EDINBURGH FULL MEMBER

- 1. Biggar
- 2. Boroughmuir Rugby & Community Sports Club ("Boroughmuir")
- 3. Broughton FP
- 4. Corstorphine
- 5. Currie RFC Ltd ("Currie Chieftains")
- 6. Dalkeith
- 7. Dunbar
- 8. Edinburgh Academicals (Co. Ltd by Guarantee)
- 9. Edinburgh Northern
- 10. Edinburgh University
- 11. Forrester
- 12. Haddington
- 13. Heriot's Rugby Club Ltd
- 14. Heriot-Watt University
- 15. Inverleith
- 16. Lasswade
- 17. Leith Rugby (Co. Ltd by Guarantee)
- 18. Liberton FP
- 19. Linlithgow Rugby Club Ltd.
- 20. Lismore
- 21. Livingston
- 22. Murrayfield Wanderers
- 23. Musselburgh
- 24. North Berwick
- 25. Penicuik
- 26. Portobello FP
- 27. Preston Lodge
- 28. Ross High
- 29. Royal High Rugby
- 30. Stewarts Melville RFC Ltd
- 31. Trinity Academicals
- 32. Watsonians Football Club Ltd

EDINBURGH ASSOCIATE

- 1. 1SCOTS
- 2. 2SCOTS
- 3. 3 RIFLES
- 4. Army in Scotland
- 5. Caledonian Thebans
- 6. Centre of Fife
- 7. Co-Optimists
- 8. Crusaders Rugby
- 9. Edinburgh BATS
- 10. Edinburgh College
- 11. Edinburgh Insurance
- 12. Edinburgh Inclusive Rugby
- 13. Edinburgh University Intra Mural
- 14. Edinburgh University Ladies
- 15. Edinburgh University Medics
- 16. Fettesian-Lorettonian
- 17. Fire Services Rugby
- 18. Gifford Goblins Mini
- 19. Hearts & Balls MB
- 20. Law Society of Scotland
- 21. Lothians & Borders Fire Brigade
- 22. Merchistonians Football Club
- 23. Napier University
- 24. North Edinburgh Vikings
- 25. Pigbarians
- 26. Scottish Police Rugby Police Scotland
- 27. Police Scotland Saltires
- 28. Queen Margaret University

- 29. Rex Club Red Kites
- 30. RICS Sharks
- 31. Royal Bank of Scotland
- 32. RDVC
- 33. RDVC Ladies
- 34. Rugby People
- 35. Scottish Legends
- 36. Scottish Parliament
- 37. Scottish Prison Service Rugby
- 38. Scottish Student Rugby
- 39. Steelers Rugby
- 40. Stevie Simms Cavaliers
- 41. Tryumph for Teenage Cancer
- 42. West Lothian College

SCOTTISH BORDERS FULL MEMBER

- 1. Berwick
- 2. Duns
- 3. Earlston
- 4. Gala Rugby SCIO
- 5. Gala YM
- 6. Hawick
- 7. Hawick Harlequins
- 8. Hawick Linden
- 9. Jed-Forest
- 10. Kelso
- 11. Langholm
- 12. Melrose Rugby Ltd
- 13. Peebles Rugby SCIO
- 14. St Boswells
- 15. Selkirk
- 16. Walkerburn Rugby Club

SCOTTISH BORDERS ASSOCIATE

- 1. Borders College
- 2. Hawick Youth Rugby Club
- 3. Jed-Thistle
- 4. Kelso Harlequins
- 5. Selkirk Youth
- 6. West Linton Lions

GLASGOW NORTH FULL MEMBER

- 1. Allan Glens
- 2. Cambuslang
- 3. Cartha Queens Park
- 4. Clydebank
- 5. Cumbernauld
- 6. Dalziel
- 7. East Kilbride
- 8. GHK
- 9. Glasgow Academicals
- 10. Glasgow Hawks
- 11. Glasgow University
- 12. Hamilton
- 13. Helensburgh
- 14. Hillhead/Jordanhill
- 15. Hyndland FP
- 16. Isle of Mull
- 17. Lanark
- 18. Lenzie
- 19. Loch Lomond
- 20. Oban Lorne
- 21. Police Scotland Glasgow
- 22. Shawlands
- 23. Strathaven RFC Ltd
- 24. Strathclyde University
- 25. Strathendrick
- 26. Uddingston
- 27. Waysiders/Drumpellier
- 28. West of Scotland

GLASGOW NORTH ASSOCIATE

- 1. Argyll & Bute
- 2. Bute Rugby Club
- 3. Caledonian Crushers
- 4. Campbeltown Kintyre
- 5. City of Glasgow College6. Clydesdale
- 7. Colonsay
- 8. Cowal
- 9. Croy Rugby Club
- 10. Etive Vikings
- 11. Glasgow Caledonian University
- 12. Glasgow Clan
- 13. Glasgow East (Juniors)
- 14. Glasgow Kelvin College
- 15. Glasgow Raptors
- 16. Glasgow University Dental School
- 17. Glasgow University Graduates
- 18. Glasgow University Law
- 19. Glasgow University Medics
- 20. Glasgow University Women
- 21. Glasgow Veterinary School
- 22. Glasgow Veterinary School Women
- 23. HMNB Clyde
- 24. Islay
- 25. Isle of Jura
- 26. McLaren FP
- 27. Mid Argyll28. Police Scotland Thistles
- 29. Royal Navy (Scotland)
- 30. School of Hard Knocks
- 31. Strathclyde Fire Brigade
- 32. Strathclyde University Women33. The Glasgow School of Art
- 34. University Officer Training Corp

GLASGOW SOUTH FULL MEMBER

- 1. Annan
- 2. Ardrossan Academicals
- 3. Ayr RFC Ltd
- 4. Birkmyre
- 5. Bishopton
- 6. Carrick
- 7. Cumnock
- 8. Dumfries
- 9. Garnock
- 10. Glasgow Hutchesons' Aloysians
- 11. Greenock Wanderers
- 12. Irvine
- 13. Kilmarnock
- 14. Marr
- 15. Moffat
- 16. Newton Stewart
- 17. Paisley
- 18. Stewartry
- 19. Whitecraigs
- 20. Wigtownshire

GLASGOW SOUTH ASSOCIATE

- 1. All Black & Blues
- 2. Ayrshire Clan
- 3. Ayrshire College (Kilmarnock)
- 4. Dumfries & Galloway College
- 5. Isle of Arran
- 6. Scottish Rural University College
- 7. St Columba's Old Boys
- 8. Trust Rugby International
- 9. University of the West of Scotland

OUTWITH SCOTLAND FULL MEMBER

1. London Scottish

OUTWITH SCOTLAND ASSOCIATE

- 1. BR Barbarians
- 2. Hong Kong Scottish
- 3. Toronto Scottish
- 4. Crags Crusaders

ASSOCIATED BODIES

- 1. Scottish Rugby Union Schools Division
- 2. Scottish Rugby Referees Association

MIDLANDS FULL MEMBER

- 1. Aberfeldy
- 2. Alloa
- 3. Bannockburn
- 4. Blairgowrie
- 5. Carnoustie HSFP
- 6. Crieff & Strathearn
- 7. Dundee Rugby Club Limited
- 8. Dundee University
- 9. Dunfermline
- 10 Falkirk
- 11. Glenrothes
- 12. Grangemouth Stags RFC Ltd
- 13. Harris Academy FP
- 14. Hillfoots
- 15. Howe of Fife
- 16. Kinross
- 17. Kirkcaldy
- 18. Madras College FP
- 19. Montrose & District
- 20. Panmure
- 21. Perthshire
- 22. Rosyth Sharks
- 23. Stirling County
- 24. Stirling University
- 25. Stobswell
- 26. Strathmore
- 27. University of St Andrews
- 28. Waid Academy FP

MIDLANDS ASSOCIATE

- 1 Arbroath
- 2 Atholl
- 3 Blairgowrie Rams
- 4 Bo'ness
- 5 Brechin
- 6 Dollar Academicals
- 7 Dundee & Angus College
- 8 Dundee Abertay University
- 9 Dundee Dragons Sports Club
- 10 Dundee University Medical Society
- 11 Dundee University Women
- 12 Dundee Veterans
- 13 Dunkeld Ospreys
- 14 Fife College
- 15 Forth Valley Fossils
- 16 Rugby Ecosse Legends
- 17 SCOTS DG Rugby
- 18 Strathmore Community Rugby Trust
- 19 Stirling University Women

NORTH FULL MEMBER

- Aberdeen Rugby Ltd (playing as Aberdeen Grammar Rugby)
- 2. Aberdeenshire
- 3. Aberdeen University
- 4. Aberdeen Wanderers
- 5. Banff
- 6. Caithness
- 7. Deeside
- 8. Ellon
- 9. Garioch
- 10. Gordonians
- 11. Highland RFC SCIO
- 12. Huntly
- 13. Lochaber
- 14. Mackie Academy FP
- 15. Moray
- 16. Orkney
- 17. Ross Sutherland

NORTH ASSOCIATE

- 1. 3SCOTS
- 2. Aberdeen Exiles
- 3. Aberdeen Medics
- 4. Aberdeen Strollers
- 5. Aberdeen Taexali RC
- 6. Aberdeen University Women
- 7. Alford Youth
- 8. Dyce
- 9. Fraserburgh
- 10. Grampian Unified RC
- 11. Inverness Craig Dunain
- 12. Kinloss Eagles
- 13. Nairn
- 14. North East Scotland College
- 15. North Police Scotland
- 16. Peterhead
- 17. Robert Gordons University
- 18. RAF Lossiemouth
- 19. Royal Air Force Scotland & Northern Ireland
- 20. Scottish Golden Oldies
- 21. Shetland
- 22. Skye Rugby
- 23. Stornoway
- 24. Strathspey
- 25. Turriff
- 26. University of the Highlands & Islands

As at 16 October 2024

- 142 FM
- 140 AM

Note:

Club Name = Club deleted from membership list this season.

Club Name = New member club this season.

Club Old Name New Name = Approved change of name.