



2024/25 FRONT ROW EXCEPTION FORM

17 Year Old Player in Adult Rugby (Male players)

COMPLETED FORM TO BE EMAILED TO: age.banding@sru.org.uk

ALL SECTIONS OF THE FORM ARE COMPULSORY

For safety and to allow young players to develop in the best environment within clubs and schools, they should be training and competing with others of the same age and physical maturity. However, in exceptional cases a player may be given dispensation to participate in rugby (training and playing) at a level above their true age grade. Any dispensation, if granted, is only valid for one season, and only allows player to play up in a specific team.

A player 17 years of age wishing to participate in adult rugby in the front row (prop or hooker) must also apply for approval from Scottish Rugby prior to participate in adult rugby. The player may not play in the front row in senior rugby (XVs, 10s or 7s) until his neck strength has been tested by a Scottish Rugby approved medical practitioner and Scottish Rugby approval has been received.

In addition to applying for dispensation to play in the front row an application should be submitted to seek approval for the player to play in adult rugby.

Medical studies support that players in the front row (prop or hooker) are exposed to a higher level of serious injury than players in other positions.

EACH APPLICATION IS ASSESSED ON A CASE BY CASE BASIS AND CAN TAKE UP TO 1 MONTH TO COMPLETE, DEPENDING ON INDIVIDUAL CIRCUMSTANCES. PLEASE TAKE THIS INTO CONSIDERATION WHEN SUBMITTING THIS APPLICATION.

PLAYER INFORMATION

(Please complete all fields, print clearly and tick as appropriate)

Name:

SCRUMS ID:

Date of Birth:

Club/School/Academy:

Competition:

Playing Position:

Previous front row experience:

Specialist front row coaching in the last two years? **YES** or **NO**

(if yes, please specify the details (e.g what coaching, identify the coach and their level of qualification and experience))

Previous participation in a Strength & Conditioning programme: **YES** or **NO**

Frequency:

Previous Strength & Conditioning experience:

PLAYER DECLARATION

I believe that my physical development, skill level and experience are sufficiently high that I am capable of competing safely in the front row with players in senior rugby. I will also attend a neck strength test at a designated appointment, arranged by Scottish Rugby.

I understand that I will be competing against older players and this may involve an increased level of injury risk.

The personal data submitted when completing this form will be processed by Scottish Rugby Limited in accordance with its Privacy Policy (available at <https://www.scottishrugby.org/privacy-policy>)

Please note that the following types of signature on this document will be accepted: scanned/cut and pasted/handwritten/verifiable electronic signature. A typed name will not be accepted. Only one signature box requires completion.

Signature:

OR

Electronic
Signature:

Print Name:

Date:



IF IN DOUBT, SIT THEM OUT.

For more information visit sportscotland.org.uk/concussion

COACH DECLARATION

In my opinion, the player's physical development, skill level and experience is sufficiently high that the player is capable of competing safely in the front row with the players in the proposed senior rugby competition.

I have explained to the player and his parent or guardian that the player will be competing against older players and this may involve an increased level of injury risk.

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Signature:

OR

Electronic
Signature:

Print Name:

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