



# National Competition Rules

Season 2026/27

*These National Competition Rules shall apply in respect of the following competitions as designated by the Club Rugby Board:*

*(Men's) InterCity Reserve Leagues*

*(Men's) East Regional Reserve Leagues*

*(Men's) West Regional Reserve Leagues*



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# Scottish Rugby National Competition Rules

## DEFINITIONS

<b>‘Board’</b>	means the Scottish Rugby Club Rugby Board, or any sub-committee of the Board operating under the specific authority of the Board.
<b>‘Best Playing Record Calculation (“BPRC”)</b>	means average Competition Points gained in completed Matches multiplied by total Matches possible (e.g. a Club plays in 15 of its 22 possible Matches, achieving 34 Competition Points: BPRC adjusted points = $34/15 \times 22 = 49.86$ ).
<b>‘Championship Committee’</b>	means the Scottish Rugby Championship Committee.
<b>‘Championship Secretary’</b>	means the person who deals with the day-to-day running of the Scottish Rugby Competitions.
<b>‘Club’</b>	means any club, team or other body (as the context may require) which participates in a Scottish Rugby Competition.
<b>‘Club Investment Fund Standards’ (“CIF”)</b>	means the minimum standards and requirements issued by Scottish Rugby from time to time.
<b>‘Competitions’</b>	means the Scottish Rugby league and knock-out competitions designated by the Board from time to time.
<b>‘Competitions Committee’</b>	means a committee elected or appointed to assist in the organisation of an individual Scottish Rugby Competition.
<b>‘Competitions Secretary’</b>	means the person appointed by Scottish Rugby to act as Secretary to a Scottish Rugby Competitions Committee.
<b>‘Cup’ and ‘Women’s Cup’</b>	means such knock-out competitions as are designated as Scottish Rugby Competitions by the Board and as the context may require.
<b>‘Emergency Loan Player’</b>	means a player permitted to participate for a club by virtue of <a href="#">Rules 5.17-5.18</a> .
<b>‘Game On’</b>	means the Law variations approved for use in certain Scottish Rugby Competitions, as further detailed on the Scottish Rugby <a href="#">website</a> .
<b>‘International Clearance’</b>	means the formal process under World Rugby Regulation 4 and Scottish Domestic Regulation 4.2 (Clearance to Play in another Union) whereby a Player is granted permission by both Unions to change the Union within which they are registered to play.
<b>‘Laws of the Game’</b>	means the Laws of the Game 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.
<b>‘Match’</b>	means a match played or to be played in a Competition.
<b>‘Player’</b>	means any person who is named by a Club to participate in a Match.
<b>‘Playing Enclosure’</b>	means the Field of Play and the Perimeter Area as set out in Law 1.
<b>‘Primary League Club’</b>	means the Club which currently holds the Player’s registration and is responsible for maintaining all aspects of the Player’s registration details.
<b>‘Regulations’</b>	means any supplementary regulations provided or approved by the Board in respect of individual Competitions, or generally.
<b>‘Rules’</b>	means the Scottish Rugby Competition Rules approved by the Club Rugby Board from time to time.
<b>‘Scottish Rugby’</b>	means Scottish Rugby Union Limited.
<b>‘Secondary League Club’</b>	means the one additional Club for which a Player is formally registered to play.
<b>‘World Rugby’</b>	means the game’s world governing body.

## ORGANISATION AND APPLICATION

### The Competition Rules

- 2.1 The Competitions are governed by these Rules, which, together with any amendments or supplementary Regulations, require approval from the Club Rugby Board. The Club Rugby Board may issue additional Regulations for individual Competitions, amend the Rules and Regulations, and correct any error or omission as it considers appropriate.
- 2.2 Unless the context requires otherwise, words importing one gender include all genders, and words in the singular include the plural. If any provision is held to be illegal, void or unenforceable (in whole or in part), the remaining provisions will continue in force.

### Reserve League Competitions Committee

- 2.3 The Club Rugby Board and the Championship Committee is supported in organising the Reserve League Competitions by the Reserve League Competitions Committee under the delegated authority of the Championship Committee.
- 2.4 The membership of the Reserve League Competitions Committee shall comprise:
  - 2.4.1 the Reserve League Committee Convenor (appointed by the Board);
  - 2.4.2 Club representatives who, other than with the prior consent of the Board, shall be elected respectively by those Clubs participating in the Inter City Reserve League and Regional Reserve Leagues; and
  - 2.4.3 such other individuals as may be co-opted to the Committee (in a non-voting capacity).
  - 2.4.4 Scottish Rugby shall appoint a Competitions Secretary to assist in the administration of the Championship
- 2.5 Subject to the Appeals Process, the Women's Competitions Committee may decide all matters relating to the organisation, control, and management of the Competition (including eligibility and qualification). Its decisions are final and binding on all participants.
- 2.6 Where a matter is routine or urgent and a meeting cannot reasonably be arranged, the Convenor/Chair may, subject to any direction from the Championship Committee, exercise that Committee's powers under these Rules and Regulations.

### Compliance

- 2.7 By entering a Competition, a Club agrees to comply with these Rules and Regulations, their spirit, and any other applicable Scottish Rugby rules, policies or procedures.
- 2.8 Clubs shall ensure that their Players and officials comply with all applicable Rules and Regulations.
- 2.9 Clubs must comply with Scottish Rugby Club Investment Fund Standards unless granted a dispensation. Scottish Rugby may suspend any Club which fails to meet or to maintain these Standards.
- 2.10 Unless otherwise stated in Scottish Rugby rules or policies, World Rugby's Laws of the Game of Rugby Football (the "Laws") and the World Rugby Regulations Relating to the Game shall apply.

## COMPOSITION AND FORMAT OF THE LEAGUE COMPETITIONS

- 3.1 The Reserve League shall comprise teams admitted on a season-by-season basis. Clubs applying for entry must satisfy the Reserve League Committee that they can fulfil the full fixture programme for the forthcoming season.
- 3.2 The Reserve Leagues shall comprise:
  - 3.2.1 an Inter-City Reserve League Divisions 1 and 2, consisting of teams from both the East and West Regions;
  - 3.2.2 an East Regional Reserve League; and
  - 3.2.3 a West Regional Reserve League, comprising a Division 1 and such additional lower divisions as determined by the Reserve League Committee.
- 3.3 A Club may enter more than one XV in the Reserve Leagues.
- 3.4 Subject to **Rule 12.1**, the Reserve League Committee may amend promotion and relegation arrangements between divisions where it considers this appropriate.
- 3.5 The Inter City Reserve League Divisions 1 and 2 shall be played on a home-and-away basis.
- 3.6 The competition format for Regional Reserve League Division 1 and below shall normally be played on a home-and-away basis but may be varied where necessary by the Reserve League Committee. Any such variation shall be confirmed by the Reserve League Competitions Committee Secretary prior to the start of the season.
- 3.7 The structure of the Reserve Leagues, including the number of Teams in each division, will not normally be changed without at least one full season's notice. A shorter notice period may be applied where approved by the Board for the effective organisation and implementation of the competitions. Any such notice shall include details of the revised promotion and relegation arrangements required to implement the changes.

- 3.8 Subject to the **Rule 11.1**:
- 3.8.1 the Team winning the Inter City League Division 1 shall be the Inter City Reserve League Champions.
  - 3.8.2 the Team finishing tenth in the Inter City Reserve League Division 1 shall be relegated to Inter City Reserve League Division 2.
  - 3.8.3 the Team finishing in first place in the Inter City Reserve League Division 2 shall be promoted to Inter City Reserve League Division 1
  - 3.8.4 the Teams finishing in the bottom two places of the Inter City Reserve League Division 2 shall be relegated to the respective Regional Reserve League Division 1.
  - 3.8.5 the Teams finishing in first place in both the East and West Regional Reserve League Divisions 1 shall be promoted to the Inter City Reserve League.
  - 3.8.6 before the start of each season the promotion and relegation between each Regional Reserve League Division 1, second and lower divisions shall be notified by the relevant Competition Secretary.

## FIXTURES

### Date and Kick-Off Time

- 4.1 The date, time and home/away status are set by the relevant Competitions Secretary.
- 4.2 Matches must be played as scheduled. By agreement of both Clubs, the home Club may apply in writing to the Competitions Secretary to change the date or time (including evenings and weekdays). Applications must be submitted at least 7 days before kick-off time and include evidence of both Clubs consent. Approval will only be granted where the change does not adversely affect the completion of the league or competition schedule.
- 4.3 On days of senior Scotland international matches, fixtures should normally kick off no later than 2 hours before the international. Alternative times may be agreed by both Clubs, with notice and evidence of consent provided at least 7 days in advance to the Competitions Secretary.
- 4.4 The Championship Committee or relevant Competitions Committee may reschedule any Match, including at short notice. Rescheduling one Match may require changes to others.
- 4.5 Matches are normally played at the home Club's usual venue. Any change of venue must be promptly notified to the Competitions Secretary, the visiting Club, and the referee.
- 4.6 Scottish Rugby owns all rights in fixtures, results, and related data, and has exclusive authority to grant access for recording, broadcasting, or transmitting matches in any media. Clubs must comply with all agreements relating to these rights (including broadcast and commercial arrangements). Where required:
  - 4.6.1 Matches may be rescheduled or moved to an alternative venue;
  - 4.6.2 Clubs must cooperate fully with such changes; and
  - 4.6.3 No compensation is payable for rescheduling due to broadcast requirements.
 Scottish Rugby may issue additional rules to implement these arrangements, including requirements for broadcasting, advertising, and matchday content. Clubs must comply with all such rules.

### Postponed and Cancelled Matches

- 4.7 If a Match cannot be played due to national or local government restrictions, the Club must notify the Competitions Secretary immediately. The Match will be postponed.
- 4.8 Matches postponed under **Rule 4.7** shall normally be rescheduled and played before the end of the season. If any such Match is not completed by that time, and subject to **Rule 12.2**, final league positions shall be determined using the Best Playing Record Calculation, with Competition Points adjusted accordingly.
- 4.9 Where a Match is likely to be postponed for any reason other than non-fulfilment, the home Club must make reasonable efforts to:
  - 4.9.1 secure an alternative venue; or
  - 4.9.2 if in the first half of the season, seek the opposition Club's agreement to reverse the fixture.
  - 4.9.3 In all cases, the home Club must promptly notify the opposition Club, the Match referee and the Competitions Secretary. Failure to make reasonable efforts may result in sanctions, including a formal reprimand and/or a deduction of Competition Points.
- 4.10 Where a second or subsequent postponement is anticipated, the Competitions Committee may direct the date and venue of the Match.
- 4.11 A postponed Match shall normally be rescheduled to the next available date free of Competition fixtures, and no sooner than seven days after the original fixture date. Other fixtures may be rearranged where necessary to accommodate the rescheduled Match.
- 4.12 A Club may request the rescheduling of a fixture where exceptional and unforeseen circumstances, wholly outwith its control, prevent it from fielding a suitably trained front row due to injury or concussion protocols.

Any such request must be submitted to the Competitions Secretary no later than the Tuesday preceding the scheduled fixture. The Competitions Committee shall have discretion to approve and reschedule the fixture where it considers the circumstances to be valid.

## Abandoned Matches

- 4.13 If a Match is abandoned before 20 minutes of the second half or postponed, it will normally be rescheduled to the next available date without Competition fixtures. The Competitions Committee may require a midweek fixture and rearrange other Matches as needed.
- 4.14 The Competitions Committee may investigate the cause of any abandonment and take appropriate action. Disciplinary procedures (including cards, citing, and misconduct) will apply as if the Match had been completed.

## Non-Fulfilment of Fixtures

- 4.15 Clubs must fulfil their fixtures unless there is just cause, as determined by the Competitions Committee
- 4.16 In Inter City Reserve League and Regional Reserve League Divisions 1:
- 4.16.1 If a club fails to fulfil a Match that Match shall not be rearranged and:
  - 4.16.2 the Club's opponents shall be credited with a 28-0 win and awarded five Competition Points;
  - 4.16.3 the Club responsible for the cancellation shall receive no points (unless a friendly match is played, in which case one Competition Point shall be credited to it); and
  - 4.16.4 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;
  - 4.16.5 First or second default: no additional point deduction;
  - 4.16.6 Third default: a one Competition Point deduction;
  - 4.16.7 Fourth default: a two Competition Point deduction;
  - 4.16.8 Fifth default: a three Competition Point deduction;
  - 4.16.9 Sixth default: a four Competition Point deduction; and
  - 4.16.10 Seventh and subsequent defaults: additional five Competition Point deductions.
- 4.17 In Regional Reserve League Divisions 2:
- 4.17.1 If a club fails to fulfil a Match that Match shall not be rearranged and:
  - 4.17.2 the Club's opponents shall be credited with a 28-0 win and awarded five Competition Points;
  - 4.17.3 the Club responsible for the cancellation shall receive no points (unless a friendly match is played, in which case one Competition Point shall be credited to it).
- 4.18 If a Club fails to fulfil a fixture on the date notified and provides less than 48 hours' notice to their opponents, the Competitions Committee may consider further sanctions.
- 4.19 A Club, penalised under **Rule 4.16-4.18**, or Scottish Rugby may request a review by the Competitions Committee only where the breach was due to exceptional and unforeseen circumstances beyond its control. Requests must be submitted within 7 days of the scheduled kick-off. The Committee may cancel, reduce, uphold, or increase the penalty.
- 4.20 Where a Club is penalised under **Rule 4.16-4.17**, the Competitions Committee may also relegate or disqualify the Club if it considers this necessary or appropriate.
- 4.21 Where in the view of the Competitions Committee any default was due to the wilful actions of any Club it may additionally:
- 4.21.1 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 Competition Points and/or disqualification from the relevant competition and/or a deduction of up to the full amount of any participation money which the Club may be entitled to; and/or
  - 4.21.2 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.
- 4.22 Where a fixture is not fulfilled and the opposition incurs unnecessary expense, the Competitions Committee may order the defaulting Club to reimburse the reasonable costs of the non-offending Club and Match Officials, subject to proof.
- 4.23 If a Club fails to fulfil three or more Competition fixtures in consecutive seasons the Championship Committee may suspend the Club from Competitions for such period as it considers appropriate.

## Non-Fulfilment by Higher Team in a club

- 4.24 Where a Club's higher XV is unable to fulfil a Scottish Rugby League or Cup fixture in a given weekend, any lower XV competing in the Reserve Leagues may only play a Friendly Match. In such circumstances, the lower XV shall be awarded one Competition Point for fulfilling the fixture, and their scheduled opponents shall be credited with a 28-0 win and awarded five Competition Points.

## THE PLAYERS

### Registration, De-Registration & Eligibility

- 5.1 All Players must be registered on the Scottish Rugby system (SCRUMS). A Player is registered once allocated a unique reference number and listed as active for a Club. Registration alone does not confer eligibility; Players must meet all other requirements (including International Clearance). Scottish Rugby may refuse, suspend, or request further information on any application.
- 5.2 Players requiring International Clearance are not eligible to play until written confirmation of the completion of the International Clearance process is received from Scottish Rugby.
- 5.3 A Player may be registered with one Primary League Club and one Secondary League Club. The Primary Club is normally where the Player trains and plays most. A Player may only play for a Club once listed as active on its register.
- 5.4 Players must be aged 18 or over to play in adult competitions unless granted prior written dispensation.
- 5.5 Players wishing to transfer must notify their current Club. The new Club must apply to transfer the registration in the prescribed manner.
- 5.6 Clubs must keep Player registrations accurate and up to date, including activation status. Registrations must be deactivated:
  - 5.6.1 on a Player's request (with written confirmation to the Player);
  - 5.6.2 when a Player receives International Clearance to play outwith Scotland; or
  - 5.6.3 when any required visa, permit, or consent expires.
- 5.7 A Player's registration may be suspended or cancelled (including retrospectively) for breaches of rules or procedures. Registration status at any time is determined by the official list of active Players on that date.
- 5.8 It shall be a specific offence:
  - 5.8.1 to register a Player without their consent;
  - 5.8.2 to field an ineligible Player;
  - 5.8.3 breach Player payment provisions of SDR 4.1 Player Status and Player Contracts.
  - 5.8.4 mislead Scottish Rugby or any Competitions Committee registration or eligibility matters.
- 5.9 If a Club fields an ineligible Player, or one not listed on the Team Sheet, the Competitions Committee may impose penalties on the Club and the Player.
- 5.10 In the Inter City Reserve Leagues:
  - 5.10.1 All Players participating in the Competition (other than those playing under the Emergency Loan Scheme) must be properly registered and listed as active with the Club that they represent.
  - 5.10.2 A Player may not be initially registered with a Secondary League Club where that Club has five or fewer Matches remaining in the season.
  - 5.10.3 A Player may not participate in Matches for more than two Clubs in any season.

### Dual Registration

- 5.11 Player's Primary and Secondary Clubs must be in different league divisions. Should a Player's Primary or Secondary League Club be promoted / relegated into the same division (e.g. through promotion or relegation), the Player must be deregistered from their Secondary Club.
- 5.12 In the Inter City Reserve League no more than five dual registered Players may be included in the Match squad of their lower placed Club.

### Ineligible 1XV players

- 5.13 A Player who has started a first-team Match shall be ineligible to play in the final four Reserve Team competition Matches of the season unless:
  - 5.13.1 the Club's first and second teams have fixtures on the same Competition weekend; or
  - 5.13.2 fewer than 50% of the Player's appearances that season have been in the starting XV of the first team; or
  - 5.13.3 prior dispensation has been granted by the Reserve League Committee.
  - 5.13.4 In the East Regional Reserve League, a Team may include up to five otherwise ineligible first XV Players in a Reserve League fixture.

### Transfer Deadline

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

## Pro Team Contract Players

5.15 Players contracted to Edinburgh Rugby or the Glasgow Warriors are not eligible to play in Reserve League matches

## Pro Team Academy Players

5.16 Scottish Rugby Pro Team Academy Players shall be eligible to play in the Reserve Leagues

## Emergency Loan Scheme

5.17 A Club that cannot fulfil a Match or meet the requirements of Law 3.8 due to a short-term shortage of suitably experienced front-row Players may borrow up to two front-row Players from other Clubs. Emergency Loan Players shall not become registered to their loan Club.

5.18 A Player may not play on loan where doing so would compromise their Primary Club's ability to meet its competition obligations

## THE TEAMS

### Team Colours

6.1 Clubs must avoid clashes of team colours (jersey and/or socks), with the referee deciding if a clash exists. The home Club must change if required. Any Club intending to play in colours other than those recorded in SCRUMS must notify the opposition and the referee at least 72 hours before kick-off.

### Team Sheets

6.2 Clubs must provide a completed team sheet to the referee and opposition at least 30 minutes before kick-off. Changes may be made up to kick-off. Only players named on the team sheet are eligible to play.

6.3 The team sheet must include each Player's name, registration number and unique identifier (e.g. jersey number). It must also identify front-row Players (LH, H, TH), dual-registered Players, and any emergency loan Players.

6.4 Any alternative identification system (other than jersey numbers) must be approved by the Championship Committee or Competitions Committee at least 10 days before a fixture.

6.5 Team sheets must be submitted to Scottish Rugby within 48 hours of kick-off in accordance with its procedures.

6.6 It is an offence to fail to submit a team sheet or to submit one that is incomplete or inaccurate. The following automatic penalties apply.

6.6.1 First offence (in season): £25 of the Clubs 'CIF' payment;

6.6.2 Second offence: £50 of the Clubs 'CIF' payment;

6.6.3 Third and subsequent offences: £50 per instance. After five or more offences the Competition Secretary may raise a Complaint under Rule 13.1.

6.7 A Club may request a review of a penalty only where the failure was due to exceptional and unforeseen circumstances beyond its control. Requests must be within 14 days. The Competitions Committee may cancel, reduce, uphold, or increase the penalty.

### Number of Starting Players

6.8 A team may start a match with fewer than 15 players, but not fewer than 12, provided it fields at least five Players in the scrum at all times.

6.9 A Match may start with uncontested scrums, provided

6.9.1 at least five Players are available for the scrum at all times; and

6.9.2 the Team requesting uncontested scrums does not include any replacements in its matchday squad. A Team requiring to start a Match with uncontested scrums must notify the opposition and referee as soon as reasonably practicable and, except in exceptional circumstances, no later than 30 minutes before kick-off. The Team must also notify the relevant Competition Secretary within 48 hours of the Match.

6.10 In the East Regional Reserve Leagues, a Team may start a Match with fewer than 15 Players, but not fewer than 10, provided it fields at least five Players in the scrum at all times. Where a Team starts with fewer than 15 Players, both Teams must begin with an equal number of Players ("Player Matching"). Player Matching shall be maintained throughout the Match, except where a Player is temporarily or permanently dismissed from the field

6.11 Any Match that does not comply with these requirements will be treated as unfulfilled (**Rule 4.15**)

### Replacements / Substitutes

6.12 The maximum number of replacements shall be seven.

- 6.13 In the Inter-City Reserve Leagues, there is no requirement for both Teams to have the same number of replacements, provided the front-row requirements in Law 3.8 are met
- 6.14 In the Regional Reserve Leagues, Teams must be able to start the Match with three suitably trained front-row Players and contested scrums. Where this is not possible in the East and West Regional Reserve Leagues, Law 3.8 shall apply and the maximum matchday squad shall be limited to 15 Players.
- 6.15 A maximum of 12 rolling substitutions may be used in a Match. The 15-minute limit on temporary Blood Replacements in Law 3 does not apply to rolling substitutions.
- 6.16 No Player may be included in squads for Matches which are being played either concurrently or are overlapping

## Late Arrival

- 6.17 If Players are unavoidably delayed, a Club may ask the referee to delay kick-off to allow it to field a full team. Any delay must still allow the Match to be completed on time, as determined by the referee.

## THE GROUND

### The Pitch

- 7.1 The home Club must provide a suitable pitch that complies with Law 1 with dimensions as close as practicable to the maximum permitted and meeting any Scottish Rugby requirements. Goalpost padding must also comply with Law 1.7. If these requirements are not met, the referee may postpone the Match.

### Fitness of Ground or Conditions for Play

- 7.2 If there is doubt about pitch fitness before Match day:
- 7.2.1 the home Club must, where practicable, give at least 72 hours' notice to the visiting Club and referee, including any contingency plans;
  - 7.2.2 the visiting Club must provide a contact and its intended departure time;
  - 7.2.3 the home Club must arrange an independent pitch inspection (normally by the referee, or otherwise a suitably qualified independent person) and;
  - 7.2.4 the inspection must take place at least 60 minutes before the visiting Club's departure time, with the outcome communicated at least 30 minutes before the departure and to the referee.
- 7.3 If the home Club fails to arrange an inspection, the visiting Club may do so. If the pitch is deemed playable but the Match is postponed, the Competitions Committee may investigate.
- 7.4 If there is doubt about pitch fitness before kick-off the referee and both captains must inspect the pitch. If any one of them considers it unplayable, the Match will be postponed. The decision is final, and captains must inform their Clubs.
- 7.5 Within 48 hours of a postponed Match, the home Club must notify the Competitions Secretary of the reasons. Further information may be requested to determine whether a Complaint should be raised against either or both Clubs.
- 7.6 If a Club does not control its ground and it is declared unplayable by the rights holder, written evidence must be provided to the Competitions Secretary. Failure to do so may result in investigation by the Competitions Committee.

## THE MATCH

### Match Organisation

- 8.1 Unless otherwise directed by the Competitions Committee, the home Club is responsible for staging of the Match and all related logistics.
- 8.2 The home Club must ensure that the venue is suitable and compliant with all applicable laws, regulations, and local authority requirements, and is safe for Players, officials, and spectators. It must also maintain appropriate insurance cover for all liabilities arising from the Match.
- 8.3 The visiting Club must be informed of all relevant health and safety and associated requirements. Spectators must be kept at a safe distance and must not enter or interfere with the Player Enclosure, Match officials, or Players.

### Gate receipts

- 8.4 For knock-out Matches, gate receipts (net of any VAT) will be shared equally between the Clubs. The visiting Club's share will be paid after deducting the home Club's agreed match expenses (including programmes/tickets, reasonable advertising, policing or emergency services, post-match catering, and any other agreed costs).
- 8.5 For knock-out Matches, free admission (including season tickets or membership) does not apply. All spectators must pay the same entry fee for equivalent access, where a charge is made.

## Match Ball

8.6 The home Club will provide at least three match balls compliant with the Laws.

## Half-Time Interval

- 8.7 The half-time interval is normally five minutes but may be varied by agreement between the Clubs, provided it does not exceed 15 minutes and the referee is notified before kick-off.
- 8.8 Teams may leave the Playing Enclosure and use covered accommodation during half-time.

## Competition Points

- 8.9 In league competitions, four points shall be awarded for a win, two points for a draw, and one point to the losing Team ("Match Points"). In addition, one bonus point shall be awarded to a Team scoring four or more tries, and one bonus point shall be awarded to a losing Team finishing within seven points or fewer of the winning Team ("Bonus Points").
- 8.10 The U19 Scrummage Law Variations shall apply only in the East and West Regional Reserve League Division 2 and lower competitions.
- 8.11 The Game On Law Variations may be applied in the East and West Regional Reserve League competitions (see [Scottish Rugby website](#)) but shall not apply in the Inter-City Reserve League.
- 8.12 In all East Regional Reserve League Matches, a maximum points difference of 50 shall be recorded. Once a 50-point margin is reached, the Match shall continue as a competitive fixture; however, the recorded result shall be the score at the point the 50-point difference was achieved.

## Notification of Results

8.13 The home Club must report the Match result to the Competitions Secretary in accordance with Scottish Rugby procedures.

## REFEREES AND TOUCH JUDGES

- 9.1 The match referee shall be appointed by the home Club's local referee society or, where no appointment is made, by the home Club. For the avoidance of doubt, a Match shall not be postponed solely because the only available referee is a suitably qualified individual from one of the participating Clubs.
- 9.2 Each Club shall provide a touch judge
- 9.3 The home Club is responsible for confirming the appointment.

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

### Tied League Placings

- 10.1 If two or more Clubs are level on Competition Points, their rankings will be determined by points difference (points scored minus points conceded). If they remain tied, rankings will then be based on the total Competition Points earned in the head-to-head Matches between those teams. If still unresolved, the aggregate points different from those head-to-head Matches will be used. If teams remain tied and ranking affect qualification, promotion, relegation, or the title:
- 10.1.1 a play-off Match will normally be arranged at a neutral venue; or
  - 10.1.2 if a play-off match cannot be played, the Championship Committee may apply the criteria in [Rules 10.2.1-10.2.5](#), first to head-to-head Matches and then to all Matches in the Competition. If still unresolved the outcome may be decided by a coin toss.

### Play-Off and Knock-Out Matches: Extra Time

- 10.2 If a play-off or knock-out Match is level at full time, extra time will be played (two periods of 10 minutes, with a one-minute interval). The referee will toss a coin to decide the direction of play. If still level after extra time, the winner will be determined (include scores in extra time) by:
- 10.2.1 the team scoring more tries;
  - 10.2.2 the team scoring more conversions;
  - 10.2.3 the team scoring more drop goals;
  - 10.2.4 the team receiving fewer red cards; and
  - 10.2.5 the team receiving fewer yellow cards.
- 10.3 If still tied further extra time will be played on a sudden-death basis, with the first team to score declared the winner.

## CLUBS DISQUALIFIED, SUSPENDED OR WITHDRAWING

- 11.1 If a Club is disqualified, suspended or voluntarily withdraws from a league or pool after the competition has started, all of its Match results will be removed and standings recalculated based on the remaining Clubs.
- 11.2 If the removal of a Club's results and recalculation of standings affects qualification for the next stage of competition (including where a team has already completed its fixtures), the Competitions Committee may take any action it considers appropriate to resolve the issue.

## PROMOTION AND RELEGATION IN LEAGUE COMPETITIONS

- 12.1 Promotion and relegation will be determined in accordance with the regulations for each National Competition, subject to applicable Scottish Rugby rules and policies. Vacancies will normally be filled by promoting an additional Club rather than reducing relegation. Where applicable, additional promotion from regional competitions will normally be from the same Region as the withdrawing Club.
- 12.2 If fewer than 65% of Matches in a competition structure (Premiership; National and Regional Leagues; Reserve Leagues; Women's Premiership and National Leagues) are completed, or are unlikely to be completed by the end of the season, the Championship Committee may declare the season null and void, with no promotion or relegation.
- 12.3 Final league positions, titles, promotion/relegation, and division structures for the following season will be confirmed by the Competition Secretary at the end of the season.
- 12.4 A Club may apply for exemption from promotion, subject to:
  - 12.4.1 no more than one application in any two-year period;
  - 12.4.2 submission by 1 April in that season; and
  - 12.4.3 demonstrating that promotion would be materially detrimental to player welfare, finances, or infrastructure.
- 12.5 If an exemption is granted and the Club was in a play-off position, the other play-off team will be promoted.
- 12.6 A Club may apply for voluntary relegation, subject to:
  - 12.6.1 submission by 1 April in that season; and
  - 12.6.2 demonstrating that remaining in the higher league would be materially detrimental to player welfare, finances, or infrastructure.
- 12.7 All decisions on promotion and relegation by the Competitions Committee or Championship Committee are final and binding.

## COMPLAINTS

- 13.1 A complaint of an alleged breach of the Rules or Regulations (a "Complaint") may be made by:
  - 13.1.1 the Championship Secretary (for any Competition);
  - 13.1.2 a Competition Secretary (for their competitions only); or
  - 13.1.3 a Club where it is directly affected and has suffered significant disadvantage or material prejudice.
- 13.2 All Complaints must:
  - 13.2.1 set out the alleged breach and relevant Rule/Regulation;
  - 13.2.2 explain the disadvantage or prejudice suffered; and
  - 13.2.3 be signed by the complainant (for Clubs, by the President, Secretary or in the absence of either of these another authorised Club Official).
- 13.3 Complaints must be submitted within 14 days of the alleged breach.
- 13.4 The subject of the Complaint will be provided with a copy as soon as practicable.

## Complaint Process

- 13.5 Complaints will be determined by the Competitions Committee or a sub-committee of at least three members (the "Complaints Committee"), with any conflicts of interest declared and managed.
- 13.6 The Complaints Committee may:
  - 13.6.1 determine its own procedures, including holding hearings in person or by electronic means;
  - 13.6.2 decide timescales and expedite matters where necessary, and waive the 14-day limit where appropriate;
  - 13.6.3 request and consider any relevant evidence;
  - 13.6.4 request attendance of any Club, team, or person. Failure to cooperate may result in the matter proceeding in their absence and/or disciplinary action.
- 13.7 The subject of the Complaint has the right to:
  - 13.7.1 be represented (up to two representatives, one of whom must be a Club member if applicable);
  - 13.7.2 submit evidence, call witnesses and make representations; and
  - 13.7.3 receive written notice of the decision.

13.8 The burden of proof lies with the complainant and is on the balance of probabilities.

13.9 Written reasons will be provided if requested and upon any appeal.

## Sanctions

- 13.10 If a Complaint is upheld, the Complaints Committee may impose one or more of the following:
- 13.10.1 a formal reprimand and warning;
  - 13.10.2 a deduction of up to the full amount of any participation money which the Club may be entitled to;
  - 13.10.3 an award of costs;
  - 13.10.4 require any Match to be replayed;
  - 13.10.5 the deduction of up to five Competition Points per breach;
  - 13.10.6 forfeiture or reallocation of Match points (including Bonus Points);
  - 13.10.7 the suspension or expulsion of a Club, team, Player or person from a Competition;
  - 13.10.8 any other appropriate sanction (including educational based sanctions where applicable).

## Acts of Misconduct

- 13.11 Any potential misconduct may be referred to the Discipline Manager under the Disciplinary Rules.

## NOTICES

- 14.1 Any notice under these Rules must be in writing and sent by email. Notices sent by email are deemed received on the date of sending, unless proven otherwise.

## OMMISSIONS, INTERPRETATION AND EXCEPTIONAL CIRCUMSTANCES

- 15.1 A Competitions Committee, Championship Committee, or Complaints Committee may, where justified, excuse a failure to comply with the Rules if it is resulted from a mistake, oversight, or other reasonable cause, on such conditions it determines.
- 15.2 With prior approval of the Board, the Championship Committee or Competition Committee may:
- 15.2.1 decide matters not covered by the Rules and Regulations and take appropriate action;
  - 15.2.2 interpret the Rules and Regulations in line with their purpose and the interests of the game; and
  - 15.2.3 resolve inconsistencies and correct administrative errors.
- 15.3 Decisions made under **Rule 15.2** are final and binding, subject to any right of appeal under these Rules.

# Appendix 1

## QUICK GUIDE TO SPECIFIC RULES AND REGULATIONS

This is not a complete list of all Rules and Regulations. Clubs are expected to read and comply with the full contents of this document.

<b>Rule &amp; Regulation</b>	<b>Inter City Reserve Leagues</b>	<b>East and West Regional League Division 1</b>	<b>East and West Regional Reserve League Division 2 and lower</b>
<b>The U19 Scrummage Law Variations may apply</b>	No		Yes
<b>Number of starting players</b>	A team may start a Match with fewer than 15 Players (but not less than 12 Players)		
<b>Uncontested scrums</b>	A Match may start with uncontested scrums, subject to there being at least five Players in the scrum at all times		
<b>Transfer Deadline</b>	The Transfer Deadline shall not apply in the Reserve Leagues.		
<b>A Player must be registered with the club they are representing</b>	All Players participating in the Competition (other than as Emergency Player Loan Scheme Players) must be properly registered as an active Player with the Club that they are representing	Not applicable	
<b>No of Dual Registered players permitted</b>	No more than five dual registered Players may be included in the Match squad of their lower placed Club.	Not applicable	
<b>No. of replacements permitted</b>	7 (rolling substitutes permitted)		
<b>Player matching required</b>	No	Applicable only in East Reserve League	
<b>Game On permitted</b>	No	Yes	
<b>Close Time commences</b>	Monday 17 May 2027		