

Everyone's GAME

School & Youth Competition & Game Play Opportunities

- Kick Off Information
- Season 2026/27

inspiresport™



BE **BRAVE**

CREATE **CLARITY**



As One

BRING **PASSION**

BUILD **BELONGING**

Competition & Play Principles

Player Welfare is at the forefront of all we do

Focus on the **retention** and recruitment of players within our clubs and schools

Competition is **age and stage** appropriate

Opportunities to play **regular competitive rugby**

Focus on creating positive **development environments**

Volunteer & Staff resource is valued and considered



Values & Pitch-side Behaviours



Rugby is a values driven sport so coach, player and supporter behaviour should reflect the values your club stands for. This will be set by the members and brought to life through their actions so if the club values resonate with you, it's likely that you will enjoy the experience of being part of the club. Coach behaviours on pitch are key as they strongly influence those of players and supporters.



What does this look like pitch-side:

- Coach behaviours that create a positive role model for players and supporters
- Parents attend and support their child's club or school
- Playing for enjoyment over winning is always encouraged
- The performance of both teams is applauded by all
- Match officials and their decisions are respected
- Coaching staff and volunteers are thanked for their efforts
- Confrontation and negative behaviour is completely removed
- Scottish Rugby's core values are embraced and promoted

LEADERSHIP

ENGAGEMENT

ACHIEVEMENT

ENJOYMENT

RESPECT

Scottish Rugby Core Values

BE **BRAVE**

CREATE **CLARITY**



As One

BRING **PASSION**

BUILD **BELONGING**

Promote Player Welfare & Wellbeing

Player Welfare & Wellbeing are always a top priority for all involved with the game. For further information about the key areas highlighted here please follow the embedded links.

**IF IN DOUBT,
SIT THEM OUT**

**No PVG =
No Youth Coaching**

**ALL Coaches must
complete RugbyRight via
SCRUMS**

**Maximum Gametime - 90
minutes per 48 hours**

**Age Banding Policy
*Understand & Comply!***

**Report all Serious Injuries
and Concussions via
SCRUMS**

 **CONCUSSION** | **IF IN DOUBT,
SIT THEM OUT.**

Disclosure
SCOTLAND

RUGBYRIGHT 

Age Banding



Age Eligibility Cut Off Date: 1 September 2026

- Each player's Age Grade for season 2026/27 is defined by their age on 1 September 2026. This determines player Age Grade for the entire season.
- The Age Grade Calculators below confirm a player's age grade for 2026/27 and provide guidance about the flexibility to play/train with players out-with a player's age grade.



Boys' Age Grade Calculator



Age Banding on Website



Girls' Age Grade Calculator

Age Banding Queries: age.banding@sru.org.uk

Youth Age Banding Policies | Overview

Season 2026/27 (Male & Female)

2 Year Age Banding



Maximum 2 years between the youngest and oldest player on the field.

Circumstances where exceptions may exist are detailed in the full policy.



**Age Banding
on Website**

15 year old into U18



In exceptional cases, 15 year olds can be granted clearance to play U18 rugby (boys & girls).

Please see full policy documents for application and assessment details.

Players aged U16 & U17 can mix & play in U17 rugby without dispensation.

17 year old into Adult



In exceptional cases, 17 year olds can be granted clearance to play Adult rugby (male & female).

Please see full policy documents for application and assessment details.

Play down



This policy is for players whose physical maturity may be better suited to playing down an age band.

Players will need to meet height & weight 'triggers' for their application to be considered.

Age Banding Applications | Minimum Requirements

For a club or school to successfully complete an **Age Banding Application** they must have a **minimum of 2 users** (18+) registered to the club / school with an assigned **role** and **permissions**.

PLEASE NOTE: The coach who submits an **Age Banding Application** cannot then approve the '**club declaration**' or '**parent declaration**'.

The '**club declaration**' email will be sent to a single user with the highest categorised role type at your club / school. This means users with one of the following role types if assigned at your club / school:

- **For Schools:** 'Director / Head of Schools Rugby', 'Teacher in Charge of Rugby' or 'Other staff involved in rugby'
- **For Clubs:** 'President', 'Chairperson', 'Vice President' or 'Secretary'

PLEASE NOTE: If there is no one at your club / school with these role types then the '**club declaration**' email will be sent to a user at the club with '**Administrator**' permissions.

Guidance on how to assign **roles** and **permissions** to club / school users can be found here: <https://scrums.scottishrugby.org/user-guidance>

**Click to
FAQs**

2 Year Banding | Summary

Season 2026/27 (Male & Female)



Boys and Girls, school and youth rugby can be played in a maximum of 2-Year Age Bandings to help reduce physical mismatches and group players with similar training and playing experiences.



Watch out for...

- pupils that are old for their school year.
- players looking to play up or down to access game-time.
- players playing out-with 2-Year Banding to make up numbers.

Pitchside Care in the Schools & Youth Game



	Recommended Minimum Standards	Aspirational Standards
Training	1 x level 1 provider to 40 players. Consideration given to the layout of pitches as this may require additional providers. Risk assessment recommended if the standard above cannot be met, and session modified depending on outcome. Medical Emergency Action Plan (MEAP) in place.	1 designated Level 1 provider per age group. Co-ordinator to support providers if multiple groups training at the same time. Recommended that the level 1 provider is separate from the coaching team.
Matches	1 designated Level 1 provider per match (home team to provide). Risk assessment should be performed if minimum standard isn't achievable, and game modified if required. Medical Emergency Action Plan (MEAP) in place.	1 designated Level 1 provider per team. Top youth and schools conferences – 1 x Level 2 provider per match (Home team to provide). Recommended that the provider is separate from the coaching team.
Festivals	1 designated Level 1 provider per 50 players. Medical Emergency Action Plan (MEAP) in place.	1 designated level 1 provider per game. Consider geography of pitches



Current Training & Education opportunities can be found in the Browse Courses section in SCRUMS. First Responder and Concussion modules are relevant to all.

Player-centred, Development-driven, Competition-supported



Just a few examples of how this is brought to life through the competition and play programmes.

Age Grade Law Variations

(Don't miss the new variations for girl's game)

Increase playing opportunities

-  Maximum Game-time = 90 minutes in 48-hour period
- Half-Game Initiative – all players should play at least half a game
- U15, U16 & U18 Players are limited to one National Competition fixture each weekend
- Players can only play in one Schools & Youth National Cup competition

Competition Rules

- Play a Development Match to get the Game ON
- Always match player numbers
- Stop the game and adapt when a team gets 50-point lead

GAME ON!

Competition Administration – KO Checklist



➤ Player, Coach & Match Official Registration

- ☐ Check **SCRUMS** is accurate

➤ Fixtures

- ☐ Check in with opposition to make arrangements

➤ Match Officials

- ☐ Check in with local society & whostheref.com

➤ Result & Teamsheet Submission

- ☐ Agree who is responsible at your club/school and check permissions in SCRUMS

➤ Contacts

- ☐ Check 'Key contact for boys & girls rugby' in SCRUMS

➤ Competition Rules & Age Grade Policy

- ☐ Get familiar & ask for clarification if needed



Player Registration



- Players must be registered to be eligible to play in competition fixtures. Players not registered in the system cannot be added to Teamsheets.
- Players aged 14 and older can register themselves in the system if they have an email address. Parent/carers are required to register players that are under 14 years of age.
- Unless a player (or their parent if under 14) has made themselves inactive, player registrations from last season will remain active in SCRUMS
- To navigate to the SCRUMS login / registration page, please follow this link:
<https://scrums.scottishrugby.org/login>
- To begin registration, click on the 'Register Here' button from the SCRUMS main login page. After accepting the 'SCRUMS Terms of Use' & 'Privacy Policy', from the presented dropdown, select 'I am registering my child / dependant' option.



Fixture Organisation & Match Officials



Fixtures must be played on the dates set by Competition Administration, but the Competition Rules do provide a degree of flexibility to ensure all fixtures have the best opportunity of being completed.

Fixture Dates

- If both teams agree to play on a different date (e.g. Saturday instead of Sunday or vice versa, Friday night or midweek) club/schools can request a change via Competition Administration.
- Requests must be submitted as early as possible, and the new date proposed must be before the final round of fixtures for that Conference/League.
- If agreed by Competition Administration the referee society must be informed immediately for U18 fixtures.

Fixture Venue & Kick Off time

- The Competition Regulations (rules document pages 16-22) contain default positions, but club/schools are free to agree alternative arrangements.
- Club/schools must seek permission for a change in venue or Kick Off time for U18 fixtures well in advance as this may affect the allocation of match officials.
- Club/schools must update SCRUMS and competition administration if an alternative venue (reversal or neutral) is agreed as this may impact travel funding.

MATCH OFFICIALS

Fixture Organisation & Match Officials



Match Officials

- Scottish Rugby or Regional Referee Societies appoint to U18 fixtures - appointments are made via whostheref.com.
- The host club or school is responsible for arranging a qualified match official for all other fixtures.
- Additional guidance about appointment of match officials in the youth game can be found [here](#)

Match Official Appointments

Borders Referee Society
brrsallocations@gmail.com

Caledonia Referee Society
crr.allocations@gmail.com

Edinburgh Referee Society
allocations.ERRS@gmail.com

West Referee Society
wrrs.allocations@gmail.com

Scottish Rugby Panel
Craig McCann - craig.mccann@sru.org.uk
Bob Easton - bobeaston66@gmail.com

Travel Support



- Support is provided for Long Journeys & Travel to/from Scottish Islands
- Travel Scheme applies to fixtures played within designated age grade competitions:
 - inspiresport Conferences/Leagues/Fixtures
 - National & Regional Cup competitions
- Awards based on fixture details recorded in SCRUMS with proviso that a result and Teamsheet has been submitted for that fixture.
- Clubs and schools must make sure the fixture orientation (venue) for each fixture is correct in SCRUMS.

Click to go to Club Investment Fund information on scottishrugby.org

4. TRAVEL SUPPORT

Long Journeys
If a club or school is required to fulfil a Scottish Rugby (league or cup) fixture with a return journey in excess of 349 miles on the mainland of Scotland, Scottish Rugby may make a travel contribution in respect of each of these journeys (excluding visits to the Scottish Islands which are covered below) as follows:

BETWEEN (MILES)	AMOUNT
Return journey of 150 miles to 249 miles	£250.00
Return journey of 250 miles to 349 miles	£350.00
Return journey of 350 miles to 599 miles	£500.00
Return journey of 600 miles or more	£600.00

School & Youth Multiple Team Travel
If your club is travelling with 1-3 teams, the travel support available is as follows:

BETWEEN (MILES)	AMOUNT
Return journey of 150 miles to 249 miles	£250.00
Return journey of 250 miles to 349 miles	£350.00
Return journey of 350 miles to 599 miles	£500.00
Return journey of 600 miles or more	£600.00

Club Travel
If your club is travelling with 4 or more teams, the travel support available is as follows:

BETWEEN (MILES)	AMOUNT
Return journey of 150 miles to 249 miles	£500.00
Return journey of 250 miles to 349 miles	£700.00
Return journey of 350 miles to 599 miles	£1,000.00
Return journey of 600 miles or more	£1,200.00

CLUB INVESTMENT FUND SEASON 2024-25

Result & Teamsheet Submission

Submit ASAP
on final whistle



Results

- The Home Club or School is responsible for submitting the result - or other match outcome - via SCRUMS
- To submit a result the SCRUMS user must have 'Coach/Team Manager' or 'Administrator' level permission in SCRUMS
- Results must be submitted as soon as possible after Full Time - **Monday 10am at the latest**

Teamsheets

- Submit online through SCRUMS **within 48 hours** for **ALL** fixtures **U13 – U18**
- **Deductions applied to participation funding for late submission** – full details can be found in Club investment Fund and Schools Partnership Agreements.
- Print a copy and pass to the referee and opposition 30 minutes before Kick-off
- Clubs and schools are also asked to create friendly fixtures in SCRUMS and submit a Teamsheet

Recording a Match Official



Please help us collect Match Official information for your fixtures. It will provide vital intelligence to Scottish Rugby and to our Referee Societies about how many active officials we have at all levels of the game and in all parts of the country.

Here's how to do that:

- After submitting the result of your fixture, as the home club / school, you will see a pop-up box where you will be asked to also record the match official.
- You can then either search for a registered match official (who has a Match Official profile in SCRUMS), or search for any person (16+) at your club / school (using surname or SCRUMS ID).
- If the match official is not known or not listed, you can click the NOT FOUND / NOT KNOWN button at the bottom and the information can be submitted later, via the FIXTURES page.

[Click to
User
Guide](#)

Competition Rules



Schools & Youth National Competitions Rules (SYNCR) 2026/27 are available [here](#)

SYNCRs apply to all competitions played in the autumn phase of the season; National & Regional Conferences, Leagues and Cups.

Aspects of the rules considered through the rule revision process are noted below but please take the time to digest the rules in full.

Area of Rules	Comments
Player Eligibility	There has been key changes made to the core elements of the player eligibility rules: • Each player is eligible to participate with <u>two clubs & one school</u> across the entire programme of Schools & Youth National Cup competitions. • A player may not play for two teams in the same competition. • 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. However, the following rule remains: • U18, U16 & U15 players are eligible to participate in <u>one Competition fixture only each weekend</u>. Adapted rule for 26/27 (applicable to Boys' Regional Leagues and Conferences): • If a team is unable to start the match with 15 players, they may borrow up to a maximum of 5 players or the number required to reach a matchday of 15 or start with contested scrums. • Borrowed players do not need to be registered to that team in these circumstances • Players cannot be borrowed in a team's final 3 league fixtures. Head Coaches & Team Managers of U15-U18 teams should also read the Player Eligibility information document that can be found here.

Competition Rules (continued)



Area of Rules	Comments
Fixtures	Rule 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.
Cancelled & Postponed Fixtures	Rule 3.9.1/3.9.2 - Revisions made to clarify that a cancelled/postponed match will be rescheduled to the first available competition date. Clubs should work to find a date if there are no competition dates available.
Replacements & Substitutions	Rule 5.15 - Teams are permitted to make an unlimited number of rolling substitutions.
Team Selection	A player is ineligible for their 2nd or B XV's final three matches unless at least 50% of their season appearances have been for that team, or they have prior written permission from the Competitions Committee.
Cup Eligibility	- Any U16 player who plays for their club's U18 team in the Cup becomes ineligible to play for the club's U16 team in the Cup. - 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 the U18 team may seek dispensation.

Dual Registration



SYNCRs apply to all competitions played in the autumn phase of the season; Conferences & Leagues (National and Regional) and National Cup competitions (includes Shield/Plate/Bowl etc).

For the first time, dual registration is being introduced to the Youth game..

Area of Rules	Comments
Dual Registration	- A Player's Primary and Secondary Clubs must play in different League competitions. - 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. - No more than five Secondary Registered Players may be included in the Match squad of their lower placed Club. Transfer Deadline - A transfer deadline date has been set (28th September). - 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. 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). Head Coaches & Team Managers of U15-U18 teams should also read the Player Eligibility information document that can be found here.

S&Y Competitions E-Learning



To help raise awareness and understanding for the Schools & Youth Competition Rules we have also produced an E-Learning Course that can be found in [GAINLINE](#).

The course is for Youth/Schools Directors/Convenors and U15-U18 Coaches & Team Managers

BE **BRAVE**

CREATE **CLARITY**



As One

BRING **PASSION**

BUILD **BELONGING**

Contacts



Competition Administration	Match Official Appointments
National Sam Parlane - sam.parlane@sru.org.uk	Borders Referee Society brrsallocations@gmail.com
Caledonia Mark Salter - mark.salter@sru.org.uk	Caledonia Referee Society crr.allocations@gmail.com
East Murray Bushell - murray.bushell@sru.org.uk	Edinburgh Referee Society allocations.ERRS@gmail.com
West Gareth Gorman - gareth.gorman@sru.org.uk	West Referee Society wrrs.allocations@gmail.com
SCRUMS Support - SCRUMS@sru.org.uk Age Banding Queries - age.banding@sru.org.uk	Scottish Rugby Panel Craig McCann - craig.mccann@sru.org.uk Bob Easton - bobeaston66@gmail.com



**Rugby
Development
Contacts**

BE **BRAVE**

CREATE **CLARITY**



As One

BRING **PASSION**

BUILD **BELONGING**

Game Development



Please remember all coaches actively involved with the delivery of contact rugby (P4/U9 and above) are required to have completed a coaching qualification.

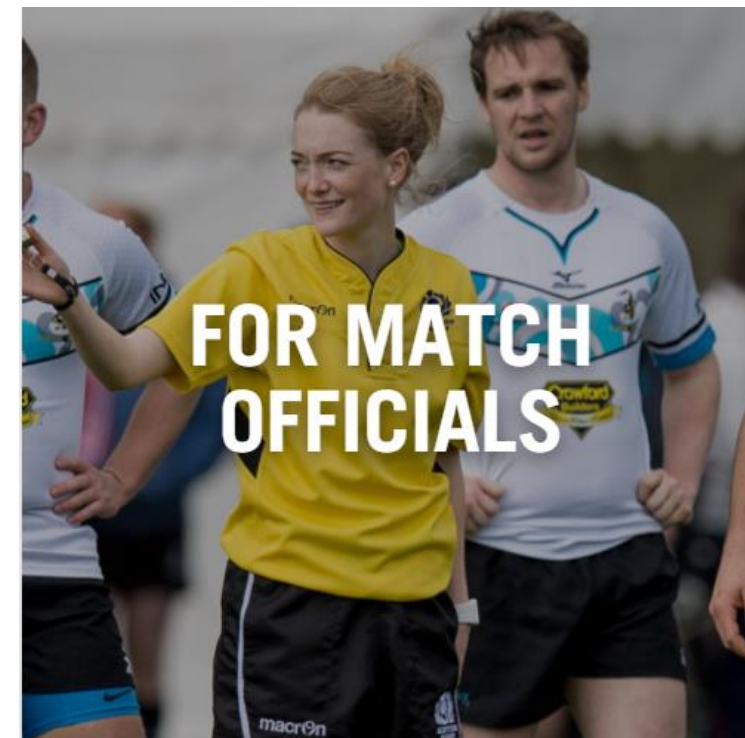
Click through below for the latest Coach and Match Official T&E opportunities and updates...



G A I N L I N E

Don't forget Scottish Rugby's interactive Training Hub – it's crammed with coaching and match officiating resources.

Don't miss the new Girls Age Grade Law Variations



Social Media Champion Checklist

Follow the checklist below to help you get started in your role, but we want to see your ideas too - so get creative!

- 
- ☐ Ask for access to your club or school's social media page or ask to get set up
 - Instagram - Share images and videos
 - Twitter - Share instant updates, images and videos
 - Facebook - Share updates, videos and images
 - ☐ Get some new followers on your pages
 - Include details of the social account(s) in a school or club email newsletter
 - Encourage all the players, parents, coaches and teachers to follow the account(s)
 - ☐ Follow other teams in your conference to keep up to date on what they are doing
 - ☐ Get all your club's age grade teams together for one big picture
 - ☐ Promote your upcoming matches in advance
 - Upcoming game? Do a countdown, tell people how training is going for the game. Want a crowd? Encourage people to come along and cheer the team on at the side-lines. Get the players involved and share your team line up before the match.
 - ☐ Share your journey
 - Is your game an away game? Keep your followers updated on everything from your travels.
 - ☐ Keep followers updated throughout the season and give updates on how you are progressing through the league
 - ☐ Share a full-time picture
 - Shaking hands with your opponents and/or celebrating at the final whistle
 - ☐ Share the full-time score of your games
 - Think about how to keep it looking different each time - share an image of the players in action or a short clip
 - ☐ Create an album of pictures from a game on Facebook or Instagram
 - ☐ Share a video of someone scoring a try
 - ☐ If your club/school website reports on scores or match reports, share the story
 - ☐ Share a video of a rugby drill at training
 - ☐ Highlight individual players and do a post about their performance or rugby story
 - ☐ Share a boomerang of the team - have some silly fun
 - ☐ Got a big match? Live Tweet your score updates
 - ☐ Interview the captain before or after a game and post a story or video
 - ☐ Retweet or share your coaches, players, school and club accounts if they post about the team
 - ☐ Show Scottish Rugby what great work you're doing by tagging @Scotlandteam in your posts!

#AsOne

Help raise the profile of the Schools
& Youth Game through this Social
Media Checklist. (Click [here](#) to download)

@Scotlandteam

#AsOne