who shall be appointed by the Board;
 - 2.7.2 the Women’s Competitions Committee Convenor (appointed by the Board);
 - 2.7.3 the Reserve League Committee Convenor (appointed by the Board);
 - 2.7.4 one representative elected in accordance with the *Championship Committee Election Rules* from each of the following club groups: the Premiership; National League 1; National League 2 and 3; the Caledonia Regional League; the East Regional League; and the West Regional League;
 - 2.7.5 a referees’ representative; and
 - 2.7.6 a schools and youth rugby representative.
- 2.8 The Championship Committee shall have the authority to delegate any of its powers, duties or obligations under these Rules to any person, Competitions Committee, sub-committee or other body provided that it retains the ability to resume the exercise of those powers at any point. Delegation of powers, duties or obligations shall not prevent the Championship Committee from exercising those powers or undertaking those duties or obligations should the Championship Committee consider it necessary or appropriate to do so. References in the Rules and Regulations to a Competitions Committee shall be deemed to include the Championship Committee where the Championship Committee has itself elected to exercise that power.
- 2.9 Where by reason of the routine nature of the matter, or such urgency that a meeting of the Championship Committee cannot reasonably be arranged, and subject to any direction given by the Championship Committee, the Convenor may exercise any of the powers, discretions and/or authorities given to the Championship Committee under the Rules and Regulations.
- 2.10 The Championship Committee and the Convenor shall be assisted by a Championship Secretary appointed by Scottish Rugby.

Compliance

- 2.11 By agreeing to participate in a National Competition the participating Club agrees to be bound by both the letter and the spirit of the Rules and Regulations, and such other Scottish Rugby Rules, Regulations, Policies or Procedures as may affect participation in competitions.
- 2.12 The participating Clubs shall ensure compliance by all of their Players and officials with applicable Rules and Regulations.
- 2.13 Participating Clubs shall comply with the Minimum Operating Standards issued from time to time by Scottish Rugby unless a dispensation has been given to them by Scottish Rugby. Scottish Rugby shall have the power to suspend the participation rights of any Club which fails to meet or to maintain these Standards.

- 2.14 Except where a Scottish Rugby Bye-Law, Policy, Rule or Regulation provides to the contrary, World Rugby's *Laws of the Game of Rugby Football* (the "Laws") and the *World Rugby Regulations Relating to the Game* shall apply.

3 FIXTURES

Date and Kick-Off Time

- 3.1 The date, time and the identity of the home and away Clubs in any Match shall be as determined and notified by the relevant Competition Secretary.
- 3.2 Matches shall be played on the date and at the time notified. By exception, and where both Clubs agree, the home Club may make written application to the Competition Secretary for a Match to be played at an alternative time or on an alternative date. Applications shall be made no later than 7 days prior to the scheduled kick-off time and must be accompanied by evidence as to the consent of both Clubs.
- 3.3 Matches taking place on the same day as a home international played by the senior men's Scotland team shall kick-off no later than 2 hours prior to the international match kick-off.
- 3.4 The Championship Committee and the relevant Competitions Committee reserve the absolute right to reschedule any Match, including at short notice. In the event of a postponed or abandoned Match requiring to be rescheduled, other Matches may require to be rescheduled or further rescheduled in order to accommodate that Match.
- 3.5 Matches shall normally be played at the home Club's regular venue. The home Club must advise the relevant Competition Secretary, the visiting Club and the referee promptly if a Match is to be played at a different venue.
- 3.6 Copyright, database and all other rights in the fixtures, fixture lists and result lists shall be the property of Scottish Rugby.

Postponed Matches

- 3.7 If a Match is likely to be postponed, the home Club must seek to play at an alternative venue or, if the home team is in the first half of its league season, may seek the opposition Club's consent for the fixture to be reversed. In the event of a postponement the home Club shall promptly notify the opposition Club, the Match referee and the Competition Secretary. Where a Club fails to find an alternative venue the relevant Competitions Committee reserves the absolute right to apply sanctions to the offending Club, including a formal reprimand and warning and/or deduction of competition points
- 3.8 If a second or subsequent postponement is likely, the Match must be played, at the original venue or at an alternative venue (including the opposition's pitch if it is playable and available), failing which the Competitions Committee may direct where and when the Match should be played (including midweek where necessary).

Abandoned Matches

- 3.9 Where a Match is abandoned before 20 minutes of the second half have elapsed it shall be replayed at a date and time notified by the Competition Secretary. This shall normally be the first available fixture date free of National Competition fixtures but may also be midweek where necessary.
- 3.10 If a Match is abandoned after at least 20 minutes of the second half have elapsed the Match shall be deemed to have been completed and the score at the time of the abandonment shall stand as the Match result.
- 3.11 The right is reserved for the relevant Competitions Committee to investigate the causes of any abandonment and to take such action as it deems appropriate.
- 3.12 For the avoidance of doubt the procedures regarding any red or yellow cards, citing or misconduct complaints during an abandoned Match shall be the same as if the Match had been completed.

Non-Fulfilment of Fixtures

- 3.13 No Club may, without just cause, fail to fulfil its fixture obligations. The relevant Competitions Committee

shall be the sole judge as to whether just cause exists.

- 3.14 If a Club fails to fulfil a fixture on the date notified it shall receive the following automatic penalty:
- 3.14.1 First default (in season) : a three competition point deduction;
 - 3.14.2 Second default : a four competition point deduction; and
 - 3.14.3 Third default and subsequent defaults: a five competition point deduction and the Competitions Committee shall have the additional power to relegate and/or disqualify the Club where it considers this to be either necessary or appropriate.
- 3.15 A Club subject to penalty under Rule 3.14 may request that the penalty be reviewed by the Competitions Committee, but only on the grounds that the default was caused by exceptional and unforeseen circumstances wholly outwith its control. Requests must be lodged with the Competition Secretary within 72 hours of the scheduled kick-off time. On review the Competitions Committee shall have right to cancel, reduce, affirm or increase the penalty.
- 3.16 Where in the view of the Competitions Committee any default was due to the wilful actions of any Club it may additionally:
- 3.16.1 apply sanctions to either or both Clubs, including a formal reprimand and warning as to future conduct and/or deduction of up to an additional five league points and/or disqualification from the relevant competition and/or a financial penalty of up to the full amount of any participation money which the Club may be entitled to; and
 - 3.16.2 award the Competition Points to either Club, divide them between the Clubs as it sees fit or decide that no Competition Points should be awarded and order that the Match be replayed.
- 3.17 In the event of a Club not fulfilling a fixture and the opposition Club incurring unnecessary expense, the relevant Competitions Committee may award a financial penalty of up to £1,800 per Match towards the reimbursement of the non-offending Club's actual costs. Proof of actual costs will be required.
- 3.18 If a Club fails to fulfil three or more National Competition fixtures in consecutive seasons the Championship Committee may suspend the Club from participation in National Competitions for such period as the Championship Committee deems appropriate.

4 THE PLAYERS

Eligibility

- 4.1 Players participating in National Competitions (other than as *Emergency Player Loan Scheme* Players or as allowed within the Regulations of an individual competition) must be properly registered as an active Player with the Club that they are representing.
- 4.2 Other than as set out within the Rules/Regulations or with the written permission of the relevant Competition Committee, a Player may not play in Matches for more than two Clubs in any season.
- 4.3 A Player may not participate in a Match in an adult competition until the Player has attained the age of 18 years unless the Player has received prior written dispensation to do so from Scottish Rugby.
[Safety/Welfare -Views are sought on U19s playing in the front row in National Competition matches. NB U19s currently can't play in the front row in the Super 6 without specific, individual permission.]
- 4.4 It shall be a specific offence:
- 4.4.1 to register or attempt to register a Player without the Player's consent;
 - 4.4.2 to play a Player in a Match who is not eligible to participate;
 - 4.4.3 for a Player or Club to fail to comply with Player payment provisions of SDR 4.1 *Player Status and Player Contracts*. For the avoidance of doubt, the payment and/or the provision of material benefits to any Player in return for their participation is prohibited unless specifically permitted by SDR 4.1;
 - 4.4.4 for a Player to participate in a Match for a Club to which the Player is not registered or for which

the Player is not otherwise eligible to participate for; or

4.4.5 to mislead the Championship Committee, Competitions Committee or Scottish Rugby in any matter relating to Player registration or eligibility.

4.5 Where a Club has been found to have fielded an ineligible Player, or to have fielded a Player whose name did not appear on the Team Sheet, the relevant Competitions Committee shall have the right to impose a penalty on the Club for which the Player participated. The Player shall also be liable to such additional penalty or suspension as the relevant Competitions Committee considers appropriate.

Registration and De-Registration

4.6 All Players participating in National Competitions must be registered on the Scottish Rugby player registration system.

4.7 A Player is registered when, subject to these Rules, the Player has been allocated a unique reference number and the Player appears on the system under the Club's list of active registered Players. Scottish Rugby reserves the right to refuse, suspend or request further information in respect of any application.

4.8 Incoming Players requiring International Clearance shall not be eligible to participate until Scottish Rugby has provided written confirmation of the completion of the International Clearance process.

4.9 A Player wishing to transfer Club must notify his current Club of his desire to transfer. The Player's new Club shall apply in the prescribed manner to transfer the Player's registration. The Player shall not be eligible to play for his new Club until his name appears on that body's list of active registered Players.

4.10 Clubs shall ensure that their list of registered Players is at all times accurate and up to date, including in relation to whether each Player remains active. Clubs shall deactivate a Player's registration on receipt of a request from the Player. Clubs wishing to deactivate a Player's registration shall inform the Player in writing.

4.11 Where a Player receives International Clearance to play outwith Scotland the Player's registration must be deactivated by his Club promptly.

4.12 Where a Player requires a work permit, visa or other consent to play in Scotland, the Player's Club must deactivate their registration at the end of that consent.

4.13 A Player's registration may be suspended or cancelled (including with retrospective effect), where the Player or his Club has breached the *Regulations Relating to the Game* or any of Scottish Rugby's Bye-Laws, Policies, Rules or Regulations.

4.14 Subject to the foregoing, a Player's registration status on any particular date shall be determined by the listing of active registered Players on that date.

Dual Registration

4.15 A Player may be registered to only one Primary League Club and one Secondary League Club. A Player's Primary League Club shall ordinarily be the Club with which the Player trains and plays most frequently. The Player may ask their Primary League Club to also register them with a Secondary League Club.

4.16 The Player's Primary and Secondary League Clubs must be in different league divisions. Should a Player's Primary or Secondary League Club be promoted / relegated into the same division as their other dual registered Club, the Player must be deregistered from their Secondary League Club.

4.17 A dual-registered player may not play for the first XV of his lower-placed Club in any of its last five league Matches, or in the quarter-final (or later round) of the Cup, unless at least 50% of his previous first XV Matches that season have been for the lower-placed side.

4.18 A Player cannot be registered with a Secondary League Club if that Club has five or fewer league Matches to play or if it has qualified for the quarter-final (or later round) of the Cup.

4.19 No more than five dual registered Players may be included in the Match squad of their lower placed Club where it is also the Player's Secondary League Club.

Transfer Deadline

- 4.20 Scottish Rugby shall set Male and Female transfer deadline dates each season (see Appendix 2).
- 4.21 Any Player receiving International Clearance to play in Scotland, being Dual Registered or being transferred between Clubs after the relevant transfer deadline may not participate for their new Club in a National Competition for the remainder of that season unless either:
- 4.21.1 the relevant competition Regulations permit; or
 - 4.21.2 the Player attains the age of 18 years after the Transfer Deadline; or
 - 4.21.3 the Player receives written permission from the relevant Competitions Committee to do so.

Pro Team Contract Players

- 4.22 Players contracted to Edinburgh Rugby or the Glasgow Warriors shall not be eligible to participate in National Competition Matches.

Academy Stage 3 Players

- 4.23 Scottish Rugby Academy Stage 3 Players shall be eligible to participate in the Premiership and in National Cup Matches between teams participating in the Premiership, but not in other National Competition Matches.

Super 6 Contract Players *[The Super 6 Contract Players Rules were introduced for 2019-20, the first season of Super 6 Rugby / Super 6 Squads. Comments/proposals as to whether these require to be amended for Season 2020-21 would be welcome.]*

- 4.24 Players registered in a Super 6 licensee's Tournament Squad, other than Scottish Rugby Academy Stage 3 Players (who shall be eligible to participate in the Premiership), shall be prohibited from participation in any National Competition Match.
- 4.25 Long Term Injured Players (as defined within the Super 6 Tournament Rules) who cease to be a member of a Super 6 registered Tournament Squad shall, subject to the general provisions of these National Competition Rules and any competition specific Regulations, be eligible to participate in National Competition Matches from the date they cease to be a member of their Super 6 Tournament Squad. The replacement Player in the Super 6 Tournament Squad shall become ineligible to participate in National Competition Matches for the duration of their membership of that Super 6 Tournament Squad.
- 4.26 Participation as a Super 6 Emergency Player (as defined within the Super 6 Tournament Rules) shall not break the Player's registration for National Competition purposes nor affect that Player's ability to participate in National Competition Matches.

Emergency Loan Scheme

- 4.27 A Club which would otherwise be unable to fulfil a Match due to a short-term lack of suitably experienced front-row forwards, may take on loan up to two front-row Players from other Clubs. Emergency Loan Players shall not become registered to their loan Club for these purposes.
- 4.28 No Player may play on loan in a Match for:
- 4.28.1 a Club in the same division as the Player's Primary Club; or
 - 4.28.2 a Club in a lower division in its final five National Competition Matches or from the quarter-finals of the relevant Cup competition.
- 4.29 Without the prior approval of the relevant Competitions Committee:
- 4.29.1 no Player may play on loan with the same Club in more than three Matches per season or for more than two Clubs in any season; and
 - 4.29.2 no Player who has participated for his Primary League Club in more than eight Matches (excluding in the Reserve League) may play on loan with a Club in a lower division.

5 THE TEAMS

Team Colours

- 5.1 Clubs must ensure that they avoid a clash of team colours (jersey and/or socks). The Match referee shall be the sole judge as to whether colours clash. Where necessary it shall be the responsibility of the home Club to change.
- 5.2 Clubs proposing to play other than in their normal colours (as set out in the Scottish Rugby Record) must advise the opposition and the Match referee not less than 72 hours before kick-off.

Team Sheets

- 5.3 Clubs must deliver a fully completed team sheet to the Match referee and to the opposition manager/coach not later than 30 minutes before kick-off. Changes to the team sheet may be made up to kick-off.
- 5.4 The team sheet must specify the jersey number, full name and registration number of each Player. Players capable of playing at tight-head prop, loose-head prop and hooker must be highlighted as such. The team sheet must separately identify any Player playing for their Secondary League Club and any Emergency Player Loan Scheme Players.
- 5.5 Team sheets must be submitted to Scottish Rugby within 48 hours of kick-off.
- 5.6 For the avoidance of doubt it shall be a specific offence to:
 - 5.6.1 fail to timeously deliver a team sheet to the other Club and Match referee; or
 - 5.6.2 fail to submit a team sheet to Scottish Rugby fully, accurately or timeously. A Club may forfeit £20 of their Minimum Operating Standards payment in respect of each such default. In the event of five or more failures the relevant Competition Secretary shall consider raising a Complaint (as defined in Rule 11) against the Club.

Replacements / Substitutes

- 5.7 The maximum number of replacements shall be seven. This number may be further restricted within the Regulations of individual competitions. Unless otherwise stated within the Regulations there is no requirement for there to be parity as to the number of replacements available to each team and the requirements of Law 3.8 in respect of the number of front row players within any Match squad must be observed.
- 5.8 The maximum number of rolling substitutions a team may use in any Match shall be 12. The 15-minute limit on temporary Blood Replacements in Law 3 does not apply to rolling substitutions.
- 5.9 No Player may be included in squads for Matches which are being played either concurrently or are overlapping.

Late Arrival

- 5.10 Where some or all of its Players have been unavoidably delayed, a Club may request the Match referee to delay the kick-off to enable it to achieve a full side. No Match may be delayed such that the Match would not be completed in good time. The Match referee shall be the sole judge in this regard.

6 THE GROUND

The Pitch

- 6.1 The home Club shall provide a suitable pitch complying with Law 1. The dimensions of the pitch shall be as near as is practicable to the maximum permitted by Law 1 and must exceed any requirement set by Scottish Rugby.
- 6.2 Padding around the goalposts, conforming to Law 1.7, must be provided.
- 6.3 If the home Club fails to meet the requirements of Rule 6.1 or 6.2 the Match referee may order that the Match be postponed.

Technical Zones

- 6.4 Two technical zones (one for each team) must be provided. The technical zones shall be on the same side

of the pitch and shall be marked on the ground. Where practicable they shall be located in the Perimeter Area of the Playing Enclosure and shall commence not less than 5m either side of the half-way line. The technical zones must be set back at least 2m from the touch line.

- 6.5 A maximum of six club personnel (coaches, medics, water carriers or other officials) may be present in each technical zone. All technical zone personnel must abide by Scottish Rugby's *Technical Zone Protocol*.
- 6.6 Replacements must stay outwith the Playing Enclosure, unless warming up or about to enter the Field of Play as a replacement.

Sin Bins

- 6.7 Two "sin bin" areas (one for each team) must be provided. The sin bin areas shall be at least 10m apart and shall be afforded a clear view of the Playing Enclosure.

Fitness of Ground or Conditions for Play

- 6.8 If, prior to the day of the Match, there is doubt as to the potential fitness of the ground the following arrangements must be made:
- 6.8.1 Advance warning, being at least 24 hours where reasonably practicable, must be provided to the visiting Club and the Match referee. The visiting Club and referee must be advised as to any potential contingency arrangements.
 - 6.8.2 The visiting Club shall provide details of a point of contact in relation to the potential postponement and shall also advise as to their intended time of departure.
 - 6.8.3 The home Club shall arrange for an independent assessment of the pitch. The assessment should, where reasonably practicable, be made by the Match referee, failing which by another independent person (such as a local referee, referee coach/assessor, Scottish Rugby official or an official from another club).
 - 6.8.4 The assessment shall be undertaken not less than 60 minutes prior to the visiting Club's intended departure time. The result of the inspection shall be communicated to the visiting Club not less than 30 minutes before its intended departure time and to the Match referee.
 - 6.8.5 Should the home Club fail to arrange for an independent assessment the visiting Club may do so. Where said assessment indicates the ground to be playable and the home Club has postponed the fixture, the relevant Competitions Committee may investigate as to whether an offence has been committed.
- 6.9 Where prior to kick-off there is doubt as to the fitness of the ground or the conditions for play, the Match referee and the team captains shall inspect the pitch. If any one of these three persons deems the pitch or conditions to be unplayable then the Match shall be postponed. This decision shall lie solely with the team captains and the Match referee. The captains shall notify their own Club of the decision.
- 6.10 Within 48 hours of the decision not to play a Match the home Club shall advise the relevant Competition Secretary as to the reason why that Match was not fulfilled. The Competition Secretary may seek further information in order to decide whether a Complaint should be raised against either or both Clubs.
- 6.11 Where a Club does not own or have rights over its ground, and the ground is declared unplayable by the holder of said rights, written evidence of such decision must be obtained and must be submitted to the Competition Secretary.

7 THE MATCH

Match Organisation

- 7.1 Unless otherwise directed by the Competitions Committee, the home Club shall be responsible for the logistics involved in the staging of the Match.
- 7.2 The home Club shall ensure that the designated venue is fit for the purpose of staging the Match including, but not limited to, ensuring that:

- 7.2.1 the designated venue complies with all applicable health and safety legislation, local authority consent and associated requirements, and is safe for the purpose of admitting persons to the venue to assist in the organisation of, or to play in and/or spectate at the Match;
- 7.2.2 at all times it maintains appropriate insurance to cover its potential liabilities arising from the staging of the Match, including admission of spectators and others to the venue.
- 7.3 The home Club shall ensure that the visiting Club are advised of all relevant venue health and safety and associated requirements.
- 7.4 The home Club shall ensure that spectators are kept at a reasonable distance from the Playing Enclosure and at no time are able to enter the Playing Enclosure to interfere or interact with the Match, the Match officials or any of the Players or other Persons entitled to be within the Playing Enclosure.

Match Ball

- 7.5 The home Club shall provide at least three match balls compliant with the Laws.

Half-Time Interval

- 7.6 The half-time interval shall normally be five minutes. The length of the interval may be altered by agreement between the Clubs provided that this is notified to the Match referee prior to kick-off but shall not be more than 15 minutes.
- 7.7 The teams may retire to covered accommodation at half-time.

Competition Points

- 7.8 In league competitions four points shall be awarded for a win and two points shall be awarded for a draw ("**Match Points**"). In addition, one bonus point shall be awarded to a Club scoring four or more tries and one bonus point shall be awarded to a losing Club which finishes within seven points or fewer of the winning Club ("**Bonus Points**").

Notification of Results

- 7.9 The Match referee shall be responsible for notifying the Match result to the Competition Secretary in accordance with the procedures set out by Scottish Rugby.

8 METHOD FOR DECIDING ON LEAGUE PLACINGS AND IN TIED KNOCK-OUT MATCHES

Tied League Placings

- 8.1 In the event of two or more Clubs in a division being equal on Competition Points, placings shall be determined based on their respective points differences (being points scored for less points against).
- 8.2 Should points difference fail to separate the Clubs then the aggregate score over the league fixtures between the Clubs shall be used to decide between them.
- 8.3 If neither of the above can determine which Club should be placed the higher and an issue of promotion, relegation or a division title depends on the respective rankings, a play-off Match shall be arranged by the Competition Secretary at a neutral venue.

Play-Off and Knock-Out Matches : Extra Time

- 8.4 If the scores at full-time in a play-off or knock-out Match are equal, extra time shall be played comprising 10 minutes each way with a one-minute interval. A coin shall be tossed by the Match referee to determine the direction of play. If the scores are still equal after extra time the following criteria (in the order given and including occurrences in extra time) shall be used to decide the winner:
 - 8.4.1 the team scoring more tries;
 - 8.4.2 the team scoring more conversions;
 - 8.4.3 the team scoring more drop goals;
 - 8.4.4 the team receiving fewer red cards; and

8.4.5 the team receiving fewer yellow cards.

8.5 If the event that none of the above is able to separate the teams further periods of extra time shall be played during which the Club which scores first shall be the winner.

9 CLUBS DISQUALIFIED, SUSPENDED OR WITHDRAWING

9.1 If a Club is disqualified, suspended or voluntarily withdraws from a league after the start of the season, the results of all Matches played by that team shall be deleted and the positions in the division shall be established from the Matches played between the remaining Clubs.

9.2 If the deletion of a Club's results and the subsequent revised positions in the division have a direct effect on the promotion or relegation of a Club which has already completed its full programme of fixtures, the relevant Competitions Committee may make such arrangements as it deems appropriate to best resolve promotion and relegation.

9.3 Subject to the application of Scottish Rugby's Bye-Laws (if relevant, and to the extent applicable), in the event of the number of Clubs in any division for future seasons falling short, or of any revision of the National Competition structure, the relevant Competitions Committee may adjust promotion and relegation to restore the number of Clubs in each division to the appropriate level. Normally, any vacancy arising shall be filled by an additional Club being promoted before one fewer is relegated. In the event of an additional Club requiring to be promoted from a regional based competition, the additional Club shall normally be promoted from the withdrawing Club's Region.

10 PROMOTION AND RELEGATION IN LEAGUE COMPETITIONS

10.1 Subject to the application of Scottish Rugby's Bye-Laws (if relevant, and to the extent applicable), the basis on which Clubs are to be promoted/relegated shall be as set out in Regulations associated with the individual National Competition.

10.2 The final placings in each division, the Clubs to be promoted/relegated between divisions and the composition of those divisions for the succeeding season shall be in accordance with the lists issued by the relevant Competition Secretary.

10.3 The determination of the relevant Competition Committee or Championship Committee in respect of relegation and promotion matters shall be final and binding on all participating Clubs.

11 COMPLAINTS

11.1 A complaint into an alleged breach of the Rules or Regulations (a "Complaint") may be raised by:

11.1.1 the Championship Secretary (in relation to any National Competition);

11.1.2 a Competition Secretary (but only in relation to matters affecting that competition); or

11.1.3 a Club (but only in relation to a matter which affects it directly and which causes it to suffer significant disadvantage in a National Competition, or some other form of material prejudice).

11.2 All Complaints must:

11.2.1 state (a) the nature of the Complaint, including the Rule/Regulation alleged to have been breached, and (b) the nature and the extent of the disadvantage/prejudice allegedly suffered; and

11.2.2 be signed on behalf of the complainant (in the case of a Club this shall be by either the Club President or Secretary).

11.3 Complaints submitted on behalf of participating Clubs must be submitted to the relevant Competitions Committee or, as the case may be, the Championship Committee within 14 days of the alleged infringement occurring (for the avoidance of doubt the 14-day period shall run from the actual event, not from the date of the complainant becoming aware of it).

11.4 The subject of the Complaint shall be sent a copy of it as soon as practical following receipt.

Complaint Process

- 11.5 Complaints shall be heard by the relevant Competitions Committee, or a sub-committee of it comprising not less than three members (the “**Complaints Committee**”). Where the Complaint is heard by a sub-committee, the Complaints Committee shall elect one of its members as Chair. Any member with an actual or potential conflict of interest shall be required to recuse themselves.
- 11.6 The Complaints Committee may:
- 11.6.1 Regulate its own procedure and determine any matter arising in relation to the Complaint. Meetings of the Complaints Committee may take place either in whole or in part in one place, by letter, telephone, e-mail, video-conference, on-line forum, webcast or by any combination of convenient means. Complaints shall normally be heard based on the papers but may be by way of hearing where the Complaints Committee or one of the parties so requests;
 - 11.6.2 Determine the timescale for the proceedings. For the avoidance of doubt the Complaints Committee shall be entitled to expedite the process where it considers that this is required for the benefit of the competition. The Complaints Committee may also set aside the requirement for Complaints to be brought within 14 days where it believes that it is in the best interests of the game to do so;
 - 11.6.3 Call upon, receive and consider such evidence as it thinks appropriate; and
 - 11.6.4 Request the attendance at any hearing into a Complaint of any Club, team or person under the jurisdiction of Scottish Rugby. Where a Club, team or person requested to attend refuses or fails to do so the Complaints Committee may adjourn the hearing, proceed in their absence or refuse to allow their evidence to be given in any other form. Any Club, team or person refusing to attend without reasonable cause, failing to co-operate with the Complaints Committee or seeking to mislead at any point in the Complaint process may be subject to Misconduct proceedings under Scottish Rugby’s *Disciplinary Rules*.
- 11.7 The subject of the Complaint shall have the right:
- 11.7.1 to be represented at any hearing by up to two people, in the case of a Club one of whom must be a Club member. The name and capacity of those attending shall be advised to the Complaints Committee in advance of the hearing;
 - 11.7.2 to submit evidence, call witnesses and make representations at any hearing; and
 - 11.7.3 to be notified in writing of the outcome of the hearing as soon as is reasonably practicable.
- 11.8 The onus of proof shall be on the complainant to establish the breach of the Rule or Regulation alleged. The standard of proof shall be on the balance of probabilities.
- 11.9 A written statement giving reasons for the decision of the Complaints Committee shall be provided if so requested by the parties and upon the lodging of a note of appeal.

Sanctions

- 11.10 Where a Complaint has been upheld, the Complaints Committee shall be entitled in its absolute discretion to impose any or all of the following sanctions or penalties (including on a suspended basis):
- 11.10.1 a caution, a warning as to future conduct or a reprimand;
 - 11.10.2 a fine or award of costs;
 - 11.10.3 require any Match complained of to be replayed on such terms as are deemed appropriate;
 - 11.10.4 the deduction of up to five Competition Points in respect of each offence;
 - 11.10.5 forfeiture of and/or the granting to another Club of the Competition Points for a Match (including Bonus Points) or the awarding of the result in the Match complained of;
 - 11.10.6 the suspension or expulsion of a Club, team, Player or person from participation in any National Competition for such period as may be deemed appropriate;
 - 11.10.7 such other penalty or sanction as may be deemed appropriate.

Acts of Misconduct

- 11.11 For the avoidance of doubt a Competitions or Complaints Committee shall be entitled to refer any act of potential Misconduct (as defined in the Disciplinary Rules) to the Discipline Committee for further consideration.

12 APPEAL PROCEDURE

The Appeals Committee

- 12.1 The Board shall establish an independent *National Competition Appeals Panel* (the "**Appeals Panel**") to hear and determine appeals against decisions of the Championship Committee and Competitions Committees, including decisions delegated to the Championship Convenor, Championship Secretary and/or other bodies or individuals appointed to assist with the organisation of specific competitions.
- 12.2 The Board shall appoint the members of the Appeals Panel and, from those members, a Chair of the Appeals Panel. The members of the Appeals Panel shall comprise legally-qualified persons together with current and former administrators/players and such others as are considered by the Board to have skills and experience relevant to the work of the Appeals Panel.
- 12.3 The Chair of the Appeals Panel shall from time to time select not less than three members of the Appeals Panel to sit as an Appeals Committee and shall select one of those members (who shall ordinarily be a legally qualified solicitor or advocate of at least five years' standing) to act as Chair of the Appeals Committee. The Scottish Rugby Regulatory Department shall provide administrative support to the Appeals Committee.
- 12.4 All decisions of the Appeals Committee shall be made by majority. No member of the Appeals Committee may abstain. The Chair of the Appeals Committee shall have both a deliberative and, where the Appeals Committee consists of an even number of members, a casting vote.

Grounds for Appeal

- 12.5 The grounds for appeal shall be limited to the following:
- 12.5.1 the original decision was unduly harsh or oppressive;
 - 12.5.2 the body or person making the decision misdirected itself in relation to the Laws of the Game and/or the relevant competition Rules and Regulations;
 - 12.5.3 the body or person making the decision, in the exercise of its discretion, took account of factors it should not have or failed to take account of factors it should have;
 - 12.5.4 there has been a breach of natural justice; or
 - 12.5.5 no other reasonable body or person appointed to that role would have reached that decision.
- 12.6 For the avoidance of doubt:
- 12.6.1 no Club, team or person may appeal in respect of any sanction imposed on, or other decision made concerning, another Club, team or person; and
 - 12.6.2 no Appeal may be brought against an operational decision made in the running of a National Competition, notwithstanding that the effect of such decision could impact financially or otherwise on the Club, body or individual.

Timing and Form of Appeal

- 12.7 Notes of appeal must be in writing, be signed by the appellant and must be lodged with the Appeals Committee Secretary within seven days of the decision appealed against being made. The note of appeal must contain the following:
- 12.7.1 the name of the party making the appeal and the office held /capacity of the person signing it;
 - 12.7.2 the decision appealed against, including details of the party which made the original decision, the date of the decision and any sanction imposed;

12.7.3 the full grounds of appeal; and

12.7.4 any documentation upon which the appellant intends to rely in relation to the appeal.

12.8 Other than on cause shown and with the approval of the Appeals Committee, it shall not be permissible to introduce evidence which was available, or could reasonably have been available, at the time the decision appealed against was made but which was not brought to the attention of the original Complaints Committee.

Appeal Process

12.9 The Appeals Committee shall, subject to the requirements of natural justice, have the power to:

12.9.1 regulate its own procedure and determine any matter arising in relation to the Appeal. Meetings of the Appeals Committee may take place either in whole or in part in one place, by letter, telephone, e-mail, video-conference, webcast or by a combination of convenient means;

12.9.2 determine the timescale for the appeal. The timescale shall be advised to the appellant, who may request a postponement of any hearing on cause shown. For the avoidance of doubt the Appeals Committee shall be entitled to expedite the process where it considers that this is required for the benefit of the competition or in the best interests of the game to do so;

12.9.3 call upon, receive and consider such evidence as it thinks appropriate; and

12.9.4 request the attendance at any hearing of any Club, team or person under the jurisdiction of Scottish Rugby. Where a Club, team or person requested to attend refuses or fails to do so the committee may adjourn the hearing, proceed in their absence or refuse to allow their evidence to be given in any other form. Any Club, team or person refusing to attend without reasonable cause, failing to co-operate with the Appeals Committee or seeking to mislead at any point in the Complaint process, may be subject to Misconduct proceedings under Scottish Rugby's *Disciplinary Rules*.

12.10 The appellant shall have the right to be represented at any hearing by up to two people, in the case of a Club one of whom must be a Club member. The name and capacity of those attending shall be advised to the Appeals Committee in advance of the meeting.

12.11 Scottish Rugby's Discipline Manager or his nominee may represent the original decision making body or person at any Appeal Hearing.

12.12 Where evidence is given before the Appeals Committee, there shall be no cross-examination of witnesses except through the Chair and to the extent that the Appeals Committee in its discretion permits. The deliberations of the Appeals Committee shall be in private.

12.13 No appeal shall be decided upon grounds not contained within the note of appeal lodged by the appellants. The Appeals Committee may, on cause shown, allow further grounds of appeal to be stated providing that the party who made the original decision or its representative is given an opportunity, within a reasonable time, to answer the same.

Appeal Decision

12.14 Having heard such evidence it deems appropriate and any submission made by or on behalf of the appellant, the Appeals Committee may decide to:

12.14.1 affirm the original decision; or

12.14.2 uphold the appeal by setting aside the decision appealed against and quashing any sanction imposed under it; or

12.14.3 uphold the appeal in part by setting aside part only of the decision appealed against and/or modifying any sanction imposed; or

12.14.4 refuse the appeal and increase the sanction imposed on the appellant or substitute an alternative sanction; or

12.14.5 take any step which in the exercise of its discretion the Appeals Committee considers it would

be appropriate to take in order to deal justly with the appeal.

12.15 The decision of the Appeals Committee shall be advised to the appellant as soon as reasonably practicable after the conclusion of the hearing. Where it considers it appropriate, the Appeals Committee may deliver an oral decision at the conclusion of the hearing. A written statement giving reasons for a decision of the Appeals Committee shall be provided in due course if so requested by the appellant. Scottish Rugby reserves the right to make public the outcome of any appeal and the identity of any Club, team or individuals concerned.

12.16 The decision of the Appeals Committee shall be notified to all parties in writing and shall be final and binding on all concerned.

Acts of Misconduct

12.17 For the avoidance of doubt the Appeals Committee shall be entitled to refer any act of potential Misconduct under Scottish Rugby's Disciplinary Rules to the Discipline Committee for further consideration.

13 NOTICES

13.1 Any notice served pursuant to the Rules and Regulations shall be in writing and shall be delivered by email or first-class post. All notices shall be deemed, until the contrary is proved, to have been received on the date of sending if sent by email or within 48 hours if sent by first-class post.

14 OMISSIONS, INTERPRETATION AND EXCEPTIONAL CIRCUMSTANCES

14.1 A Competitions Committee, the Championship Committee, a Complaints Committee or the Appeals Committee may, on cause shown, relieve a Club, team or person from the consequences of a failure to comply with the Rules and Regulations which is shown to be a mistake, oversight or other excusable cause on such conditions as the Committee so determines.

14.2 With the prior approval of the Board, the Championship Committee (or relevant Competition Committee) or Appeals Committee shall have the discretion to:

14.2.1 decide on matters not provided for in the Rules and Regulations and to take appropriate action thereon;

14.2.2 interpret the meaning of the Rules and Regulations in accordance with the underlying principles and intent (insofar as it can be ascertained) of the relevant Rule / Regulation and the interests of the game;

14.2.3 determine any inconsistency between the Rules and Regulations and to rectify any administrative error.

14.3 The Championship Committee or relevant Competitions Committee's decision(s) in respect of those matters referred to in Rule 14.2 shall be final and binding save for any right to appeal as may be allowed under these Rules.

APPENDIX 1 : NATIONAL COMPETITION REGULATIONS

The competitions listed in Appendix 2 shall be governed by the *National Competition Rules* (the “Rules”). Matches within these competitions shall be played in accordance with the Rules other than where a specific *National Competition Regulation* provides to the contrary.

The National Competition Regulations applicable for season 2020/21 shall be as follows:

1. PREMIERSHIP AND NATIONAL LEAGUE REGULATIONS

1 ORGANISATION AND ADMINISTRATION

- 1.1 The Premiership and National Leagues shall be administered by the Championship Committee.

2 COMPOSITION OF THE PREMIERSHIP AND NATIONAL LEAGUES

- 2.1 The Premiership and the National Leagues shall comprise:
 - 2.1.1 a Premiership, to be contested by 10 Teams in one division; and
 - 2.1.2 the National Leagues, to be contested by 36 Teams in three divisions of 12.
- 2.2 The Premiership shall be played in two stages.
 - 2.2.1 *Stage 1*: the Clubs shall play each other on a home-and-away basis.
 - 2.2.2 *Stage 2*: the Clubs finishing in places one to four at the end of Stage 1 shall contest a knock-out competition to decide the Premiership winners. The Clubs ranked one and two shall play at home against the Clubs ranked four and three respectively. The winners shall contest the Premiership Final, with the finalist placed higher at end of Stage 1 being the home Club. If the scores are level at full-time in any Stage 2 Match the *Knock-Out Match Extra Time Rules* (Rule 8.4) shall apply.
- 2.3 In each National League division the Clubs shall play each other on a home-and-away basis.
- 2.4 The structure of the Premiership and the National Leagues, including the number of Clubs in each division, shall ordinarily not be changed without a full playing season’s notice being given by Scottish Rugby unless the Board specifically decides that a shorter period is necessary for the effective organisation and implementation of the National Competitions. Such notice must be accompanied by details as to how the new structure will be effected through revised promotion and relegation.

3 CHAMPIONS, PROMOTION AND RELEGATION *[Scottish Rugby has been consulting on possible changes to the National Competitions. Change to the “format” of the Premiership/National Leagues will require approval from both the Council and the membership in General Meeting. If agreed, such changes may come into effect from Season 2021/22, but could impact on the promotion/relegation provisions of the 2020/21 Regulations].*

- 3.1 The Club winning the Premiership Final shall be the Scottish Champions.
- 3.2 The Club finishing tenth in the Premiership Stage 1 shall be relegated to National 1.
- 3.3 The Club finishing first in National 1 shall be promoted to the Premiership.
- 3.4 The Clubs finishing in first and second places in each of National 2 and 3 shall be promoted to National 1 and 2 respectively.
- 3.5 The Clubs finishing in eleventh and twelfth places in each of National 1 and 2 shall be relegated to National 2 and 3 respectively.
- 3.6 The Clubs finishing in tenth to twelfth places of National 3 shall be relegated to the appropriate Regional League 1.
- 3.7 The Club finishing in first place in each of the Regional Leagues shall be promoted to National 3.

4 PLAYERS

Number of Starting Players

4.1 Both teams must start the Match with 15 Players, including a suitably experienced front-row. Any Match not complying with this requirement shall be declared unfulfilled and shall be treated as a Non-Fulfilled Fixture.

Number of Replacements

4.2 The number of permitted replacements / substitutes shall be as follows:

Premiership Stage 1 and National Division 1: Four or five.

National Divisions 2 and 3: Two, three or four.

Premiership Stage 2 and the Premiership Play-Off Match: Five, six or seven.

4.3 The number of replacements able to play in the front row must be in accordance with the Laws.

5 REFEREES, ASSISTANT REFEREES AND TOUCH JUDGES

5.1 Scottish Rugby shall appoint a referee and assistant referees for each Match in the Premiership.

5.2 Scottish Rugby shall appoint a referee for all Matches in the National Leagues. Each National League team must provide a touch judge.

5.3 Responsibility for confirmation of the referee and, where appropriate, the assistant referees shall lie with the home Club.

2. REGIONAL LEAGUE REGULATIONS

1 ORGANISATION AND ADMINISTRATION

1.1 The Regional Leagues shall be administered by the Caledonia, East and West *Regional Competitions Committees* under the delegated authority of the Championship Committee.

1.2 The membership of each Regional Competitions Committee shall comprise:

1.2.1 the Regional Representative serving on the Championship Committee (elected in accordance with the *Championship Election Rules*).

1.2.2 four Club representatives elected in accordance with the *Regional League Election Rules*. Other than with prior consent of the Board, it shall be a requirement that two Club representatives shall come from each of the Council Areas within the Region;

1.2.3 the Regional Representatives on the Scottish Rugby Council (in a non-voting capacity); and

1.2.4 such other individuals as may be co-opted to the Committee (in a non-voting capacity).

1.3 The members of each Regional Competitions Committee shall elect a Chair from amongst the Committee's membership.

2 COMPOSITION OF THE REGIONAL LEAGUES

2.1 The Regional Leagues shall comprise:

2.1.1 the *Caledonia Regional League*, which shall be contested by Clubs in the Region in a league format to be decided by the Caledonia Regional Competitions Committee;

2.1.2 the *East Regional League*, which shall be contested by Clubs in the Region in a league format to be decided by the East Regional Competitions Committee; and

2.1.3 the *West Regional League*, which shall be contested by Clubs in the Region in a league format to be decided by the West Regional Competitions Committee.

2.2 Each Regional Division 1 shall normally comprise 10 Clubs playing each other on a home-and-away basis.

2.3 The format and competition structure of each lower division, though normally comprising a maximum of

10 Clubs, shall be defined by the appropriate Regional Competitions Committee.

- 2.4 A Club's second and lower XVs may play in the Caledonia Regional League's second and lower divisions, but cannot be promoted to the first division. Second and lower XVs may not play in the East and West Regional Leagues.

3 CHAMPIONS, PROMOTION AND RELEGATION

- 3.1 Subject to the requirements of Premier and National League Regulation 3:
- 3.1.1 the Club finishing in first place in each of the Regional Leagues shall be promoted to National 3.
 - 3.1.2 Clubs relegated from National 3 shall be accommodated in the relevant Region's Division 1.
- 3.2 Subject to Regional League Regulation 2.4, the first-placed Club in each Regional Division 2 shall be promoted to the relevant Division 1.
- 3.3 Before the start of each season the promotion and relegation between each Regional League's second and lower divisions shall be notified by the relevant Competition Secretary.
- 3.4 Each Regional Competitions Committee reserves the right to amend the format of promotion/relegation to accommodate any imbalance in the number of Clubs being relegated from National 3, in the event of a second XV winning Caledonia Regional 2 or for other operational reasons.

4 THE PLAYERS

Player Registration

- 4.1 Players participating for a Club in Regional Division 2 and lower divisions do not require to be registered to that Club, provided always that they are registered with a Club on Scottish Rugby's registration system. Playing as a loan Player shall not mean that the Player becomes registered to that Club.

Transfer Deadline

- 4.2 The Transfer Deadline shall not apply below Regional Division 1.

Number of Starting Players

- 4.3 In each Regional Division 1 and in Division 2 of the East and West Leagues, each team must start the Match with 15 Players, including a suitably experienced front row.
- 4.4 In all other Regional Divisions:
- 4.4.1 a team may start a Match with fewer than 15 Players (but not less than 12 Players), subject to it fielding at least five Players in the scrum at all times;
 - 4.4.2 a Match may start with uncontested scrums, subject to there being at least five Players in the scrum at all times. The Club requesting uncontested scrums shall start the Match with a maximum of 14 Players and shall be permitted a maximum of two replacements in its Match squad. A Club requiring to start a Match with uncontested scrums must advise the opposition and the referee as soon as possible and, other than in exceptional circumstances, no later than 30 minutes before kick-off. The Club requesting uncontested scrums must also advise the relevant Competition Secretary no later than 48 hours after kick-off.

- 4.5 Matches not complying with the above requirements shall be declared unfulfilled and treated as a Non-Fulfilled Fixture.

Number of Replacements

- 4.6 The number of permitted replacements / substitutes shall be as follows:

Regional Division 1: Up to four.

All other Regional Divisions: Up to seven.

- 4.7 The number of replacements able to play in the front row must be in accordance with the Laws.

5 THE MATCH : LAW VARIATIONS *[Scottish Rugby has been consulting on the introduction of its flexible “Game On” principles at certain levels. If approved, these may impact on some or all of the Regional Leagues.]*

- 5.1 At the discretion of the relevant Competitions Committee the U19 Scrummage Law Variations shall apply below Regional Division 2.

6 REFEREES AND TOUCH JUDGES

- 6.1 The referee shall be appointed by the home Club’s local referee society. Responsibility for confirmation of the referee shall lie with the home Team. Each Club must provide a touch judge.

3. RESERVE LEAGUE REGULATIONS

1 ORGANISATION AND ADMINISTRATION

- 1.1 The Reserve Leagues shall be administered by the *Reserve League Committee* under the delegated authority of the Championship Committee.
- 1.2 The membership of the Reserve League Committee shall comprise:
- 1.2.1 the Reserve League Committee Convenor (appointed by the Board);
 - 1.2.2 four Club representatives who, other than with the prior consent of the Board, shall be elected respectively by those Clubs participating in each of the East Reserve 1 division, East Reserve 2 and any lower East Reserve divisions, the West Reserve 1 division and West Reserve 2 and any lower West Reserve divisions; and
 - 1.2.3 such other individuals as may be co-opted to the Committee (in a non-voting capacity).
- 1.3 Scottish Rugby shall appoint a Competition Secretary to assist in the administration of the League.
- 1.4 Where, by reason of the routine nature of the matter and/or such urgency that a Committee meeting cannot with reasonable practicality be arranged, the Reserve League Convenor may exercise any of the powers, discretions and/or authorities given in terms of these Regulations.

2 COMPOSITION OF THE RESERVE LEAGUE

Composition of the Reserve League

- 2.1 The Reserve League shall be contested by such teams as may be admitted to the competition on a season-by-season basis. Applicant Clubs shall satisfy the Reserve League Committee that the proposed team will be able to fulfil a full programme of fixtures in the forthcoming season.
- 2.2 The Reserve League shall comprise:
- 2.2.1 an East Regional Reserve League, which shall consist of an East Reserve 1 division and such other lower divisions as determined by the Reserve League Committee.
 - 2.2.2 a West Regional Reserve League, which shall consist of a West Reserve 1 division and such other lower divisions as determined by the Reserve League Committee.
 - 2.2.3 such other friendly fixtures as may be arranged from time-to-time in respect of those Clubs which are less able to commit to a programme of regular league Matches.
- 2.3 A Club may enter more than one XV in the Reserve League, but a Club may not have more than one XV in any division.

Format of Competition

- 2.4 The Reserve League shall be played in two stages:
- 2.5 *Stage 1:* In Stage 1 each Club shall play each other team in their division on a home-and-away basis.
- 2.6 *Stage 2:* At the end of Stage 1:

- 2.6.1 those Clubs in places 1 and 2 of East Reserve 1 and West Reserve 1 shall contest a knock-out competition to decide the Reserve League winner. In the semi-finals the team placed first in each Reserve division 1 shall play at home against the team placed second in the other division;
- 2.6.2 the winners of the semi-final matches shall contest the final. Where only one of teams contesting the final was placed first in their division at the end of stage 1 that team shall have home advantage for the final. Otherwise, a coin shall be tossed to determine home advantage;
- 2.6.3 if the scores are level at full-time in any Stage 2 Match the *Knock-Out Match Extra Time Rules* (Rule 8.4) shall apply.

3 PROMOTION AND RELEGATION

- 3.1 Before the start of each season the basis of promotion/relegation between each Regional Reserve division shall be notified by the Competition Secretary.
- 3.2 Promotion and relegation shall normally be on the basis of one up, one down, but the Reserve League Committee reserves the right to amend promotion/relegation between any division where it considers this either to be appropriate in the circumstances or where:
 - 3.2.1 a Club's 3rd XV or other lower designated team would otherwise be promoted to play in the same or higher division as that Club's 2nd XV or other higher designated team; or
 - 3.2.2 the relegation of a Club's 2nd XV or other lower designated team would otherwise result in a Club having two XV's in the same division.

4 NON-FULFILMENT OF FIXTURES

- 4.1 If a Club fails to fulfil a Match that Match shall not be rearranged and:
 - 4.1.1 the Club's opponents shall be credited with a 28-0 win and awarded five Competition Points;
 - 4.1.2 the Club responsible for the cancellation shall receive no points (unless a friendly match is played, in which case one Match Point shall be credited to it); and
 - 4.1.3 Rule 3.13 shall not apply but the Club responsible for the cancellation shall receive the following automatic penalty depending on the number of Matches it has failed to fulfil that season:
 - 4.1.3.1 First or second default : Subject to Rule 3.15, no additional point deduction;
 - 4.1.3.2 Third default : a one competition point deduction;
 - 4.1.3.3 Fourth default : a two competition point deduction;
 - 4.1.3.4 Fifth default : a three competition point deduction;
 - 4.1.3.5 Sixth default : a four competition point deduction; and
 - 4.1.3.6 Seventh and subsequent defaults : additional five competition point deductions.
- 4.2 The Competitions Committee shall have the additional power to relegate and/or disqualify the Club where it considers this to be either necessary or appropriate.
- 4.3 For the avoidance of doubt Rules 3.15 (as modified to reflect the penalties set out in Reserve League Regulation 4.1.3) and 3.16 shall apply.
- 4.4 If a Match is called-off on the match-day itself, one additional Match Point shall be deducted from the Club responsible for the cancellation. If the home Club is responsible for such cancellation it shall also be liable to reimburse the visiting Club for any unavoidable, validated travelling expenses incurred up to a maximum of £750. For the avoidance of doubt the Competition Secretary shall remain entitled to consider whether a Complaint should be raised in respect of the non-fulfilment.

5 THE PLAYERS

Player Registration

- 5.1 In an East or West Reserve 1 team's last five Stage 1 Matches and in all Stage 2 Matches, other than with prior permission from the Reserve League Committee:
- 5.1.1 all Players must be registered with the Club for which they are participating; and
 - 5.1.2 dual-registered Players may not play for their Secondary Club unless at least 50% of that Player's previous Reserve League Match appearances in that season have been for that Club.
- 5.2 In all other Matches a Player may play for a Club to which the Player is not registered, provided always that the Player is registered with a Club on Scottish Rugby's registration system. Playing as a loan Player shall not mean that the Player becomes registered to that Club.

Transfer Deadline

- 5.3 The Transfer Deadline shall not apply in the Reserve Leagues.

Ineligible First XV Players

- 5.4 A Player starting a first-team Match shall be ineligible to play in Reserve League Matches that season unless:
- 5.4.1 less than 50% of the Player's appearances that season have been in the starting XV of the first team; or
 - 5.4.2 the Player's Club's first and second teams have concurrent Matches; or
 - 5.4.3 dispensation has been granted by the Reserve League Committee

Number of Starting Players

- 5.5 In all Reserve League divisions:
- 5.5.1 a team may start a Match with fewer than 15 Players (but not less than 12 Players), subject to it fielding at least five Players in the scrum at all times.
 - 5.5.2 a Match may start with uncontested scrums, subject to there being at least five Players in the scrum at all times. The Club requesting uncontested scrums shall start the Match with a maximum of 14 Players and shall be permitted a maximum of two replacements in its Match squad. A Club requiring to start a Match with uncontested scrums must advise the opposition and the referee as soon as possible and, other than in exceptional circumstances, no later than 30 minutes before kick-off. The Club requesting uncontested scrums must also advise the Competition Secretary no later than 48 hours after kick-off.
- 5.6 Matches not complying with these requirements shall be declared unfulfilled and may be investigated as a Non-Fulfilled Fixture.

Number of Replacements

- 5.7 Subject to 5.5.2 above, the maximum number of Replacements shall be seven. The number of replacements able to play in the front row must be in accordance with the Laws.

6 THE MATCH

- 6.1 The U19 Scrummage Law Variations shall apply below Regional Reserve League division 2.

7 REFEREES AND TOUCH JUDGES

- 7.1 The referee shall be appointed by the home Club's local referee society, failing which by the home Club. For the avoidance of doubt a Match must not be postponed if the only available official is an appropriately qualified referee from either of the participating Clubs.
- 7.2 Each Club must provide a touch judge.
- 7.3 Responsibility for confirmation of the referee shall lie with the home Club.

4. WOMEN'S CHAMPIONSHIP REGULATIONS (2020 SEASON)

1 ORGANISATION AND ADMINISTRATION

- 1.1 The Women's Championship shall be administered by the Women's Competitions Committee under the delegated authority of the Championship Committee.
- 1.2 The membership of the Competitions Committee shall comprise:
 - 1.2.1 a Convenor (appointed by the Board);
 - 1.2.2 one representative elected from the Clubs participating in each of the Premiership, National 1, East 1, North 1 and West 1 Divisions; and
 - 1.2.3 such other individuals as may be co-opted to the Committee (in a non-voting capacity).
- 1.3 Scottish Rugby shall appoint a Competition Secretary to assist in the administration of the Championship.
- 1.4 Where, by reason of the routine nature of the matter and/or such urgency that a Committee meeting cannot with reasonable practicality be arranged, the Convenor may exercise any of the powers, discretions and/or authorities given in terms of these Regulations.

2 COMPOSITION AND FORMAT

Composition of the Championship

- 2.1 The Women's Championship shall comprise:
 - 2.1.1 a Premiership, to be contested by six teams in one division;
 - 2.1.2 a National 1 League, to be contested by eight teams in one division;
 - 2.1.3 three Regional Leagues, being East 1, North 1 and West 1; and
 - 2.1.4 a National Development League (the "NDL"), for those teams which have not yet demonstrated their capability to participate in the full league structure.
- 2.2 Clubs seeking admission to the Women's Championship must apply in writing to the Competition Secretary. Admission shall be subject to such conditions as the Competitions Committee may require. Successful applicants may be placed in an appropriate league or division at the Competitions Committee's sole discretion.
- 2.3 A Club may not have more than one team in any division.

Format of Competition [Scottish Rugby has sought feedback from all participating clubs in the new Women's League structure. Subject to the feedback received the format / promotion & relegation on the competition may be subject to change].

- 2.4 The **Premiership** shall be played in two stages.
 - 2.4.1 *Stage 1*: the Clubs shall play each other on a home-and-away basis.
 - 2.4.2 *Stage 2*: at the end of Stage 1 the club ranked first shall play at home against the second ranked club to decide the Premiership winners. If the scores are level at full-time the Knock-Out Match Extra Time Rules (Rule 8.4) shall apply.
- 2.5 In **National 1** the Clubs shall play each other on a home-and-away basis.
- 2.6 **East 1** shall comprise eight teams and shall be played in two stages:
 - 2.6.1 *Stage 1*: the Clubs shall play each other on a home-or-away basis.
 - 2.6.2 *Stage 2*: at the end of Stage 1:
 - (a) the Clubs in places one to four shall play each other on a home-or-away basis. Final placings one to four in the division shall be based on the aggregate performances in all Matches of these four Clubs over Stages 1 and 2;

(b) the Clubs in places five to eight shall play each other on a home-or-away basis. Final placings five to eight in the division shall be based on the aggregate performances in all Matches of these four Clubs over Stages 1 and 2.

2.7 **North 1** shall comprise seven teams and shall be played in two stages:

2.7.1 Stage 1: Clubs shall be placed in one of two Conferences (North East and North West). Teams shall play each other Club in their Conference on a home-and-away basis.

2.7.2 Stage 2 : at the end of Stage 1:

(a) the Clubs in places one and two from each Conference shall play each other on a home-or-away basis to determine places 1 to 4 in the division;

(b) the remaining Clubs shall play each other on a home-or-away basis to determine places 5 to 7;

(c) the results of the Matches from Stage 1 shall not carry over the Stage 2.

2.8 **West 1** shall comprise six teams and shall be played on a home-and-away basis.

2.9 The competition format in the **NDL** shall be as notified by the Competition Secretary prior to the start of the season.

3 METHOD FOR DECIDING ON LEAGUE PLACINGS

3.1 In the event of two or more Clubs being tied as to the number of Match Points:

3.1.1 **Premiership:** The criteria for distinguishing between the Clubs shall be the aggregate Match Points achieved by the Clubs in the head-to-head Matches between them, failing which the aggregate points difference in these head-to-head Matches. Should this fail to separate the Teams Rule 8.3 shall apply.

3.1.2 **Other Divisions:** The Rules for separating positions shall apply other than the number of defaulted matches shall be taken into account as an additional criteria (after consideration of the aggregate scores between the Clubs). The Club with the fewest defaulted matches shall be placed higher.

4 CHAMPIONS, PROMOTION AND RELEGATION

4.1 The Club winning the Premiership division shall be the Scottish Champions.

4.2 The Club ranked sixth in the Premiership shall play the winner of National 1 in a Premiership Play-Off Match. This Match shall be held at a neutral venue on a date and at a time to be arranged by the Competition Secretary. The winner of the play-off will play in the following season's Premiership and the loser will play in National 1. If the scores are level at full-time the *Knock-Out Match Extra Time* Rules (Rule 8.4) shall apply.

4.3 The eighth placed Club in National 1 and the winners of the three Regional Leagues shall contest a knock-out competition to determine which one of the four Clubs will play in National 1 in the following season. A draw shall be made to establish two ties, with the Club drawn first having home advantage. The winner of the first tie drawn shall have home advantage for the final. If the scores are level at full-time in any Match, the *Knock-Out Match Extra Time* Rules (Rule 8.4) shall apply. The winner of the knock-out competition will play in the following seasons National 1 division. The remaining three Clubs will play in the following season's Regional Leagues.

4.4 There shall be no automatic promotion or relegation from/to the NDL.

4.5 All promotions shall be subject to the promoted club being able to demonstrate that it is able to meet the published criteria for membership of the relevant league.

5 NON-FULFILMENT OF FIXTURES

5.1 If a Club fails to fulfil a Match the Match shall not be rearranged and:

- 5.1.1 the Club's opponents shall be credited with a 28-0 win and awarded five Competition Points;
- 5.1.2 the Club responsible for the cancellation shall receive no points; and
- 5.1.3 the automatic penalty regime set out in Rule 3.13 shall not apply but the Competition Secretary shall consider whether a Complaint should be raised in respect of the non-fulfilment.

6 THE PLAYERS

Player Registration

- 6.1 All Players participating in the Premiership and National 1 Division shall require to be registered with the Club for which they are competing.
- 6.2 In the Regional Leagues and NDL a Player may play for a Club to which she is not registered, provided always that she is registered with a club on Scottish Rugby's registration system. Playing as a loan Player shall not mean that the Player becomes registered to that Club.

Transfer Deadline

- 6.3 The Transfer Deadline shall not apply other than in the Premiership and National 1.

Dual Registered Players

- 6.4 A Player who has been selected for Scotland Women (or the Senior National Team of another Union) in the preceding 12 months shall be ineligible to be Dual Registered unless she receives dispensation from the Competitions Committee.
- 6.5 Dual Registered Players may not play for their lower placed Club if they have played more than 40 minutes for their Premiership Club in the same weekend.
- 6.6 The number of Dual Registered Players permitted to participate for their lower-placed Club in a Match squad shall be:
 - National 1* : Up to three;
 - Regional Leagues* : Squad of at least 15 Players – up to five; Squad of less than 15 Players – up to three.

Number of Starting Players

- 6.7 In the *Premiership* and *National 1* :
 - 6.7.1 a Club may start a Match with fewer than 15 Players (but not less than 12 Players), providing that this includes a suitably experienced front row and subject to it fielding at least five players in the scrum at all times; and
 - 6.7.2 if a Club is reduced (through injury or the dismissal of Players) to less than 12 Players then the Match shall be abandoned at that point.
- 6.8 In the *Regional Leagues* :
 - 6.8.1 A Club may start a Match with less than 15 Players (but not less than 12 Players), subject to it fielding at least five Players in the scrum at all times. If a Club starts the Match with less than 15 Players both Clubs must start with an equal number of Players ("**Player Matching**"). Player Matching must be maintained throughout the Match other than where a player has been permanently or temporarily dismissed from the field.
 - 6.8.2 A Match may start with uncontested scrums, subject to there being at least five Players in the scrum at all times and the Club requesting uncontested scrums not being allowed to include any replacements in its Match squad. A Club requiring to start a Match with uncontested scrums must advise the opposition and the referee as soon as possible and, other than in exceptional circumstances, no later than 30 minutes before kick-off. The Team requesting uncontested scrums must also advise the Competition Secretary no later than 48 hours after kick-off.
 - 6.8.3 If a team is reduced (through injury or the dismissal of Players) to less than 10 Players then the Match shall be abandoned at that point.

- 6.9 In the *NDL* a Club may start a Match with as few as 10 Players and Player Matching shall apply. The Laws applicable to the number of Players available (XVs or Tens) shall apply. Matches may start with uncontested scrums. If a team is reduced (through injury or the dismissal of Players) to less than 7 Players then the Match shall be abandoned at that point
- 6.10 Any Match not complying with the above requirements shall be declared unfulfilled and may be investigated as a Non-Fulfilled Fixture.

Number of Replacements

- 6.11 The number of permitted replacements / substitutes shall be as follows:

Premiership and National 1 – Up to five; and

Regional Leagues and NDL – Up to seven.

- 6.12 The number of replacements able to play in the front row must be in accordance with the Laws.

Dispensation for International Players

- 6.13 Where five or more Players from a club are selected for the Scotland Senior National Representative Teams on a National Competition date, that Club may apply for either:

6.13.1 the Match to be rearranged to the next available stand-by date; or

6.13.2 permission to play the Match using Player Matching (down to a minimum of 12-a-side).

7 THE TEAMS

Team Sheets

- 7.1 Whilst the Clubs shall be required to exchange team sheets (and provide a copy of the team sheet to the referee), the Rules regarding the automatic submission of team sheets to Scottish Rugby shall not apply to the *NDL*.

8 THE MATCH (LAW VARIATIONS) [Scottish Rugby has been consulting on the introduction of flexible “Game On” principles at certain levels. If approved, these may impact on some of the Women’s Leagues.]

- 8.1 The U19 Scrummage Law Variations shall apply to all Matches in the Regional Leagues and the *NDL*.

9 REFEREES AND TOUCH JUDGES

- 9.1 Scottish Rugby shall appoint a referee and assistant referees for each Match in the Premiership.
- 9.2 In National 1 and all Regional Leagues the referee shall be appointed by the home Club’s local referee society. Each National 1 and Regional League team must provide a touch judge.
- 9.3 Responsibility for confirmation of the referee and, where appropriate, the assistant referees shall lie with the home Club.

5. CUP, SHIELD AND BOWL REGULATIONS

1 ORGANISATION AND ADMINISTRATION

- 1.1 The competitions shall be called “*The Scottish Rugby Union Cup Competitions*” (the “**Cups**”) and shall comprise competitions for a Scottish Cup, a National League Cup, a Shield and a Bowl or replacements or successors to them.
- 1.2 The Cups shall be administered by the Championship Committee other than in the regional stages of the Shield and Bowl, which shall be delegated to the appropriate Regional Competitions Committee.

2 DATES, PARTICIPANTS AND FORMAT

Fixture Dates

- 2.1 All Cup Matches shall be played on the dates and at the time advised by the relevant Competitions Secretary.

Format of the Scottish Cup

- 2.2 The Scottish Cup shall be contested on a knock-out basis by those teams competing in the Premiership and National 1 divisions. The competition format shall be:
- 2.2.1 the first round shall be contested by 12 Clubs, with ten Clubs drawn at random receiving a bye to the second round;
 - 2.2.2 the second round shall be contested by the six first round winners and by the ten Clubs receiving a bye from the first round;
 - 2.2.3 the quarter-finals, the semi-finals and the final shall be each be contested by the Clubs winning in the previous round.

Format of the National League Cup

- 2.3 The National League Cup shall be contested on a knock-out basis by the Clubs competing in the National 2 and 3 divisions. The competition format shall be:
- 2.3.1 the first round shall be contested by 16 Clubs, with eight Clubs drawn at random receiving a bye to the second round;
 - 2.3.2 the second round shall be contested by the eight first round winners and by the eight Clubs receiving a bye from the first round;
 - 2.3.3 the quarter-finals, the semi-finals and the final shall be each be contested by the Clubs winning in the previous round.

Format of the Shield and Bowl

- 2.4 The Shield shall be contested by those Clubs competing in the first and second divisions of the Regional Leagues which choose to enter. The relevant Regional Competitions Committee may make necessary adjustments to this Regulation where a Regional League's second division is contested in two or more parallel sections.
- 2.5 The Bowl shall be contested by the remaining Regional League Clubs which choose to enter together with any other member club admitted to the competition by the relevant Competitions Committee.
- 2.6 The Shield and Bowl competitions shall each have two stages (the first being regional and the second on a national basis).
- 2.6.1 *Regional Shield:* Local competitions for the Shield shall be organised in each of the following four regions/areas: West, Edinburgh, Caledonia and the Borders.
 - 2.6.2 *Regional Bowl:* Local competitions for the Bowl shall be organised in each of the following four regions/areas: West, East (Edinburgh and the Borders), Midlands and North.
 - 2.6.3 *National Shield and National Bowl:* The four regional winners in each competition shall contest the respective national Semi-Finals.
- 2.7 The detailed competition format for the Shield and Bowl shall be as published by the Championship Secretary prior to the start of the relevant season.

3 VENUES AND GATE RECEIPTS

- 3.1 Each Match, except for the national finals, shall be played at the home ground of the Club drawn first.
- 3.2 The venues for the national finals shall be determined by the Board. The home Club in a final shall be determined by the order of the semi-final draw, with the finalist drawn first being the home Club.
- 3.3 For all Matches, except the national finals, the gate receipts (net of any VAT payable by the home Club) shall be shared by the two Clubs on an equal basis, and the visiting Club's share of the receipts shall be provided to it at the end of the Match. No Club shall be entitled to deduct any Match advertising or travel

expenses before the division of the gate receipts.

- 3.4 Any privilege of free admission (including by season ticket or Club membership) shall not apply and all spectators shall be charged the same level of entrance fee (where an entrance fee is charged) for equivalent accommodation.

4 THE MATCH

Match Points and Placings

- 4.1 Where Matches are played in a league format Match Points and Bonus Points shall be awarded in accordance with the National Competition Rules.
- 4.2 If two or more Clubs in a league format are equal on Competition Points, placings shall be determined based on the Clubs' respective points difference (being points scored for less points against), failing which by the aggregate score over the fixtures between the Clubs. If this fails to separate them then the following criteria (in the order given and based on all fixtures played by them in the league) shall be used to decide the first placed team:
- 4.2.1 most tries scored;
 - 4.2.2 most conversions;
 - 4.2.3 most drop goals;
 - 4.2.4 fewest red cards; and
 - 4.2.5 fewest yellow cards.
 - 4.2.6 In the event that none of the above is able to separate the teams a coin shall be tossed.
- 4.3 Where Matches are played on a knock-out basis extra time shall be played and the winner determined in accordance with *the Knock-Out Match Extra Time Rules* (Rule 8.4).

Postponed and Abandoned Matches

- 4.4 Where a Cup Match is postponed or abandoned before 20 minutes of the second half have elapsed it shall be played as directed by the Competition Secretary. Rescheduled Matches in the Cup shall normally take priority over rescheduled League matches. A Club failing to observe a direction for the playing of a fixture shall be liable to disqualification and/or other sanction.
- 4.5 Other than with the consent of the relevant Competitions Committee, a Cup fixture may only be rescheduled once. In the event that a rescheduled fixture cannot be played, and/or where the requirements of the tournament necessitate, the Championship Committee may resolve that the winner of any Match or league stage shall be determined by the toss of a coin.

Non-Fulfilment of Fixtures

- 4.6 A Club failing to fulfil a knock-out Match shall be liable to disqualification and/or other sanction.
- 4.7 A Club failing to fulfil a league-format Match in the Cup shall be liable sanction in accordance with the National Competition Rules for non-fulfilment.

5 THE PLAYERS

Number of Starting Players

- 5.1 **Scottish Cup and National League Cup:** Both Clubs must start the Match with 15 Players, including a suitably experienced front-row.
- 5.2 **Shield:** Both Clubs must start a Match with 15 Players, including a suitably experienced front-row.
- 5.3 **Bowl:** In the Bowl competition:
- 5.3.1 a team may start a Match with less than 15 Players (but not less than 12 Players), subject to it fielding at least five Players in the scrum at all times.

5.3.2 a Match may start with uncontested scrums, subject to there being at least five Players in the scrum at all times. [The team requesting uncontested scrums shall start the Match with a maximum of 14 Players and shall be permitted no more than two replacements in its Match squad.] A team requiring to start a Match with uncontested scrums must advise the opposition and the referee as soon as possible and, other than in exceptional circumstances, no later than 30 minutes before kick-off. The team requesting uncontested scrums must also advise the appropriate Competitions Committee no later than 48 hours after kick-off.

5.4 Any Match not complying with the above requirements shall be declared unfulfilled and may be investigated as a Non-Fulfilled Fixture

Number of Replacements

5.5 The number of permitted replacements / substitutes shall be as follows:

5.5.1 **Scottish Cup and National League Cup:** Quarter-finals, semi-finals and final – up to seven; earlier rounds – four or five.

5.5.2 **Shield:** Semi-finals and final – up to seven; earlier rounds - up to four.

5.5.3 **Bowl:** Up to seven.

5.6 There shall be no requirement for parity between the two teams as to the number of replacements except in the national finals.

5.7 The number of replacements able to play in the front row must be in accordance with the Laws.

Transfer Deadline

5.8 The Transfer Deadline does not apply in respect of Teams participating in a Regional League's second or lower division. However, any Player benefiting from this exemption cannot participate in a national semi-final or final of the Shield or Bowl without the prior written consent of the Championship Committee. It shall at the Championship Committee's discretion to decide whether sufficient reason has been provided to grant such a dispensation.

6 LAW VARIATIONS

U19 Scrummage Variations

6.1 The Board shall determine in advance of each season whether these variations shall apply in respect of any other Bowl Matches.

7 REFEREES, ASSISTANT REFEREES AND TOUCH JUDGES

7.1 Scottish Rugby shall appoint a referee and assistant referees for each of the finals Matches in the Cup.

7.2 In respect of earlier rounds:

7.2.1 Scottish Rugby shall appoint a referee and, where available, assistant referees for all Scottish Cup and National League Cup Matches. Where assistant referees are not appointed each Club shall provide a touch judge.

7.2.2 The home Club's local referee society shall appoint a referee for each Shield and Bowl Match. Other than for the national semi-finals, where assistant referees shall be appointed by the home Club's local society, each Team shall provide a touch judge.

7.3 Responsibility for confirmation of the referee and, where appropriate, the assistant referees shall lie with the home Club.

6. WOMEN'S CUP COMPETITIONS REGULATIONS (2020 SEASON)

1 ORGANISATION AND ADMINISTRATION

1.1 The competitions shall be called "*The Scottish Rugby Union Women's Cup Competitions*" (the "**Women's**

Cups”) and shall comprise the Sarah Beaney Cup, the National Plate and the National Bowl (or replacements or successors to them).

- 1.2 The Women’s Cups shall be administered by the Women’s Competition Committee.
- 1.3 The structure and dates for the competitions shall be defined by Scottish Rugby each season.

2 DATES, PARTICIPANTS AND FORMAT

Fixture Dates

- 2.1 The Matches shall be played on the dates and at the times advised by the Competition Secretary. Where both Clubs agree, application may be made to play on an earlier date.

Format of Competitions

- 2.2 The **Sarah Beaney Cup** shall be played in two stages:

2.2.1 Stage 1 : In Stage 1:

- (a) The six Premiership and top four Clubs in National 1 shall each be allocated into one of two Pools of five teams (being Pool “A” and Pool “B”).
- (b) The Premiership Clubs ranked one and two from the immediately preceding season shall be seeded in Stage 1. The Premiership Club ranked first shall be allocated to Pool A and the Premiership Club ranked second to Pool B. A draw shall take place to allocate the remaining Clubs to each Pool.
- (c) The Clubs in each Pool shall play each of the other Clubs in that Pool on a home-or-away basis such that each Club plays twice at home and twice away.
- (d) At the end of Stage 1 each Club shall be ranked within its Pool (as A1 to A5 and B1 to B5) according to their respective Competition Points and paragraph 2.5.

2.2.2 Stage 2 : At the end of Stage 1:

- (a) The Clubs in places one to four in each Pool shall contest a quarter-final knockout competition with the Club ranked first in Pool A (A1) playing the Club ranked fourth in Pool B (B4), Club B1 playing A4, A2 playing B3 and B2 playing A3.
- (b) The semi-finalists shall be drawn from the winners of each of the four quarter-final Matches.
- (c) The final shall be contested by the winners of the two semi-finals.

- 2.3 The **National Plate** shall be contested by the remaining four National 1 Clubs, the winners and the second placed clubs from each of East 1 and West 1 and the winners of each of the North (East) and North (West) Conferences. The National Plate shall be played in two stages:

2.3.1 Stage 1: In Stage 1:

- (a) A draw shall be made to establish two Pools of five teams (being Pool “A” and Pool “B”).
- (b) The Clubs in each Pool shall play each of the other Clubs in that Pool on a home-or-away basis such that each Club plays twice at home and twice away.
- (c) At the end of Stage 1 each Club shall be ranked within its Pool (as A1 to A5 and B1 to B5) according to their respective Competition Points and paragraph 2.5.

2.3.2 Stage 2: At the end of Stage 1:

- (a) The Clubs in places one to four in each Pool shall contest a quarter-final knockout competition, with the Club ranked first in Pool A (A1) playing the Club ranked fourth in Pool B (B4), Club B1 playing A4, A2 playing B3 and B2 playing A3.

(b) The semi-finalists shall be drawn from the winners of each of the four quarter-final Matches.

(c) The final shall be contested by the winners of the semi-finals.

2.4 The **National Bowl** shall be contested by the remaining Regional League clubs together with such other regularly playing development teams as may be admitted by the Competitions Committee to establish sixteen participating Clubs. The National Bowl shall be played in two stages:

2.4.1 *Stage 1:* In Stage 1:

(a) A draw or an allocation (at the discretion of the Competitions Committee) shall be made to establish four Pools of four Clubs.

(b) The Clubs in each pool shall play each of the other Clubs in that Pool on a home-or-away basis such that each Club plays twice at home and twice away.

(c) At the end of Stage 1 each Club shall be ranked within its Pool from positions one to four according to their respective Competition Points and paragraph 2.5.

2.4.2 *Stage 2:* At the end of Stage 1:

(a) The eight Clubs placed either first or second in each Pool shall contest a quarter-final knockout competition with each Pool winner drawn at home against a runner up from another Pool.

(b) The semi-finalists shall be drawn from the winners of each of the four quarter-final Matches.

(c) The final shall be contested by the winners of the semi-finals.

2.5 If two or more Clubs are equal on Competition Points in their Pool at the end of Stage 1 of their competition, then their respective positions in the Pool shall be determined as follows:

2.5.1 the respective aggregate points differences over all Matches in that Pool (points for less points against);

2.5.2 the score in the head-to-head Match between the Clubs;

2.5.3 the determining criteria set out in Rules 8.4.1 to 8.4.5, applied in respect of the head-to-head Match between the two Clubs and in the order given;

2.5.4 failing which a coin shall be tossed.

2.6 The Competitions Committee reserves the right to modify the competition format where necessary, including at short notice.

3 THE MATCH

Venue

3.1 Unless otherwise stated, each knock-out Match, except for the finals, shall be played at the home ground of the Club drawn or allocated first.

3.2 The venues for the finals shall be determined by or under delegated authority from the Board. The home team in each final shall be determined by the order of the semi-final draw, with the finalist drawn first being the home team.

Postponed and Abandoned Matches

3.3 If a Match is postponed or abandoned it shall be played as directed by the Competition Secretary (including midweek where necessary). A Club failing to observe a direction for the playing of a fixture shall be liable to disqualification and/or other sanction.

3.4 Other than with the consent of the Competitions Committee, a Women's Cup fixture may only be rescheduled twice. If a rescheduled fixture cannot be played and/or where the requirements of the competitions necessitate:

3.4.1 *Stage 1 (Pool Matches)* : two Competition Points shall be awarded to each Club.

3.4.2 *Stage 2 (Knock-out Matches)* : a coin shall be tossed to determine which Club shall progress.

Non-Fulfilment of Fixtures

3.5 A Club failing to fulfil a Match shall be liable to disqualification and/or other sanction (including the deduction of up to five Competition Points in respect of each Match not fulfilled).

Drawn Matches

3.6 Where the Clubs are level at full time in any knock-out match, extra-time shall be played and the winner determined in accordance with the *Knock-Out Match Extra Time Rules* (Rule 8.4).

4 THE PLAYERS

Eligibility

4.1 A Player registered for a Club not participating in the Women's Cup competitions may play for another Club which is participating in those competitions without the need for the Player to be Dual Registered. Any Club "borrowing" such a Player must declare the Player to the Competition Secretary prior to that Club's first Women's Cup Match.

4.2 A Player who has been selected for either of Scotland's Senior National Representative Teams (or another nation's equivalent) in the twelve months prior to the scheduled start of the competition may only play for the Club with whom she is registered.

4.3 A Player cannot transfer to a Club which has played at least one match in any of the Women's Cup competitions. A Player shall become cup-tied to the first Club she participates for in the Women's Cup competitions.

Number of Starting Players

4.4 In the Women's Cup competitions:

4.4.1 a Club may start a Match with less than 15 Players (but not less than 12 Players), subject to it fielding at least five Players in the scrum at all times. If a Club starts the Match with less than 15 Players, other than in respect of a Match between two Premiership Teams, both Clubs must start with an equal number of Players ("**Player Matching**").

4.4.2 If a Club is reduced (through injury or the dismissal of Players) to less than 12 Players then the Match shall be Abandoned at that point.

4.4.3 A Match involving at least one Regional League team may start with uncontested scrums, subject to there being at least five Players in the scrum for each team at all times and the Club requesting uncontested scrums not being allowed to include any replacements in its Match squad. A Club requiring to start a Match with uncontested scrums must advise the opposition and the referee as soon as possible and, other than in exceptional circumstances, no later than 30 minutes before kick-off. The Club requesting uncontested scrums must also advise the Competition Secretary no later than 48 hours after kick-off.

4.5 Any Match not complying with the requirements in paragraph 4.4 shall be declared unfulfilled and may be investigated as a Non-Fulfilled Fixture. The Club not responsible for the non-fulfilment shall be credited with a 28 – 0 win and awarded five Competition Points.

Number of Replacements

4.6 The maximum permitted number of replacements in any Match shall be seven. The number of replacements able to play in the front row must be in accordance with the Laws.

5 UNDER 19 SCRUMMAGE LAW VARIATIONS

5.1 Matches solely involving Clubs from the Premiership and National 1 shall be played in accordance with the Laws.

5.2 All other Matches shall be played in accordance with the U19 Scrummage Law Variations.

6 REFEREES, ASSISTANT REFEREES AND TOUCH JUDGES

6.1 Scottish Rugby shall appoint a referee and assistant referees for the competition finals.

6.2 In respect of earlier rounds the referee shall be appointed by the home Club's local referee society. Responsibility for confirmation of the referee shall lie with the home Club. Both Clubs must provide a touch judge.

APPENDIX 2 : DESIGNATED ADULT COMPETITIONS AND KEY DATES

1 Designated Competitions

The National Competition Rules shall apply in respect of the following competitions and such other competitions as may be designated by the Board from time to time:

Adult Men

Premiership and National Leagues

Caledonia, East and West Regional Leagues

National and Regional Reserve Leagues

Scottish Rugby Union Cup competitions (*Scottish Cup, National League Cup, Shield and Bowl*)

Adult Women

Women's Premiership, National 1, Regional and National Development Leagues

Women's Cup Competitions (*Sarah Beaney Cup, National Plate and National Bowl*)

2 Dates for 2019 and 2020

Close Time begins	18 May 2020
Close Time ends	1 August 2020
Transfer Deadline (Female)	21 October 2020
Transfer Deadline (Male)	23 November 2020
Close Time begins	25 May 2021
Close Time ends	8 August 2021

