

Tennent's Light Women's National Competition

13 teams will be divided into two conferences and divided again into two pools within each conference

Teams within each pool will play each other twice (home and away) before playing twice home and away with teams from the opposing pool in their conference. The winners and three runners up from each conference will progress to the play offs. The winners of the Quarter Finals will progress to the Cup Semi Final with the runners up progressing to the Shield Semi Final.

Conference 1 Pool 1

Watsonian FC 1XV
Corstorphine RFC 1XV
Heriot's Rugby 1XV
Broughton RFC 1XV

Conference 1 Pool 2

Stirling County RFC 1XV
Garioch RFC 1XV
Howe of Fife RFC 1XV

Conference 2 Pool 1

Hillhead Jordanhill RFC 1XV
Cartha Queens Park RFC 1XV
West of Scotland RFC 1XV

Conference 2 Pool 2

Stewartry RFC 1XV
Ayr RFC 1XV
Annan RFC 1XV

Sunday 01 November 2020

Watsonian FC 1XV v Corstorphine RFC 1XV
Heriot's Blues Women 1XV v Broughton RFC 1XV
Stirling County RFC 1XV v Garioch RFC 1XV
Hillhead Jordanhill RFC 1XV v Cartha Queens Park RFC 1XV
Stewartry RFC 1XV v Ayr RFC 1XV

Sunday 08 November 2020

Watsonian FC 1XV v Heriot's Blues Women 1XV
Corstorphine RFC 1XV v Broughton RFC 1XV
Stirling County RFC 1XV v Howe of Fife RFC 1XV
Cartha Queens Park RFC 1XV v West of Scotland RFC 1XV
Stewartry RFC 1XV v Annan RFC 1XV

Sunday 15 November 2020

Broughton RFC 1XV v Watsonian FC 1XV
Corstorphine RFC 1XV v Heriot's Blues Women 1XV
Garioch RFC 1XV v Howe of Fife RFC 1XV
West of Scotland RFC 1XV v Hillhead Jordanhill RFC 1XV
Ayr RFC 1XV v Annan RFC 1XV

Sunday 22 November 2020

Standby date

Sunday 29 November 2020

Corstorphine RFC 1XV v Watsonian FC 1XV
Broughton RFC 1XV v Heriot's Blues Women 1XV
Garioch RFC 1XV v Stirling County RFC 1XV
Cartha Queens Park RFC 1XV v Hillhead Jordanhill RFC 1XV
Ayr RFC 1XV v Stewartry RFC 1XV

Sunday 06 December 2020

Heriot's Blues Women 1XV v Watsonian FC 1XV
Broughton RFC 1XV v Corstorphine RFC 1XV
Howe of Fife RFC 1XV v Stirling County RFC 1XV
West of Scotland RFC 1XV v Cartha Queens Park RFC 1XV
Annan RFC 1XV v Stewartry RFC 1XV

Sunday 13 December 2020

Standby date

Sunday 10 January 2021

Watsonian FC 1XV v Broughton RFC 1XV
Heriot's Blues Women 1XV v Corstorphine RFC 1XV
Watsonian FC 1XV v Broughton RFC 1XV
Howe of Fife RFC 1XV v Garioch RFC 1XV
Hillhead Jordanhill RFC 1XV v West of Scotland RFC 1XV

Annan RFC 1XV v Ayr RFC 1XV

Sunday 17 January 2021

Watsonian FC 1XV v Stirling County RFC 1XV
Corstorphine RFC 1XV v Garioch RFC 1XV
Heriot's Blues Women 1XV v Howe of Fife RFC 1XV
Hillhead Jordanhill RFC 1XV v Stewartry RFC 1XV
Cartha Queens Park RFC 1XV v Ayr RFC 1XV
West of Scotland RFC 1XV v Annan RFC 1XV

Sunday 24 January 2021

Garioch RFC 1XV v Watsonian FC 1XV
Howe of Fife RFC 1XV v Corstorphine RFC 1XV
Stirling County RFC 1XV v Broughton RFC 1XV
Ayr RFC 1XV v Hillhead Jordanhill RFC 1XV
Annan RFC 1XV v Cartha Queens Park RFC 1XV
Stewartry RFC 1XV v West of Scotland RFC 1XV

Sunday 31 January 2021

Watsonian FC 1XV v Howe of Fife RFC 1XV
Heriot's Blues Women 1XV v Stirling County RFC 1XV
Broughton RFC 1XV v Garioch RFC 1XV
Hillhead Jordanhill RFC 1XV v Annan RFC 1XV
West of Scotland RFC 1XV v Ayr RFC 1XV
Cartha Queens Park RFC 1XV v Stewartry RFC 1XV

Sunday 07 February 2021

Standby date

Sunday 14 February 2021

Standby date

Sunday 21 February 2021

Stirling County RFC 1XV v Watsonian FC 1XV
Garioch RFC 1XV v Corstorphine RFC 1XV
Howe of Fife RFC 1XV v Heriot's Blues Women 1XV
Stewartry RFC 1XV v Hillhead Jordanhill RFC 1XV
Ayr RFC 1XV v Cartha Queens Park RFC 1XV
West of Scotland RFC 1XV v Annan RFC 1XV

Sunday 28 February 2021

Watsonian FC 1XV v Garioch RFC 1XV
Corstorphine RFC 1XV v Howe of Fife RFC 1XV
Broughton RFC 1XV v Stirling County RFC 1XV
Hillhead Jordanhill RFC 1XV v Ayr RFC 1XV
Cartha Queens Park RFC 1XV v Annan RFC 1XV
West of Scotland RFC 1XV v Stewartry RFC 1XV

Sunday 07 March 2021

Howe of Fife RFC 1XV v Watsonian FC 1XV
Stirling County RFC 1XV v Heriot's Blues Women 1XV
Garioch RFC 1XV v Broughton RFC 1XV
Annan RFC 1XV v Hillhead Jordanhill RFC 1XV
Ayr RFC 1XV v West of Scotland RFC 1XV
Stewartry RFC 1XV v Cartha Queens Park RFC 1XV

Sunday 14 March 2021

Standby date

Sunday 21 March 2021

Standby date

Sunday 28 March 2021

Standby date

Saturday 03 April 2021

(Quarter Final 1) Conference 1 1st place v Conference 2 3rd place
(Quarter Final 2) Conference 1 2nd place v Conference 2 4th place
(Quarter Final 3) Conference 2 1st place v Conference 1 3rd place
(Quarter Final 4) Conference 2 2nd place v Conference 1 4th place

Sunday 10 April 2021

Standby date

Saturday 17 April 2021

Standby date

Saturday 24 April 2021

(Cup Semi Final 1) Quarter Final 2 winner v Quarter Final 1 winner
(Cup Semi Final 2) Quarter Final 3 winner v Quarter Final 4 winner
(Shield Semi Final 1) Quarter Final 2 runner up v Quarter Final 1 runner up
(Shield Semi Final 2) Quarter Final 3 runner up v Quarter Final 4 runner up

Saturday 01 May 2021

Standby date

Saturday 08 May 2021

Standby date

Saturday 15 May 2021

(Cup Final) Semi Final 1 winner v Semi Final 2 winner
(Shield Final) Semi Final 2 winner v Semi Final 1 winner

Tennent's Light Women's East Competition

9 Teams will be divided into two pools with teams from each pool playing each other twice home and away before playing teams in the opposite pool once home or away. The winners and runners up of each pool will progress to play-offs.

Pool 1

Dundee HS FP RFC 1XV
Dunfermline RFC 1XV
Grangemouth Stags RFC 1XV
Kirkcaldy RFC 1XV
Strathmore RFC 1XV

Pool 2

Liberton RFC 1XV
Lismore RFC 1XV
Livingston RFC 1XV
Kelso RFC 1XV
RDVC 1XV

Sunday 01 November 2020

Dunfermline RFC 1XV v Grangemouth Stags RFC 1XV
Kirkcaldy RFC 1XV v Strathmore RFC 1XV
Lismore RFC 1XV v RDVC 1XV
Kelso RFC 1XV v Livingston RFC 1XV

Sunday 08 November 2020

Grangemouth Stags RFC 1XV v Dundee HS FP RFC 1XV
Strathmore RFC 1XV v Dunfermline RFC 1XV
Liberton RFC 1XV v Lismore RFC 1XV
RDVC 1XV v Kelso RFC 1XV

Sunday 15 November 2020

Dunfermline RFC 1XV v Kirkcaldy RFC 1XV
Dundee HS FP RFC 1XV v Strathmore RFC 1XV
Kelso RFC 1XV v Liberton RFC 1XV
Livingston RFC 1XV v RDVC 1XV

Sunday 22 November 2020

Standby date

Sunday 29 November 2020

Grangemouth Stags RFC 1XV v Kirkcaldy RFC 1XV
Dundee HS FP RFC 1XV v Dunfermline RFC 1XV
Liberton RFC 1XV v Livingston RFC 1XV
Lismore RFC 1XV v Kelso RFC 1XV

Sunday 06 December 2020

Strathmore RFC 1XV v Grangemouth Stags RFC 1XV
Kirkcaldy RFC 1XV v Dundee HS FP RFC 1XV
Livingston RFC 1XV v Lismore RFC 1XV
RDVC 1XV v Liberton RFC 1XV

Sunday 13 December 2020

Standby date

Sunday 10 January 2021

Grangemouth Stags RFC 1XV v Dunfermline RFC 1XV
Strathmore RFC 1XV v Kirkcaldy RFC 1XV
RDVC 1XV v Lismore RFC 1XV
Livingston RFC 1XV v Kelso RFC 1XV

Sunday 17 January 2021

Dundee HS FP RFC 1XV v Grangemouth Stags RFC 1XV
Dunfermline RFC 1XV v Strathmore RFC 1XV
Lismore RFC 1XV v Liberton RFC 1XV
Kelso RFC 1XV v RDVC 1XV

Sunday 24 January 2021

Strathmore RFC 1XV v Dundee HS FP RFC 1XV

Kirkcaldy RFC 1XV v Dunfermline RFC 1XV
Liberton RFC 1XV v Kelso RFC 1XV
RDVC 1XV v Livingston RFC 1XV

Sunday 31 January 2021

Kirkcaldy RFC 1XV v Grangemouth Stags RFC 1XV
Dunfermline RFC 1XV v Dundee HS FP RFC 1XV
Livingston RFC 1XV v Liberton RFC 1XV
Kelso RFC 1XV v Lismore RFC 1XV

Sunday 07 February 2021

Standby date

Sunday 14 February 2021

Standby date

Sunday 21 February 2021

Grangemouth Stags RFC 1XV v Strathmore RFC 1XV
Dundee HS FP RFC 1XV v Kirkcaldy RFC 1XV
Lismore RFC 1XV v Livingston RFC 1XV
Liberton RFC 1XV v RDVC 1XV

Sunday 28 February 2021

Livingston RFC 1XV v Grangemouth Stags RFC 1XV
Kirkcaldy RFC 1XV v Liberton RFC 1XV
RDVC 1XV v Dundee HS FP RFC 1XV
Strathmore RFC 1XV v Lismore RFC 1XV
Kelso RFC 1XV v Dunfermline RFC 1XV

Sunday 07 March 2021

Grangemouth Stags RFC 1XV v Kelso RFC 1XV
Lismore RFC 1XV v Kirkcaldy RFC 1XV
Dundee HS FP RFC 1XV v Livingston RFC 1XV
Liberton RFC 1XV v Strathmore RFC 1XV
Dunfermline RFC 1XV v RDVC 1XV

Sunday 14 March 2021

RDVC 1XV v Grangemouth Stags RFC 1XV
Kelso RFC 1XV v Dundee HS FP RFC 1XV
Livingston RFC 1XV v Dunfermline RFC 1XV

Sunday 21 March 2021

Standby date

Sunday 28 March 2021

Grangemouth Stags RFC 1XV v Lismore RFC 1XV
Kirkcaldy RFC 1XV v RDVC 1XV
Strathmore RFC 1XV v Livingston RFC 1XV
Dunfermline RFC 1XV v Liberton RFC 1XV

Sunday 04 April 2021

Liberton RFC 1XV v Grangemouth Stags RFC 1XV
Livingston RFC 1XV v Kirkcaldy RFC 1XV
Lismore RFC 1XV v Dundee HS FP RFC 1XV
Kelso RFC 1XV v Strathmore RFC 1XV

Sunday 11 April 2021

Kirkcaldy RFC 1XV v Kelso RFC 1XV
Dundee HS FP RFC 1XV v Liberton RFC 1XV
Strathmore RFC 1XV v RDVC 1XV
Dunfermline RFC 1XV v Lismore RFC 1XV

Sunday 18 April 2021

Standby date

Saturday 24 April 2021

(Semi Final 1) Pool 1 winner v Pool 2 runner up

(Semi Final 2) Pool 2 winner v Pool 1 runner up

Saturday 01 May 2021

Standby date

Saturday 08 May 2021

(Final) Semi Final 2 winner v Semi Final 1 winner

Saturday 15 May 2021

Standby date

Tennent's Light Women's North Competition

7 Teams will be divided into two pools with teams from each pool playing each other twice home and away before playing teams in the opposite pool once home or away. The winners and runners up of each pool will progress to play-offs.

Pool 1

Shetland RFC 1XV
Orkney RFC 1XV
Aberdeenshire RFC 1XV
Peterhead RFC 1XV

Pool 2

Inverness Craig Dunain RFC 1XV
Stornoway RFC 1XV
Fraserburgh RFC 1XV
Huntly RFC 1XV

Saturday 31 October 2020

Orkney Dragons 1XV v Shetland Ladies 1XV
Aberdeenshire Quines 1XV v Peterhead RFC 1XV
Inverness Craig Dunain RFC 1XV v Stornoway RFC 1XV
Huntly RFC 1XV v Fraserburgh RFC 1XV

Saturday 07 November 2020

Shetland Ladies 1XV v Aberdeenshire Quines 1XV
Peterhead RFC 1XV v Orkney Dragons 1XV
Fraserburgh RFC 1XV v Inverness Craig Dunain RFC 1XV
Stornoway RFC 1XV v Huntly RFC 1XV

Saturday 14 November 2020

Peterhead RFC 1XV v Shetland Ladies 1XV
Orkney Dragons 1XV v Aberdeenshire Quines 1XV
Huntly RFC 1XV v Inverness Craig Dunain RFC 1XV
Fraserburgh RFC 1XV v Stornoway RFC 1XV

Saturday 21 November 2020

Shetland Ladies 1XV v Orkney Dragons 1XV
Peterhead RFC 1XV v Aberdeenshire Quines 1XV
Stornoway RFC 1XV v Inverness Craig Dunain RFC 1XV
Fraserburgh RFC 1XV v Huntly RFC 1XV

Saturday 28 November 2020

Standby date

Saturday 05 December 2020

Aberdeenshire Quines 1XV v Shetland Ladies 1XV
Orkney Dragons 1XV v Peterhead RFC 1XV
Inverness Craig Dunain RFC 1XV v Fraserburgh RFC 1XV
Huntly RFC 1XV v Stornoway RFC 1XV

Saturday 12 December 2020

Standby date

Saturday 09 January 2021

Shetland Ladies 1XV v Peterhead RFC 1XV
Aberdeenshire Quines 1XV v Orkney Dragons 1XV
Inverness Craig Dunain RFC 1XV v Huntly RFC 1XV
Stornoway RFC 1XV v Fraserburgh RFC 1XV

Saturday 16 January 2021

Stornoway RFC 1XV v Shetland Ladies 1XV
Orkney Dragons 1XV v Inverness Craig Dunain RFC 1XV
Fraserburgh RFC 1XV v Aberdeenshire Quines 1XV
Peterhead RFC 1XV v Huntly RFC 1XV

Saturday 23 January 2021

Shetland Ladies 1XV v Fraserburgh RFC 1XV
Aberdeenshire Quines 1XV v Stornoway RFC 1XV

Inverness Craig Dunain RFC 1XV v Peterhead RFC 1XV
Huntly RFC 1XV v Orkney Dragons RFC 1XV

Saturday 30 January 2021

Inverness Craig Dunain RFC 1XV v Shetland Ladies 1XV
Fraserburgh RFC 1XV v Orkney Dragons 1XV
Stornoway RFC 1XV v Peterhead RFC 1XV
Huntly RFC 1XV v Aberdeenshire Quines 1XV

Saturday 06 February 2021

Standby date

Saturday 13 February 2021

Standby date

Saturday 20 February 2021

Orkney Dragons 1XV v Stornoway RFC 1XV
Aberdeenshire Quines 1XV v Inverness Craig Dunain RFC 1XV
Peterhead RFC 1XV v Fraserburgh RFC 1XV
Shetland RFC 1XV v Huntly RFC 1XV

Saturday 27 February 2021

Standby date

Saturday 06 March 2021

Standby date

Saturday 13 March 2021

(Semi Final 1) Pool 1 winner v Pool 2 runner up
(Semi Final 2) Pool 2 winner v Pool 1 runner up

Saturday 20 March 2021

Standby date

Saturday 27 March 2021

Standby date

Saturday 03 April 2021

(Final) Semi Final 2 winner v Semi Final 1 winner

Saturday 10 April 2021

Standby date

Saturday 17 April 2021

Standby date

Saturday 24 April 2021

Standby date

Tennent's Light Women's West Competition

Teams will be divided into two pools with teams from each pool playing each other twice home and away before playing teams in the opposite pool once home or away. The winners and runners up of each pool will progress to play-offs.

Pool 1

Glasgow University Women
Greenock Wanderers RFC 1XV
Bishopton RFC 1XV
Cartha Queens Park RFC 2XV
Oban Lorne RFC 1XV

Pool 2

Wigtownshire RFC 1XV
Biggar RFC 1XV
Hamilton RFC 1XV
Ardrossan Academicals RFC 1XV

Sunday 01 November 2020

Bishopton RFC 1XV v Glasgow University Women 1XV
Greenock Wanderers RFC 1XV v Cartha Queens Park RFC 2XV
Oban Lorne RFC 1XV v Biggar RFC 1XV
Hamilton Rugby Club 1XV v Ardrossan Academicals RFC 1XV

Sunday 08 November 2020

Glasgow University Women 1XV v Greenock Wanderers RFC 1XV
Cartha Queens Park RFC 2XV v Bishopton RFC 1XV
Wigtownshire RFC 1XV v Hamilton Rugby Club 1XV
Ardrossan Academicals RFC 1XV v Oban Lorne RFC 1XV

Sunday 15 November 2020

Cartha Queens Park RFC 2XV v Glasgow University Women 1XV
Greenock Wanderers RFC 1XV v Bishopton RFC 1XV
Oban Lorne RFC 1XV v Wigtownshire RFC 1XV
Biggar RFC 1XV v Ardrossan Academicals RFC 1XV

Sunday 22 November 2020

Standby date

Sunday 29 November 2020

Glasgow University Women 1XV v Bishopton RFC 1XV
Cartha Queens Park RFC 2XV v Greenock Wanderers RFC 1XV
Wigtownshire RFC 1XV v Biggar RFC 1XV
Hamilton Rugby Club 1XV v Oban Lorne RFC 1XV

Sunday 06 December 2020

Greenock Wanderers RFC 1XV v Glasgow University Women 1XV
Bishopton RFC 1XV v Cartha Queens Park RFC 2XV
Ardrossan Academicals RFC 1XV v Wigtownshire RFC 1XV
Biggar RFC 1XV v Hamilton Rugby Club 1XV

Sunday 13 December 2020

Standby date

Sunday 10 January 2021

Glasgow University Women 1XV v Cartha Queens Park RFC 2XV
Bishopton RFC 1XV v Greenock Wanderers RFC 1XV
Hamilton Rugby Club 1XV v Wigtownshire RFC 1XV
Oban Lorne RFC 1XV v Ardrossan Academicals RFC 1XV

Sunday 17 January 2021

Wigtownshire RFC 1XV v Oban Lorne RFC 1XV
Ardrossan Academicals RFC 1XV v Biggar RFC 1XV
Cartha Queens Park RFC 2XV v Hamilton Rugby Club 1XV

Sunday 24 January 2021

Glasgow University Women 1XV v Ardrossan Academicals RFC 1XV
Biggar RFC 1XV v Wigtownshire RFC 1XV
Oban Lorne RFC 1XV v Hamilton Rugby Club 1XV

Sunday 31 January 2021

Greenock Wanderers RFC 1XV v Oban Lorne RFC 1XV
Wigtownshire RFC 1XV v Ardrossan Academicals RFC 1XV
Hamilton Rugby Club 1XV v Biggar RFC 1XV

Sunday 07 February 2021

Standby date

Sunday 14 February 2021

Standby date

Sunday 21 February 2021

Biggar RFC 1XV v Glasgow University Women 1XV
Ardrossan Academicals RFC 1XV v Bishopton RFC 1XV
Cartha Queens Park RFC 2XV v Wigtownshire RFC 1XV
Oban Lorne RFC 1XV v Greenock Wanderers RFC 1XV

Sunday 28 February 2021

Greenock Wanderers RFC 1XV v Biggar RFC 1XV
Bishopton RFC 1XV v Oban Lorne RFC 1XV
Hamilton Rugby Club 1XV v Cartha Queens Park RFC 2XV

Sunday 07 March 2021

Oban Lorne RFC 1XV v Glasgow University Women 1XV
Ardrossan Academicals RFC 1XV v Greenock Wanderers RFC 1XV
Hamilton Rugby Club 1XV v Bishopton RFC 1XV
Biggar RFC 1XV v Cartha Queens Park RFC 2XV

Sunday 14 March 2021

Glasgow University Women 1XV v Hamilton Rugby Club 1XV
Greenock Wanderers RFC 1XV v Wigtownshire RFC 1XV
Bishopton RFC 1XV v Biggar RFC 1XV
Cartha Queens Park RFC 2XV v Oban Lorne RFC 1XV

Sunday 21 March 2021

Standby date

Sunday 28 March 2021

Wigtownshire RFC 1XV v Glasgow University Women 1XV
Hamilton Rugby Club 1XV v Greenock Wanderers RFC 1XV
Cartha Queens Park RFC 2XV v Ardrossan Academicals RFC 1XV

Sunday 04 April 2021

Bishopton RFC 1XV v Wigtownshire RFC 1XV

Sunday 11 April 2021

Standby date

Sunday 18 April 2021

Standby date

Saturday 24 April 2021

(Semi Final 1) Pool 1 winner v Pool 2 runner up
(Semi Final 2) Pool 2 winner v Pool 1 runner up

Saturday 01 May 2021

Standby date

Saturday 08 May 2021

(Final) Semi Final 2 winner v Semi Final 1 winner

Saturday 15 May 2021

Standby date