



Schools and Youth

National Competition Rules

Season 2026/27



Scottish Rugby National Competition Rules

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INTRODUCTION AND CONTENTS

The Schools and Youth National Competition Rules apply to all League and Conference competitions (National and Regional), as well as all National Cup competitions. For the avoidance of doubt, this includes any secondary cup competitions, such as a National Shield, Plate, or Bowl. However, these rules do not apply to Regional Youth Cup competitions, which are governed by their own separate set of rules.

Before reading or searching the rules, please review the contents table below, which outlines the structure of this document.

SECTION NO.	NAME	CONTENTS
1	DEFINITIONS	This section defines the terminology used within the document.
2 – 14	NATIONAL COMPETITION RULES	The rules contained in this section apply to all competitions, unless a variation is introduced through the competition-specific regulations outlined in Appendix 1.
APPENDIX 1	COMPETITION REGULATIONS	This section contains competition-specific regulations for each competition, or sub-set of competitions, which apply in addition to, or in some cases instead of, the core rules outlined in Sections 2–14.
APPENDIX 2	DESIGNATED COMPETITIONS AND KEY DATES	This section includes a list of competitions covered by the National Competition Rules, along with key dates relating to the current season or competitions.

1 DEFINITIONS

‘Board’	means the Scottish Rugby Club Rugby Board, or any sub-committee of the Board operating under the specific authority of the Board.
‘Best Playing Record Calculation (“BPRC”)	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 = $34/15 \times 22 = 49.86$).
‘Championship Committee’	means the Scottish Rugby Championship Committee.
‘Championship Secretary’	means the person who deals with the day-to-day running of the Scottish Rugby Competitions.
‘Club’	means any club, team or other body (as the context may require) which participates in a Scottish Rugby Competition.
‘Club Investment Fund Standards’ (“CIF”)	means the minimum standards and requirements issued by Scottish Rugby from time to time.
‘Competitions’	means the Scottish Rugby competitions designated by the Club Rugby Board and listed in Appendix 1.
‘Competitions Committee’	means the Schools and Youth Competitions Committee a committee elected or appointed to assist in the organisation of an individual Scottish Rugby Competition.
‘Competitions Secretary’	means the person appointed by Scottish Rugby to act as Secretary to the Scottish Rugby Schools & Youth Competition Committee.
‘Cup’	means such schools and youth Cup competitions (as the context may require) as have been designated as Schools and Youth National Competitions.
‘Development Match’	means a Match that is played as a training match/friendly due to a Team being unable to meet the minimum player or contested scrum requirements, or by agreement between the two Teams.
‘Host Team’	means the Team providing the venue for any given Match.
‘Match’	means a match played or to be played in a Schools or Youth National

	Competition.
‘Participation Match’	means a Match in which Competition Points are awarded solely for the playing of a Match rather than being based on the result of the Match.
‘Player’	means any person who is named by a Team to participate in a Match.
‘Regulations’	means any supplementary regulations provided or approved by the Board in respect of individual Schools and Youth National Competitions, or generally.
‘Rules’	means the Scottish Rugby Schools and Youth National Competition Rules approved by the Board from time to time.
‘Schools and Youth National Competitions’	means the Scottish Rugby competitions designated as such by the Board from time to time and listed in Appendix 2.
‘Scoring Match’	means a Match in which Competition Points are awarded based on the result of the Match.
‘Scottish Rugby’	means Scottish Rugby Union Limited.
‘Team’	means any club, school, composite team or other body (as the context may require and as permitted by the Rules) which participates in a Scottish Rugby Schools and Youth National Competition.
‘World Rugby’	means the game’s world governing body.

2 ORGANISATION AND APPLICATION

The Schools and Youth National Competition Rules

- 2.1 The Schools and Youth National Competitions shall be governed by the Rules.
- 2.2 The Rules and changes to them shall be subject to approval by the Board. The Board may provide supplementary Regulations in respect of individual Schools and Youth National Competitions (see Appendix 1). The Board reserves the right to amend the Rules and Regulations from time to time.
- 2.3 The Board shall have the power to rectify any error or omission in the Rules and the Regulations in such manner as it deems fit.
- 2.4 In the Rules and Regulations, unless specified or the context otherwise requires, words importing any gender shall include all other genders, and importing singular shall, where appropriate, include plural.
- 2.5 Should any provision of the Rules or Regulations be held by any court or other competent authority to be illegal, void or unenforceable (in whole or in part) the remainder of the Rules and/or Regulations shall continue to be enforceable.

Organisation and Administration

- 2.6 The Board shall be assisted in the organisation of the Schools and Youth National Competitions by a Championship Committee. The Championship Committee shall have the authority to delegate any of its powers, duties or obligations under these Rules to any person, Competitions Committee, sub-committee or other body provided that it retains the ability to resume the exercise of those powers at any point.
- 2.7 The Schools and Youth National Competitions shall be administered by the Schools and Youth Competitions Committee (“Competitions Committee”) under the delegated authority of the Championship Committee.
- 2.8 The membership of the Competitions Committee shall comprise:
 - 2.8.1 a Convenor, who shall ordinarily be the Schools and Youth Representative serving on the Championship Committee;
 - 2.8.2 Schools: up to three elected or appointed schools representatives;
 - 2.8.3 Youth: up to three elected or appointed youth rugby representatives; and
 - 2.8.4 such others as may be co-opted to the Competitions Committee (in a non-voting capacity).
- 2.9 Whereby reason of the routine nature of the matter, or such urgency that a meeting of the Competitions Committee cannot reasonably be arranged, the Convenor may exercise any of the powers, discretions and/or authorities under the Rules and Regulations.
- 2.10 The Competitions Committee and the Convenor shall be assisted by a Competition Secretary appointed by

Scottish Rugby.

Compliance

- 2.11 By agreeing to participate in a Schools and Youth National Competition the participating Team agrees to be bound by both the letter and the spirit of the Rules and Regulations, and such other Scottish Rugby Rules, Regulations, Age Banding Rules, Policies, Procedures, Participation Agreement Terms and operational decisions as may affect its participation in the competitions.
- 2.12 Participating Teams shall comply with any CIF or Participation Agreement Terms issued from time to time by Scottish Rugby, unless a dispensation has been given by Scottish Rugby. Scottish Rugby shall have the power to suspend the participation rights of any Team which fails to meet or to maintain these standards.
- 2.13 Except where a Scottish Rugby Bye-Law, Policy, Rule or Regulation provides to the contrary, World Rugby's Laws of the Game (including the Under 19 Law Variations) and the World Rugby Regulations Relating to the Game shall apply.
- 2.14 The participating Teams shall ensure compliance by all of their Players and officials with applicable Rules and Regulations.

3 FIXTURES

Date and Kick-Off Time

- 3.1 The date, time and the identity of the home and away Teams in any Match shall be as determined and notified by the Competition Secretary.
- 3.2 Matches shall be played on the date and at the time notified. By exception, and where both teams agree, either team may make a written application to the Competition Secretary for a Match to be played at an alternative time or on an alternative date (including evenings and weekdays). Applications shall be made no later than 7 days prior to the scheduled kick-off time and must be accompanied by evidence as to the consent of both teams. Written permission/confirmation must be obtained from the Competitions Secretary. Consideration will be given to timeous applications providing it involves no detrimental impact to the conclusion of the competition schedule. Where, in the reasonable view of the Competition Committee, such concerns exist, the Competition Committee may refuse an application.
- 3.3 If a Scotland international match played by the senior men's and/or women's Scotland team coincides with the default fixture arrangement for a competition fixture, the Competitions Committee may direct teams to play on an alternative date or time that weekend (for the avoidance of doubt the Friday is recognised as part of that weekend of competition).
- 3.4 The Competitions Committee reserves the absolute right to reschedule any Match, including at short notice. In the event of a cancelled, postponed or abandoned Match requiring to be rescheduled, other Matches may require to be rescheduled or further rescheduled in order to accommodate that Match.
- 3.5 Matches shall normally be played at the home Team's regular venue. The home Team must advise the Competition Administrator/Competition Secretary, the visiting Team and the referee promptly if a Match is to be played at a different venue. The home Team must confirm the Match arrangements with the referee and the away Team no later than 72 hours before kick-off.
- 3.6 Teams must notify the opposition as early as practically possible if they have a need for Player Matching (due to having fewer than 15 players available (13 for U13)), or a Development Match may be required.
- 3.7 Copyright, database and all other rights in the fixtures, fixture lists and result lists shall be the property of Scottish Rugby.

Cancelled and Postponed Matches

- 3.8 If a Match is likely to be postponed the Teams should seek to play at an alternative venue, including reversing the fixture where necessary.
- 3.9 If a Match has been cancelled due to ground conditions, or as a consequence of government advice, the Home Team must inform the relevant Competition Administrator without delay:
 - 3.9.1 Conference/Pool/League based Matches: The Match shall ordinarily be rescheduled to the next available fixture date free of Competition fixtures. If there are no free dates of Competition Teams are encouraged to agree a date no later than the final date of competition for that Conference, League or Group. If re-arranged by the Teams, as there are no free fixture dates, the date must be notified to the Competition Administrator at least seven days in advance of the re-arranged date. In accordance with NCR 3.4 the Competitions Committee reserves the absolute right to reschedule any Match.

- 3.9.2 Knock-out Matches: Where a knock-out Match is postponed or abandoned before 75% of the normal playing time has elapsed, it shall be rescheduled to the designated standby date. If a designated standby date hasn't been assigned the Competitions Administrator shall liaise with all parties and reschedule the match for a date as early as possible. Where necessary the Competition Administrator may ask the Competitions Committee to fix the place, date and time of kick-off, which ruling shall be final and binding on all parties. Where the requirements of the competition necessitate the Competitions Committee may resolve that the winner of any Match shall be determined by the toss of a coin.

Abandoned Matches

- 3.10 Where a Scoring or knock-out Match is abandoned:
- 3.10.1 If less than 75% of normal playing time has expired and the points differential is less than 30 at the time of the abandonment, it shall be treated as a Cancelled Match.
 - 3.10.2 If at least 75% of normal playing time has expired, or one Team has obtained a 30-point lead, the Match shall be deemed to have been completed and the score at the time of the abandonment shall stand as the Match result.
- 3.11 Where a Participation or Development Match is abandoned, it shall be deemed to have been completed irrespective of the time of abandonment and the score at the time of the abandonment shall stand.
- 3.12 The right is reserved for the Competitions Committee to investigate the causes of any abandonment and to take such disciplinary or other action as it deems appropriate.
- 3.13 For the avoidance of doubt the procedures regarding any red or yellow cards, citing or misconduct complaints during an abandoned Match shall be the same as if the Match had been completed.

Non-Fulfilment of Fixtures

- 3.14 No Team may, without just cause, fail to fulfil its fixture obligations. The Competitions Committee shall be the sole judge as to whether just cause exists.
- 3.15 If a Team fails to fulfil a fixture on the date notified, the Competitions Secretary may raise a Complaint against that Team.

4 THE PLAYERS

Eligibility

- 4.1 Players participating in National Competitions (other than where specifically permitted otherwise within the Regulations of an individual competition) must be properly registered as an active Player with the Team that they are representing. Players participating for a composite Team must be registered with one of the clubs/schools forming the composite. If agreed in advance by the two Teams players may play for the opposition if that team is unable to field 15 players.
- 4.2 For the avoidance of doubt a Player participating in a Development Match shall not require to be registered for the Team they are participating with provided always that they are registered with a Club or School on Scottish Rugby's registration system. Within Development Matches Teams are encouraged to share Players to ensure that all available Players are able to participate in the game.
- 4.3 Other than as set out within the Rules/Regulations or with the written permission of the relevant Competitions Committee:
- 4.3.1 a Player may not play in Matches for more than two Clubs, and one School; and.
 - 4.3.2 a player may not play for two Teams in the same competition.
- 4.4 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 fixture on the same weekend.
- 4.5 In School Competitions, where a School intends to field a Player who is enrolled on a temporary basis for less than a full academic year, the School must submit a declaration to the Competitions Committee in advance of the Player participating. The declaration must confirm that the Player's enrolment is primarily for educational purposes and forms part of a recognised educational programme. The School shall provide such supporting information as the Competitions Committee may reasonably require. In reviewing any declaration, the Competitions Committee shall have regard to the principles of educational primacy, competition integrity, equity, player welfare, and the prevention of recruitment for sporting advantage. Where the Committee considers that the circumstances are inconsistent with these principles, it may investigate the matter and take

such action as it considers appropriate.

- 4.6 In school competitions a school may seek the Competitions Committee's permission to field a Player who is not enrolled with that school i.e. is enrolled at another school or has left school but still complies with the age grade criteria. Such permission shall ordinarily only be granted where participation for the school concerned provides the only realistic competitive playing option for the Player. Schools must not attempt to utilise this rule in an effort to gain competitive advantage. With the exception of players that are new to the game applications must be submitted by 1st September in the prescribed form. Players seeking dispensation must not participate for the school until permission has been granted and the Player has been properly registered.
- 4.7 If a Club is admitted to a Schools competition a club's school catchment area may be defined and NCR 4.5 shall apply.

Dual Registration

- 4.8 A Player's Primary and Secondary Clubs must play in different League competitions.
- 4.9 A dual-registered Player may not play for their lower-placed Club in any of its last three Matches unless at least 50% of their previous Matches that season have been for the lower-placed side or where the Player has obtained the prior written permission of the Competitions Committee.
- 4.10 No more than five Secondary Registered Players may be included in the Match squad of their lower placed Club.

Transfer Deadline

- 4.11 Scottish Rugby shall set a transfer deadline date each season (see Appendix 1).
- 4.12 Any Player being Dual Registered, or being transferred between Clubs after the transfer deadline, may not participate for their new Club in a Competition unless the Player receives written permission from the Competitions Committee to do so. Permission will normally only be granted in exceptional circumstances (for example a new player to the game, or a non-rugby related change of domicile or other reasonable change of circumstances which makes it impossible or impractical).

Age Restrictions for Team Selection

- 4.13 All Teams and Team officials must comply with Scottish Rugby's Age Banding policies.
- 4.14 All participating Players must be eligible to play for the Team they are representing in accordance with Scottish Rugby's Age Grade Eligibility and Age Banding policies.
- 4.15 The age grade cut-off date shall be 1 September 2026. In order to be eligible to participate:
- 4.15.1 Under 18 Players must be born on 1 September 2008 or later;
 - 4.15.2 Under 16 Players must be born on 1 September 2010 or later;
 - 4.15.3 Under 15 Players must be born on 1 September 2011 or later;
 - 4.15.4 Under 14 Players must be born on 1 September 2012 or later;
 - 4.15.5 Under 13 All Players must be born on 1 September 2013 or later.

Registration and De-Registration

- 4.16 All Players participating in Schools and Youth National Competitions must be registered on the Scottish Rugby player registration system.
- 4.17 A Player is registered when, subject to these Rules, the Player has been allocated a unique reference number and the Player appears on the system under the club's/school's list of active registered Players. Scottish Rugby reserves the right to refuse, suspend or request further information in respect of any application.
- 4.18 A Player may be registered to only one Primary League Club and one Secondary League Club. A Player's Primary League Club shall ordinarily be the Club with which the Player trains and plays most frequently. The Player may ask their Primary League Club to also register them with a Secondary League Club. The Player shall not be eligible to play for their Primary or Secondary Club until their name appears on that body's list of active registered Players.
- 4.19 Incoming Players requiring International Clearance shall not be eligible to participate until Scottish Rugby has provided written confirmation of the completion of the Clearance process. International Clearance is not a requirement for players that remain in full time education.
- 4.20 A Player wishing to transfer Team must notify his current Team of his desire to transfer. The Player's new

Team shall apply in the prescribed manner to transfer the Player's registration. The Player shall not be eligible to play for their new Team until their name appears on that body's list of active registered Players.

- 4.21 Teams shall ensure that their list of registered Players is at all times accurate and up to date, including in relation to whether each Player remains active. Teams shall deactivate a Player's registration on receipt of a request from the Player. Teams wishing to deactivate a Player's registration shall inform the Player in writing.
- 4.22 A Player's registration may be suspended or cancelled (including with retrospective effect), where the Player or their Team has breached the Regulations Relating to the Game or any of Scottish Rugby's Bye-Laws, Policies, Rules or Regulations.
- 4.23 Subject to the foregoing, a Player's registration status on any particular date shall be determined by the listing of active registered Players on that date.

Specific Offences

- 4.24 It shall be a specific offence:
 - 4.24.1 to register or attempt to register a Player without their consent;
 - 4.24.2 to play a Player in a Match who is not eligible to participate due to the age banding rules or otherwise;
 - 4.24.3 for a Player to participate in a Match for a Team to which they are not registered or not otherwise eligible to participate for; or
 - 4.24.4 to mislead the Championship Committee, Competitions Committee or Scottish Rugby in any matter relating to registration or eligibility.
- 4.25 In the event of an ineligible Player participating in a Match, the Competitions Committee shall have the right to impose a penalty on the Player's Team or, as appropriate, on the Team for which they participated. The Player shall also be liable to such additional penalty or suspension as the Committee considers appropriate.

5 THE TEAMS

Composite Teams

- 5.1 Entry to Schools and Youth National Competitions may be accepted from two or more clubs or two or more schools which have combined to form either a composite school or a composite club Team provided that the Competitions Committee is satisfied that:
 - 5.1.1 the composite Team has been created solely for participation purposes and not to gain a competitive advantage; and
 - 5.1.2 the clubs / schools involved can demonstrate the need for a composite Team based on their number of registered Players.

Team Colours

- 5.2 The Home Team shall be responsible for ensuring that there will be no clash of Team colours (jersey and/or socks). The Match referee shall be the sole judge as to whether colours clash. Where necessary it shall be the responsibility of the Home Team to change.
- 5.3 Teams proposing to play other than in their normal colours must advise the opposition and the Match referee not less than 72 hours before kick-off.

Team Sheets

- 5.4 For all Schools and Youth National Competition Matches:
 - 5.4.1 Teams must deliver a fully completed team sheet to the referee and to the opposition manager/coach not later than 30 minutes before kick-off. Changes to the team sheet may be made up to kick-off.
 - 5.4.2 The team sheet must specify the jersey number, full name, and registration number of each Player. Players capable of playing at prop or hooker must be highlighted as such.
 - 5.4.3 A copy of the team sheet shall be submitted to the Conference Administrator within 48 hours of the Kick-off.

Number of Starting Players

Boys:

- 5.5 A Team may start a Match with less than 15 Players (or less than 13 in U13 Matches) but not less than 12 Players (not less than 10 Players in U13), subject to it fielding at least five Players in the scrum at all times. In the event that the number of Players in either Team be reduced to fewer than 12 (U13 10) in a Scoring Match (for whatever reason), the Match shall proceed as a Development Match.
- 5.6 Both sides must play with an equal number of players ("Player Matching") from kick off and throughout the Match, other than where a Player has been permanently or temporarily dismissed from the field.
- 5.7 In U18/1st XV and U16 'A' Matches if either Team does not have a suitably experienced front row to start the match the referee shall order uncontested scrums and the Match shall proceed as a Development Match.
- 5.8 In U15, U14 and U13 Matches a Match may start with uncontested scrums, subject to there being at least five Players in the scrum at all times. A Team requiring to start a Match with uncontested scrums must advise the opposition and the referee as soon as possible and, other than in exceptional circumstances, no later than 30 minutes before kick-off.
- 5.9 In Development Matches a Team may start the Match with as few as ten Players and Player Matching shall apply. The Laws applicable to the number of Players available (XVs or Tens) shall apply. Matches may start with uncontested scrums.

Girls:

- 5.10 A Team may start a Match with less than 15 Players but not less than 12 Players in U18 Matches, and 10 players in U16 Matches, subject to it fielding at least five Players in the scrum at all times. In the event that the number of Players in either Team be reduced to fewer than 12 (U16 10) in a Scoring Match (for whatever reason), the Match shall proceed as a Development Match.
- 5.11 Both sides must play with an equal number of players ("Player Matching") from kick off and throughout the Match, other than where a Player has been permanently or temporarily dismissed from the field.
- 5.12 In U18 and U16 Matches if either Team does not have a suitably experienced front row to start the match the referee shall order uncontested scrums and the Match shall proceed as a Development Match.
- 5.13 In Development Matches a U18 Team may start the Match with as few as 10 (U16 as few as 7) Players and Player Matching shall apply. The Laws applicable to the number of Players available (XVs or Tens) shall apply. Matches may start with uncontested scrums.

Replacements / Substitutes

- 5.14 Subject to 7 below, the maximum number of replacements shall be seven.
- 5.15 Teams are permitted to make an unlimited number of rolling substitutions.
- 5.16 Where in consequence of Player Matching, a Team is required to reduce the number of its starting Players to meet that of its opponent, the Players not able to start the Match may be used as additional replacements.
- 5.17 The requirements of Law 3.8 in respect of the number of front row Players within any Match squad must be observed in U18 and U16 Matches. Unless otherwise stated within the competition Regulations there is no requirement for there to be parity as to the number of replacements available to each Team.

Late Arrival

- 5.18 Where some or all of its Players have been unavoidably delayed, a Team may request the referee to delay the kick-off to enable it to achieve a full side. No Match may be delayed such that the Match would not be completed in good time. The referee shall be the sole judge in this regard.

6 THE GROUND

The Pitch

- 6.1 The Host Team shall provide a suitable pitch complying with Law 1. The dimensions of the pitch shall be as near as is practicable to the maximum permitted by Law 1 and must exceed any requirement set by Scottish Rugby.
- 6.2 Padding around the goalposts, conforming to Law 1.7, must be provided.
- 6.3 If the Host Team fails to meet the requirements of Rule 6.1 or 6.2 the referee may order that the Match be postponed.

Fitness of Ground or Conditions for Play

- 6.4 If, prior to the day of the Match, there is doubt as to the potential fitness of the ground the following

arrangements must be made:

- 6.4.1 Advance warning, being at least 24 hours where reasonably practicable, must be provided to the visiting Team and the referee. The visiting Team and referee must be advised as to any potential contingency arrangements.
- 6.4.2 The visiting Team shall provide details of a point of contact in relation to the potential postponement and shall also advise as to their intended time of departure.
- 6.4.3 The Host Team shall arrange for an assessment of the pitch. Where practical this should be undertaken by an independent person (such as a local referee, referee coach/assessor or Scottish Rugby official).
- 6.4.4 The assessment shall be undertaken not less than 60 minutes prior to the visiting Team's intended departure time. The result of the inspection shall be communicated to the visiting Team not less than 30 minutes before its intended departure time and to the Match referee.
- 6.5 Where prior to kick-off there is doubt as to the fitness of the ground or the conditions for play, the referee and the respective Head Coaches shall inspect the pitch. If any one of these three persons deems the pitch or conditions to be unplayable then the Match shall be postponed. This decision shall lie solely with the Head Coaches and the referee.
- 6.6 Within 48 hours of the decision not to play a Match the home Team shall advise the Competition Secretary as to the reason why that Match was not fulfilled. The Competition Secretary may seek further information in order to decide whether a Complaint should be raised against either or both Teams.
- 6.7 Where a Team does not own or have rights over its ground, and the ground is declared unplayable by the holder of said rights, written evidence of such decision must be obtained and be made available to the Competition Secretary on request.

7 THE MATCH

Match Organisation

- 7.1 Unless otherwise directed by the Competitions Committee, the Host Team shall be responsible for the logistics involved in the staging of the Match.
- 7.2 The Host Team shall ensure that the designated venue is fit for the purpose of staging the Match including, but not limited to, ensuring that:
 - 7.2.1 the designated venue complies with all applicable government restrictions, health and safety legislation, local authority consent and associated requirements, and is safe for the purpose of admitting persons to the venue to assist in the organisation of, or to play in and/or spectate at the Match;
 - 7.2.2 at all times it maintains appropriate insurance to cover its potential liabilities arising from the staging of the Match, including admission of spectators and others to the venue.
- 7.3 The Host Team shall ensure that the visiting Team is advised of all relevant venue health and safety and associated requirements.
- 7.4 The Host Team shall ensure that spectators are kept at a reasonable distance from the Playing Enclosure and at no time are able to enter the Playing Enclosure to interfere or interact with the Match, the Match officials or any of the Players or other Persons entitled to be within the Playing Enclosure.

Technical Zones

- 7.5 Two technical zones (one for each team) must be provided. The technical zones shall be on the same side of the pitch and shall be marked on the ground. Where practicable they shall be located in the Perimeter Area of the Playing Enclosure and shall commence not less than 5m either side of the half-way line. The technical zones must be set back at least 2m from the touch line.
- 7.6 A maximum of six club/school personnel (coaches, medics, water carriers or other officials) may be present in each technical zone. All persons present in the technical zone (a) must conduct themselves at all times in an orderly fashion in accordance with the highest standards of disciplined and sporting behaviour; and (b) must not obstruct, interfere with or direct any comments towards the Match officials.
- 7.7 Replacements must stay outwith the Playing Enclosure, unless warming up or about to enter the Field of Play as a replacement.

Sin Bins

- 7.8 Two “sin bin” areas (one for each team) must be provided. The sin bin areas shall be at least 10m apart and shall be afforded a clear view of the Playing Enclosure.

Match Ball

- 7.9 The Host Team shall provide at least three appropriately sized match balls compliant with the Laws.

Match Officials

- 7.10 The Host Team shall be responsible for organising an appropriately qualified referee (other than where a Match Referee has been appointed by Scottish Rugby or by the local Referee Society).
- 7.11 Each Team shall supply one suitably trained touch judge. It is expected that each touch judge shall be an adult in respect of U18/1st XV Matches.

Match Duration

- 7.12 The duration of each Match shall be in accordance with Scottish Rugby’s Age Grade Law Variations. For the avoidance of doubt, in the event of disagreement over the duration of U13 or U14 Matches the default position shall be two halves of 20 and 25 minutes respectively.

Half-Time Interval

- 7.13 The half-time interval shall normally be five minutes. The length of the interval may be altered by agreement between the Teams provided that this is notified to the referee prior to kick-off, but shall not be more than 15 minutes.
- 7.14 The Teams may retire to covered accommodation at half-time.

Competition Points

- 7.15 In competitions that use League tables, Competition Points shall be awarded as follows:
- 7.15.1 Scoring Matches: In U18, U16, U15, U18 (Girls) and U16 (Girls) Scoring Matches:
 - 7.15.1.1 3 points for a win;
 - 7.15.1.2 2 points for a draw;
 - 7.15.1.3 1 point for a loss;
 - 7.15.1.4 0 points for forfeiting a Match due to being unable to field a Team (with the other Team receiving 3 points).
 - 7.15.2 Participation Matches: U14, and U13 Participation Matches:
 - 7.15.2.1 2 points for Participating with a Team with the minimum required number of players;
 - 7.15.2.2 0 points for forfeiting a Match due to being unable to field a Team (with the other Team receiving 2 points).
 - 7.15.3 Development Matches: The following Competition Points shall be awarded for participation in a Development Match:
 - 7.15.3.1 The Team that can meet the minimum requirements to fulfil the fixture shall be awarded 3 points if the original Match should have been a Scoring Match or 2 points if a Participation Match;
 - 7.15.3.2 The Team that cannot meet the minimum requirements to fulfil the fixture shall be awarded 1 point.
 - 7.15.4 Cancelled Matches: Where a Match is cancelled because the ground is unplayable or the Competition Committee determines that it would be unsafe or unlawful for it to be played (and that Match is not re-arranged), or is abandoned before 75% of normal playing time has expired or one team obtains a 30-point lead, each Team shall receive:
 - 7.15.4.1 Scoring Match - 2 points;
 - 7.15.4.2 Participation Match – 1 point.
- 7.16 Where there is sufficient evidence that a Cancelled Match would have been played as a Development Match, or the match would not have been completed as one team could not raise a team, the Competition Points shall be awarded to this effect.

- 7.17 Additional or alternative criteria may be applied within the individual competition Regulations or as may be directed by the Competitions Committee.
- 7.18 If the competition points at stake within a Cancelled Match are meaningful for determining promotion / relegation, or the winner within a Conference or League competition, and where the Competitions Committee agree it is not possible to rearrange the Cancelled Match, the league table shall, subject to the requirements of Rule 10.2, be updated to calculate the 'best playing record' to determine the final league position of each participating team.

Uncontested Scrums

- 7.19 If the referee is required to declare uncontested scrums due to a shortage of suitably qualified front-row Players the result shall stand providing that the Match started with contested scrums.

Maximum Score

- 7.20 If a Team attains a 50 point lead the Match will be deemed to have been completed and the referee shall blow for time.
- 7.21 Teams are encouraged to play a friendly match for the remainder of the playing time.

Notification of Results

- 7.22 The Home Team shall be responsible for notifying the Match result to the Competition Secretary in accordance with the procedures set out by Scottish Rugby.

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

Points Tables

- 8.1 Points tables shall be produced in respect of each Conference, U18, U16 or U15 League, or Pool/Group. Teams shall be awarded a placing in the table based on the number of Competition Points received. The aggregate match points and tries scored (for and against) shall not be disclosed in the Points table.

Tied Placings

- 8.2 Conference Tables: The aggregate of all Competition Points awarded to each club/school, across all Conference Matches, shall be used to rank the participating Teams. In the event of two or more Teams being equal on Competition Points placings shall be determined in accordance with the following criteria (in the order given):
- 8.2.1 Competition Points awarded in the Matches between those Teams;
 - 8.2.2 the Team receiving fewer Red Cards in the Conference; and
 - 8.2.3 If none of the above is able to separate the Teams the placing shall be shared.
- 8.3 Single Age Group Tables: In the event of two or more Teams being equal on Competition Points placings shall be determined in accordance with the following criteria (in the order given):
- 8.3.1 the points difference in the Match(es) between the Teams;
 - 8.3.2 the Team receiving the fewer Red Cards in all Matches contributing to that table;
 - 8.3.3 the Team completing more away Matches in all Matches contributing to that table;
 - 8.3.4 if two Teams are tied due to a draw in their Conference/League match the team that played away in that Match shall be placed higher;
 - 8.3.5 the Team placed the higher in the all age grade Conference table shall be placed higher; and
 - 8.3.6 If none of the above is able to separate the Teams the position shall be shared (unless progression to another competition/phase is at stake, where a coin shall be tossed to determine positions).

Play-Off and Knock-Out Matches

- 8.4 If the scores at full-time are equal in any play-off or knock-out Match:
- 8.4.1 Competition Finals: The trophy shall be shared.
 - 8.4.2 Earlier Rounds: The following criteria (in the order given) shall be used to decide the winner:
 - 8.4.2.1 the team scoring more tries;
 - 8.4.2.2 the team scoring more conversions;

- 8.4.2.3 the team scoring more drop goals;
- 8.4.2.4 the team receiving fewer red cards;
- 8.4.2.5 the team receiving fewer yellow cards;
- 8.4.2.6 the team which was able to start the match with 15 players if the other team was unable to do so;
- 8.4.2.7 in the event that none of the above is able to separate the Teams, the away Team shall be declared the winner or, where the Match is played at a neutral venue, a coin shall be tossed.

8.5 No Extra Time shall be played at any stage of the competition.

9 TEAMS DISQUALIFIED, SUSPENDED OR WITHDRAWING

- 9.1 If a Team is disqualified, suspended or voluntarily withdraws from a Conference after the start of the season, the results of all Matches played by that Team shall be deleted and the positions in the division shall be established from the Matches played between the remaining Teams.

10 PROMOTION AND RELEGATION

- 10.1 The basis on which Clubs are to be promoted/relegated shall be as set out in Regulations associated with the individual National Competition.
- 10.2 In the event that, for whatever reason, an aggregate of 65% of all possible Matches in the relevant competition structure have not been played by the conclusion of a season, or where the Competitions Committee deems that there is no reasonable prospect of 65% of the Matches in the relevant competition structure being played, the Competitions Committee may declare the season for that competition structure to be null and void and there shall be no promotion/relegation in respect of that season.
- 10.3 A Club may apply to the Competitions Committee to request an exemption from promotion. Normally, any vacancy arising shall be filled by an additional Club being promoted before one fewer is relegated.
- 10.4 The final placings in each Conference and the composition of each Conference for the succeeding season shall be in accordance with the lists issued by the Competition Secretary.

11 COMPLAINTS

- 11.1 A complaint into an alleged breach of the Rules or Regulations (a "Complaint") may be raised by:
 - 11.1.1 the Championship Secretary (in relation to any Schools & Youth Competition);
 - 11.1.2 a Competitions Secretary (but only in relation to matters affecting Schools & Youth competitions); or
 - 11.1.3 a Club (but only in relation to a matter which affects it directly and which causes it to suffer significant disadvantage in a Schools and Youth National Competition, or some other form of material prejudice).
- 11.2 All Complaints raised by a Club under 11.1.3 must:
 - 11.2.1 state (a) the nature of the Complaint, including the Rule/Regulation alleged to have been breached, and (b) the nature and the extent of the disadvantage/prejudice allegedly suffered; and
 - 11.2.2 be signed on behalf of the complainant (this shall be the Club President or Secretary).
- 11.3 Complaints submitted on behalf of participating Clubs must be submitted to the relevant Competitions Committee within 14 days of the alleged infringement occurring (for the avoidance of doubt the 14-day period shall run from the actual event, not from the date of the complainant becoming aware of it).
- 11.4 The subject of the Complaint shall be sent a copy of it as soon as practical following receipt.

Complaint Process

- 11.5 Complaints shall be heard by the relevant Competitions Committee, or a sub-committee of it comprising not less than three members (the "Complaints Committee"). Where the Complaint is heard by a sub-committee, the Complaints Committee shall elect one of its members as Chair. Any member with an actual or potential conflict of interest shall be required to recuse themselves.
- 11.6 The Complaints Committee may:

- 11.6.1 regulate its own procedure and determine any matter arising in relation to the Complaint. Meetings of the Complaints Committee may take place either in whole or in part in one place, by letter, telephone, e-mail, video-conference, on-line forum, webcast or by any combination of convenient means. Complaints shall normally be heard based on the papers but may be by way of hearing where the Complaints Committee or one of the parties so requests;
- 11.6.2 determine the timescale for the proceedings. For the avoidance of doubt the Complaints Committee shall be entitled to expedite the process where it considers that this is required for the benefit of the competition. The Complaints Committee may also set aside the requirement for Complaints to be brought within 14 days where it believes that it is in the best interests of the game to do so;
- 11.6.3 call upon, receive and consider such evidence as it thinks appropriate; and
- 11.6.4 request the attendance at any hearing into a Complaint of any Club, team or person under the jurisdiction of Scottish Rugby. Where a Club, team or person requested to attend refuses or fails to do so the Complaints Committee may adjourn the hearing or proceed in their absence. Any Club, team or person failing to co-operate with the Complaints Committee or seeking to mislead at any point in the Complaint process may be subject to Misconduct proceedings under Scottish Rugby's Disciplinary Rules.
- 11.7 The subject of the Complaint shall have the right:
 - 11.7.1 to be represented at any hearing by up to two people, in the case of a Club one of whom must be a Club member. The name and capacity of those attending shall be advised to the Complaints Committee in advance of the hearing;
 - 11.7.2 to submit evidence, call witnesses and make representations at any hearing; and
 - 11.7.3 to be notified in writing of the outcome of the hearing as soon as is reasonably practicable.
- 11.8 The onus of proof shall be on the complainant to establish the breach of the Rule or Regulation alleged. The standard of proof shall be on the balance of probabilities.
- 11.9 A written statement giving reasons for the decision of the Complaints Committee shall be provided if so requested by the parties and upon the lodging of a note of appeal.

Sanctions

- 11.10 Where a Complaint has been upheld, the Complaints Committee shall be entitled in its absolute discretion to impose any or all of the following sanctions or penalties (including on a suspended basis):
 - 11.10.1 a caution, a warning as to future conduct or a reprimand;
 - 11.10.2 a fine or award of costs;
 - 11.10.3 require any Match complained of to be replayed on such terms as are deemed appropriate;
 - 11.10.4 the deduction of up to five Competition Points in respect of each offence;
 - 11.10.5 forfeiture of and/or the granting to another Club of the Competition Points for a Match (including Bonus Points) or the awarding of the result in the Match complained of;
 - 11.10.6 the suspension or expulsion of a Club, School, team, Player or person from participation in any Competition for such period as may be deemed appropriate;
 - 11.10.7 such other penalty or sanction as may be deemed appropriate.

Acts of Misconduct

- 11.11 For the avoidance of doubt a Competitions or Complaints Committee shall be entitled to refer any act of potential Misconduct (as defined in the Disciplinary Rules) to the Discipline Manager for further consideration.

12 OMISSIONS, INTERPRETATION AND EXCEPTIONAL CIRCUMSTANCES

- 12.1 A Competitions Committee, the Championship Committee, a Complaints Committee or the Appeals Committee may, on cause shown, relieve a Club, School, team or person from the consequences of a failure to comply with the Rules and Regulations which is shown to be a mistake, oversight or other excusable cause on such conditions as the Committee so determines.
- 12.2 With the prior approval of the Board, the Championship Committee (or relevant Competitions Committee) or Appeals Committee shall have the discretion to:

- 12.2.1 decide on matters not provided for in the Rules and Regulations and to take appropriate action thereon;
 - 12.2.2 interpret the meaning of the Rules and Regulations in accordance with the underlying principles and intent (insofar as it can be ascertained) of the relevant Rule / Regulation and the interests of the game;
 - 12.2.3 determine any inconsistency between the Rules and Regulations and to rectify any administrative error.
- 12.3 The Championship Committee or relevant Competitions Committee's decision(s) in respect of those matters referred to in Rule 12.2 shall be final and binding save for any right to appeal as may be allowed under these Rules.

Appendix 1

Schools & Youth National Competition Regulations

The competitions listed in Appendix 2 shall be governed by the Schools and Youth National Competition Rules (the “Rules”). Matches within these competitions shall be played in accordance with the Rules other than where a specific Schools and Youth National Competition Regulation provides to the contrary.

The Schools and Youth National Competition Regulations applicable for season 2026/27 shall be as follows:

Boys’ Conference and League Regulations (National and Regional)

1 Entrance Criteria

- 1.1 Clubs and schools seeking admission to the boys’ Conference and League competitions must apply in writing to the Competition Secretary. Admission shall be subject to such conditions as the Board may require. Successful applicants may be placed in an appropriate Conference or League at the Board’s sole discretion.
- 1.2 A club or school’s continued participation shall be considered annually by the Competitions Committee.

2 Structure of Competitions

- 2.1 The Conference and League structure shall be communicated by the Competition Secretary, or a Regional Competitions Coordinator, in a timely manner based on recommendations established through the annual review of the boys’ competition programme.
- 2.2 The 2026/27 Conference and League competitions include;
 - 2.2.1 The Open Competition, which consists of a U18 League and a U16 League, each contested by the same group of clubs and schools.
 - 2.2.2 The Schools Conference competitions which consist of two National and two Regional Conferences.
 - 2.2.2.1 Within each Schools Conference schools shall compete against each other on a school versus school basis across five Teams (U18 1st XV, U16A, U15A, U14A and U13A).
 - 2.2.3 The National Youth Leagues which consist of two divisions (National 1 and National 2), with each division consisting of a U18 League and a U16 League. The composition of each division shall be the same at U18 and U16.
 - 2.2.4 Schools and/or Youth Conferences and Leagues for the Caledonia, East and West regions. The structure for the regional competitions shall be communicated by the Regional Competitions Coordinator.
- 2.3 The Competitions Committee reserves the right to revise the format of the Conference or League Competitions, including at short notice, where necessary.

3 Fixtures

- 3.1 All fixtures shall be scheduled to take place from August 2026 to December 2026.
- 3.2 The Match date and kick-off time in respect of each individual Match shall be agreed between the Teams.
- 3.3 Should Teams be unable to agree on the date or kick-off time the following default arrangements shall apply:
 - 3.3.1 Open Competition: Matches shall kick-off before noon at the discretion of the home Team.
 - 3.3.2 National Youth Leagues, and Youth Conferences or Leagues in the Caledonia and West Regions;
 - 3.3.2.1 U18 Matches shall kick-off at 2pm on the Saturday; and
 - 3.3.2.2 U16 and U15 Matches shall kick-off at 2pm on the Sunday.
 - 3.3.2.3 Schools Conferences, and the East Conferences or Leagues: Matches shall kick-off before noon at the discretion of the host Team.
- 3.4 Should Teams be unable to agree on the venue for a Match in a Conference (multiple age group) competition the following default arrangements shall apply;
 - 3.4.1 The home school shall host the U18, U14 and U13 Matches;
 - 3.4.2 The away school shall host the U16 and U15 Matches.

- 3.5 For the avoidance of doubt the Host Team must confirm the venue and kick-off time during the week preceding the Match. This must be done at least 72 hours before kick-off.
- 3.6 In order to facilitate the appointment of referees the Home Team must notify the Competition Coordinator of the venue and kick-off time for U18 Matches no later than one calendar month prior to start of competition (timeously updating the Competition Administrator if subsequently required).

4 The Ground

Fitness of Ground

- 4.1 When faced with unplayable pitches clubs and schools shall be obliged to prioritise the fulfilment of fixtures on an oldest to youngest basis.

5 Competition Points

- 5.1 In the Open Competition four points shall be awarded for a win and two points shall be awarded for a draw ("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 which finishes within seven points or fewer of the winning Team ("Bonus Points"). For the avoidance of doubt NCR 7.15.4 continues to apply in respect of Cancelled Matches.
- 5.2 If a Match is not fulfilled in a Schools Conference because a school does not have a U13 year group each Team shall receive 1 point.

6 Team Selection

- 6.1 Respecting the spirit of the competition, if a 1st XV or 'A' Team don't have a fixture, clubs and schools are expected to select for the 2nd or 'B' XV only Players who normally play at that level.
- 6.2 A Player may not play for their 2nd or 'B' XV in any of its last three Matches unless at least 50% of their previous Matches that season have been for the 2nd or B XV, or where the Player has obtained the prior written permission of the Competitions Committee.
- 6.3

7 The Players

- 7.1 . In a Regional League or Conference match, if a Team is unable to start with 15 players, or with a contested scrum, they may borrow players from other clubs or schools participating in a Regional League or Conference competition.
- 7.2 A Team may borrow a maximum of five players, or the number required to:
 - 7.2.1 reach a matchday squad of 15 players: or
 - 7.2.2 enable the match to start with a contested scrum, whichever is lower.
- 7.3 If Regulation 7.1 is brought into effect, it must not impact on the ability of the lending Club(s) to field at least 15 players in a match taking place on the same weekend.
- 7.4 Regulation 7.1 is not available to a Team in their final three League matches.

Boy's Schools Cup Regulations

1 Composition of Competitions

- 1.1 Competitions shall be held for boys at both U18 and U16 age groups. Each age group shall have a Cup, Shield, Plate and Bowl competition.

2 Entrance Criteria

- 2.1 There shall be one point of entry to the competitions and entrants shall be confirmed through the Schools Cup application process administered by the Competition Secretary.
- 2.2 Schools may enter one team per age group in the National Schools Cup competitions.

3 Date and Format of Cup Competitions

Fixture Dates

- 3.1 Each fixture must be played on or before the set date for that round.

Format of Competitions

- 3.2 All of the Schools Cup competitions shall be played on a knock-out basis. The competitions shall be structured to provide all Teams at least two playing opportunities.
- 3.2.1 Losing Teams from Rounds 1 of the Schools Cup shall progress to the Schools Plate.
- 3.2.2 Losing Teams from the Schools Cup Round of 16 shall progress to the Schools Shield.
- 3.2.3 Losing Teams from the Schools Plate Round of 16 shall progress to the Schools Bowl.
- 3.3 The draw for each round of the competitions shall be determined by an open draw with the following exceptions:
- 3.3.1 Eight seeded Teams shall be drawn apart and may receive a bye in Round 1, and shall be drawn apart in Round 2 (Round of 16).
- 3.3.2 Seeded Teams shall be identified for each age group based on:
- 3.3.3 U18: performance in the U18 National Cup over the last three seasons.
- 3.3.4 U16: performance in the previous season's U15 Schools Conference/League competitions.
- 3.4 At the discretion of the Competitions Committee the draw for Round 1 Cup or Plate may be structured on a regional basis or to limit travel.
- 3.5 As far as practicably possible a Team drawn away in round 1 of a National Cup competition shall be drawn at home in round 2.
- 3.6 Should a Team be unable to fulfil a match they shall play no further part in any level of the competition structure.
- 3.7 Teams can request dispensation from the Competitions Committee to concede a match in Round 1 of the Cup competition. Permission shall ordinarily only be granted if the Committee are satisfied that the match would be significantly one-sided, particularly when physical mismatch is a concern. If permission is granted the team shall be allowed to progress to the Plate competition.
- 3.8 The Competitions Committee reserves the right to revise the format of the Schools Cup Competitions, including at short notice, where necessary.

4 Venues

- 4.1 Unless otherwise advised by the Competition Secretary, each Match shall be played at the home venue of the Team drawn first. The Competitions Committee may require any Match to be played at an alternative venue, on an alternative day or at an alternative time.
- 4.2 The finals of each competition may be played at a neutral venue determined by Scottish Rugby.

5 The Players

- 5.1 A player may not participate for more than one Team in the Cup competitions outlined in Appendix 2.
- 5.2 If an U16 player, who is also eligible to play U18 rugby (in accordance with Age Banding policy), participates for their school's U18 Team in the Schools Cup competitions, that player shall no longer be eligible to play for the school's U16 team in the Schools Cup competitions.
- 5.3 If due to injury or player unavailability an U16 Team is unable to field a full squad (22 players) of U16 players, or start a match with a contested scrum, a player that is tied to their school's U18 team (in accordance with 5.2) may seek dispensation from the Competitions Committee to play in that Schools Cup match (considered on a match-by-match basis). If permission is granted that player must not start the U16 Cup fixture unless the team has less than 15 players available.
- 5.4 An U18 player, who is also eligible to play adult rugby (in accordance with Age Banding policy), is only eligible to play in a semi-final or final in the U18 Schools Cup competitions if they have participated in at least three Competition matches for the U18 Team prior to the semi-final.
- 5.5 If a U18 player is ineligible under Regulation 5.4 due to injury, match cancellation or non-fulfilment by the opposition, dispensation can be sought from the Competitions Committee to play in the semi-final or final.

6 The Match

Match Officials

- 6.1 Scottish Rugby, or a Referee Society, shall appoint match officials for all U18 Matches, U16 Cup quarter-finals and semi-finals, and the finals of all Schools Cup competitions.
- 6.2 For all other U16 Matches the home Team must appoint a suitably qualified referee.
- 6.3 For all Matches each team shall supply a suitably trained, adult touch judge.
- 6.4 The home Team shall confirm the Match arrangements with the referee no later than 72 hours before kick-off.

Boy's Youth Cup Regulations

1 Composition of Competitions

- 1.1 Competitions shall be held for boys at both U18 and U16 age groups. Each age group shall have a Cup, Shield, Plate competition.

2 Entrance Criteria

- 2.1 There shall be one point of entry to the competitions and entrants shall be confirmed through the National Youth Cup application process administered by the Competition Secretary.
- 2.2 Clubs may enter one team per age group in the National Youth Cup competitions.

3 Date and Format of Cup Competitions

Fixture Dates

- 3.1 Ordinarily the date for each round of fixtures shall be as published on a "weekend of" basis. Should clubs be unable to agree on a date and time for the kick-off, the default arrangement shall be:
 - 3.1.1 U18 Matches shall kick-off at 2pm on the Saturday; and
 - 3.1.2 U16 Matches shall kick-off at 2pm on the Sunday.

Format of Competitions

- 3.2 All of the Youth Cup competitions shall be played on a knock-out basis. The competitions shall be structured to provide all Teams at least two playing opportunities.
 - 3.2.1 Losing Teams from Round 1 of the Youth Cup shall progress to the Youth Plate.
 - 3.2.2 Losing Teams from the Youth Cup Round of 16 shall progress to the Youth Shield.
- 3.3 The fixtures for each round of the competitions shall be determined by an open draw with the following exceptions:
 - 3.3.1 Teams that play in the Open Competition shall receive a bye to the Round of 16.
 - 3.3.2 Eight seeded Teams shall be drawn apart in Rounds 1 and 2 and may be drawn a bye if the final competition format (based on number of teams) requires the use of byes.
 - 3.3.3 In the Round of 16 Teams from the same League competition shall be drawn apart, as far as possible.
 - 3.3.4 The eight seeded Teams, and the seeding criteria adopted, shall be confirmed by the Competitions Secretary as part of the Round 1 draw communication.
- 3.4 As far as practicably possible a Team drawn away in round 1 of a National Cup competition shall be drawn at home in round 2.
- 3.5 Should a Team be unable to fulfil a match they shall play no further part in any level of the competition structure.
- 3.6 Teams can request dispensation from the Competitions Committee to concede a match in Round 1 of the Cup competition. Permission shall ordinarily only be granted if the Committee are satisfied that the match would be significantly one-sided, particularly when physical mismatch is a concern. If permission is granted the team shall be allowed to progress to the Plate competition.
- 3.7 The Competitions Committee reserves the right to revise the format of the Club Youth Cup Competitions where necessary.

4 Venues

- 4.1 Unless otherwise advised by the Competition Secretary each Match shall normally be played at the home venue of the Team drawn first. The Competitions Committee may require any Match to be played at an alternative venue, on an alternative day or at an alternative time.
- 4.2 The Cup finals may be played at a neutral venue determined by Scottish Rugby.

5 The Players

- 5.1 A player may not participate for more than one Team in the Cup competitions outlined in Appendix 2.
- 5.2 If an U16 player, who is also eligible to play U18 rugby (in accordance with Age Banding policy), participates for their club's U18 Team in the Youth Cup competitions, that player shall no longer be eligible to play for the club's U16 team in the Youth Cup competitions.
- 5.3 If due to injury or player unavailability an U16 Team is unable to field a full squad (22 players) of U16 players, or start a match with a contested scrum, a player that is tied to their club's U18 team (in accordance with 5.2) may seek dispensation from the Competitions Committee to play in that Youth Cup match (considered on a match-by-match basis). If permission is granted that player must not start the U16 Cup fixture unless the team has less than 15 players available.
- 5.4 An U18 player, who is also eligible to play adult rugby (in accordance with Age Banding policy), is only eligible to play in a semi-final or final in the U18 Youth Cup competitions if they have participated in at least three Competition matches for the U18 Team prior to the semi-final.
- 5.5 If an U18 player is ineligible under Regulation 5.4 due to injury, match cancellation or non-fulfilment by the opposition, dispensation can be sought from the Competitions Committee to play in the semi-final or final.

6 The Match

Match Officials

- 6.1 Scottish Rugby, or a Referee Society, shall appoint match officials for all U18 Matches, U16 National Youth Cup quarter-finals and semi-finals, and the finals of all Youth Cup competitions.
- 6.2 For all other U16 Matches the home Team must appoint a suitably qualified referee.
- 6.3 For all Matches each team shall supply a suitably trained, adult touch judge.
- 6.4 The home Team shall confirm the Match arrangements with the referee no later than 72 hours before kick-off.

Girl's League Regulations

1 Entrance Criteria

- 1.1 Clubs seeking admission to the Girls U18 or U16 National Leagues must apply in writing to the Competition Secretary. Admission shall be subject to such conditions as the Board may require. Successful applicants may be placed in an appropriate League at the Board's sole discretion.
- 1.2 A club's continued participation shall be considered annually by the Competitions Committee.
- 1.3 Where it believes it to be in the best interests of the game the Board may approve the admission of a school to a Girls League.

2 Structure of Competitions

- 2.1 The League structure shall be communicated by the Competition Secretary in a timely manner based on recommendations established through the annual review of the girls' competition programme.
- 2.2 The Competitions Committee reserves the right to revise the format of the National League Competitions, including at short notice, where necessary.

3 Fixtures

- 3.1 All fixtures shall be scheduled to take place from August 2026 to March 2027.
- 3.2 Teams shall play to a competition and fixture format communicated by the Competitions Secretary.
- 3.3 Where the clubs cannot agree on the venue/kick-off time the following default arrangements shall apply:

- 3.3.1 Both National U16 League and National U18 League Matches shall be played on Sunday;
- 3.3.2 Matches shall kick-off at 2pm.
- 3.2 For the avoidance of doubt the Host Team must confirm the venue and kick-off time during the week preceding the Match. This must be done at least 72 hours before kick-off.

4 The Players

- 4.1 If a team is unable to start a National or Regional Girls League match with 15 players (or 13 players at U16 level), or with a contested scrum, they may borrow players from another club (or clubs) participating in a Girls League competition. For clarity, these borrowed players do not need to be registered to the borrowing team.
- 4.2 A Team may borrow a maximum of five players, or the number required to:
 - 4.2.1 Reach a matchday squad of 15 players (13 for U16): or
 - 4.2.2 enable the match to start with a contested scrum, whichever is lower.
- 4.3 If Regulation 4.1 is enacted, it must not prevent the lending club(s) from fielding at least 15 (or 13) players in their own fixture taking place on the same weekend.

Girl's National Cup Regulations

1 Composition of Competitions

- 1.1 Competitions shall be held for girls at both U18 and U16 age groups. Each age group shall have a National Cup and a National Shield. Additional competitions may be organised based on expected levels of participation at each age group.

2 Entrance Criteria

- 2.1 The National Cup Competitions shall be contested by Teams that have been granted entry into the Girls' League competitions.

3 Date and Format of Cup Competitions

Fixture Dates

- 3.1 The Matches shall be played on the dates and at the times advised by the Competition Secretary. Where both Clubs agree, an application may be made to play on an earlier date.

Format of Competitions

- 3.2 The competition format shall be communicated by the Competition Secretary in a timeous manner based on recommendations established through the annual review of the girls' competition programme.
- 3.3 The Competitions Committee reserves the right to revise the format of the Girls National Cup competitions, including at short notice, where necessary.

4 Venues

- 4.1 Unless otherwise advised by the Competition Secretary each Match shall normally be played at the home venue of the Team drawn first. The Competitions Committee may require any Match to be played at an alternative venue, on an alternative day or at an alternative time.
- 4.2 The Cup Competition finals may be played at a neutral venue determined by Scottish Rugby.

5 The Players

- 5.1 A player may not participate for more than one Team in the Girls National Cup competitions.
- 5.2 If an U16 player, who is also eligible to play U18 rugby (in accordance with Age Banding policy), participates for their club's U18 Team in the Girls' Cup competitions, that player shall no longer be eligible to play for the club's U16 team in the Girls' Cup competitions.
- 5.3 If due to injury or player unavailability an U16 Team is unable to field a full squad (20 players), or start a match with a contested scrum, a player that is tied to their club's U18 team (in accordance with 5.2) may seek dispensation from the Competitions Committee to play in that Girls' Cup match (considered on a match-by-match basis). If permission is granted that player must not start the U16 Cup fixture unless the team has less than 13 players available.
- 5.4 An U18 player, who is also eligible to play adult rugby (in accordance with Age Banding policy), is only eligible to

play in a semi-final or final in the U18 Girls' Cup competitions if they have participated in three Competition matches for the U18 Team prior to the semi-final.

- 5.5 If an U18 player is ineligible under Regulation 5.4 due to injury, match cancellation or non-fulfilment by the opposition, dispensation can be sought from the Competitions Committee to play in the semi-final or final.

6 THE MATCH

Match Officials

- 6.1 Scottish Rugby, or a Referee Society, shall appoint match officials for all U18 Matches, U16 Girls National Cup semi-finals, and the finals of all Girls Cup competitions.
- 6.2 For all other U16 Matches the home Team must appoint a suitably qualified referee.
- 6.3 For all Matches each team shall supply a suitably trained, adult touch judge.
- 6.4 The home Team shall confirm the Match arrangements with the referee no later than 72 hours before kick-off.

APPENDIX 2

DESIGNATED COMPETITIONS AND KEY DATES

1 Designated Competitions

The Schools and Youth National Competition Rules shall apply in respect of the following Schools and Youth National Competitions and such other competitions as may be designated by the Board from time to time:

Boys

Open Competition

Youth Conferences and Leagues (National and Regional)

Schools Conferences and Leagues (National and Regional)

Boy's School Cup Competitions (all levels)

Boy's National Youth Cups Competitions (all levels)

Girls

Girls' Leagues

Girls' National Cup Competitions (all levels)

2 Dates for 2026/27

Close Time ends	03 August 2026
Transfer deadline	28 September 2026
National Schools Cup Finals	TBC December 2026
National Youth Cup Finals	TBC December 2026
Close Time begins	17 May 2027