

S&Y National Competition Rules 2024/25

Player Eligibility Rules & Regulations – Proposed Revisions

Over the last two seasons Scottish Rugby have adopted a phased approach with regards to implementation of further rules designed to promote the ‘Two players player once, as opposed to one playing twice’ development principle.

The Rugby Development team have been discussing and promoting the following underpinning rationale for this for many seasons:

Grow the game – Long term view that enhancing competitive playing opportunities to more distinct individuals will promote the development planning/investment required to create a more sustainable eco-system for the youth game in Scotland.

Player Welfare – One of many preventative measures undertaken to reduce risk of injury, backing up the 90 minutes maximum game-time policy.

Enhance retention (reduce risk of burn out) – too much too soon can increase the chance of player drop. Achieving a well-rounded programme that provides the right balance of training, playing and rest/recovery, is difficult to achieve when involved in two environments. This is particularly important at the upper age groups, and for players involved in additional performance development (Academy) programmes.

The rationale above is explained further in the first section of the video below. The second section of the video explains what the position was within this season’s (2023/24) National Competitions.

<https://www.youtube.com/watch?v=TpxLWEc6kfU>

In line with the phased approach set out over the last two seasons we wish to highlight the proposed revisions below that are contained within SYNCR 2024/25 Draft 1.

National Competition Rule 4.4 (2023/24)

~~A Player who participates in a senior, U18, U16 or U15 National Competition fixture shall not be eligible for selection for any other National Competition Scoring Match on the same weekend. For the avoidance of doubt this rule does not apply to Development Matches or participation for a ‘B’ Team.~~

Replaced for 2024/24 by:

Other than with the written permission of the Committee, each Player is eligible to participate for one Club, or one School, or one composite Team, across the entire programme of Schools and Youth National Competitions. For the avoidance of doubt Regional Conferences and Leagues fall under the auspices of the Schools and Youth National Competition Rules (as outlined in Appendix 2).

Note: U13 and U14 club fixtures don’t fall under the SYNCRs so it is still possible for a player to participate for both a club and school at these age groups, as long as the 90 minutes in 48-hour game-time policy is observed.