

## **RULES AND REGULATIONS 2011 - 12**

### **1. General RFUW Competitive Structure**

**The competition structure aims to incorporate all Women and Girls teams and players wishing to participate in rugby and takes into account the different levels of team ability and strengths from the very new teams / players and their progression upwards, through to more experienced teams at the top level.**

1.1. The RFUW Competitive Structure is divided into Club (Senior), Student and Youth (Under 15 and Under 18 years of age) Competitions.

1.1.1. The Senior Club Structure comprises of a League and Cup Competition for National Challenge 1 and below

1.1.2. The U18 Structure consists of U18 League and National 7's.

The U15 Structure consists of a U15 League and National 7's.

1.1.3. Club Sides may not participate in Higher/ Further Education Competitions; Higher/ Further Education sides may participate in Club Competitions if they are affiliated and accepted as full member clubs.

1.2. Omissions and interpretations and Further Regulations.

1.2.1 The RFUW Board of Directors shall have the absolute and unfettered discretion on any matters not provided for in and on the interpretation of these Regulations and/ or make further or alternative regulations for the Competitive Structure and individual competitions where there is a requirement. The RFUW Board of Directors decision shall therefore be final and binding.

### **1.3. Mixed Rugby**

The playing of rugby football between male and female teams or by teams containing male and female players is prohibited if one or more of the players are over the age of 12 years at midnight on 31<sup>st</sup> August/ 1<sup>st</sup> September of the season concerned as per the RFU Continuum.

Exception: Excluding all forms of non-contact or tag/ touch rugby.

## **2. General Rules**

2.1. Competition Entry and Participation Conditions:

To participate in the RFUW Competitions the rules must be adhered to. Failure to comply with these rules and regulations may result in disciplinary action being taken by the RFUW, which may include clubs having points deducted, having to play all competition fixtures away from home or eventual expulsion from the league and/ or cup and monetary fines.

2.1.1. All games will be played according to IRB laws unless otherwise specified in the regulations of the RFUW league and event criteria.

- 2.1.2. Each club is responsible for the conduct of its players, volunteers and supporters, both home and away. This rule will be enforced in accordance with the RFU/W Equity Policy and Code of Conduct.
- 2.1.3. All teams are expected to provide their own first aid kit. Water spray bottles and sterile wipes for the treatment of blood injuries are also to be provided by each side for their own team, the use of buckets and sponges is to be positively discouraged. Current RFU & IRB guidelines for treatment of blood injuries are to be adhered to. The home side should ensure that there is access to a telephone for emergencies.
- 2.1.4. The home team is expected to provide women only changing and washing facilities for the opposition, as well as appropriate facilities for the referee.
- 2.1.5. It is strongly recommended to wear a pre-formed gum shield for all players.

## **2.2. Eligibility of Teams to enter RFUW Competitions**

- 2.2.1. All Club, Student and Youth sides must be fully affiliated members of the RFUW and comprehensively insured with the RFUW Insurers.
  - 2.2.1.1. Clubs will not be entered into a league until the RFUW are in receipt of the completed intention to affiliate form at the end of May.
    - 2.2.1.2. Clubs are required to return their completed Affiliation forms by 1<sup>st</sup> July. As part of the affiliation process all clubs will be required to individually register all squads on rugby first.
    - 2.2.1.3. Leagues and fixtures will be completed by 1<sup>st</sup> July.
  - 2.2.2. Number of club sides able to compete in the respective League Competitions:
    - 2.2.2.1. Only one club team can participate in each league.
    - 2.2.2.2. If a first team is relegated and the 2<sup>nd</sup> team is in the league below they will also be relegated. Likewise with a 3<sup>rd</sup> team.

## **2.3. Eligibility of Individual Players**

- 2.3.1. All Senior and Student players participating in the RFUW Competition Structure (and player development pathway) must be both:
  - i) Individually registered with the RFU/RFUW on rugby first by the specified date. Registration forms can be found on the website
  - ii) A member of an affiliated club or student team.
- 2.3.1.1 All Youth players must be members of an affiliated Club or School side and be registered through the RFU registration scheme.

**N.B. IRB Regulation 4 prohibits players being registered with more than one union simultaneously. Exceptions for students and members**

**of armed services only, can be made under IRB Regulation 4.5.8. (See [www.irb.com](http://www.irb.com) for further information and procedure).**

- 2.3.2. New Senior Players must register with the RFUW on Rugby First before they are eligible for league and/ or cup matches. Registration is effective 7 days after input on rugby first, please see individual ruling for your clubs league on registering players in an emergency
- 2.3.2.1 Urgent registration can be given verbally or by registration form to the RFUW Competitions Officer by no later than 6pm on the Saturday before the match for which permission to play is sought by telephoning 07779 231 970 and leaving a message stating your club, players name and date of birth or emailing a registration form. A club then has 5 days to send in the registration form or input the data on rugby first. There will be a fee of £45 for an emergency registration.
- 2.3.3. Student players can register with both a student team and one club side.
- 2.3.4. If clubs play an ineligible player they will face an RFUW Disciplinary ruling which could result in the club having league points deducted, players being suspended and a mandatory fine.
- 2.3.5. At the end of the season it is up to each individual club to go through their registered player lists and make any players who will no longer be playing at their club inactive. All players must be confirmed as registered at their club 7 days prior to the first league game.
- 2.3.6. Any player joining from overseas must have a clearance/release form from their previous governing body and can only be registered on rugby first by the RFUW.

#### **2.4. Player Transfers**

- 2.4.1. Between the dates of the 1<sup>st</sup> September – May 31<sup>st</sup> any senior player wishing to deregister with one club and register with another club must observe the RFUW player transfer procedure. A player may only transfer once in any season. Appeals should be addressed to the RFUW Competitions Officer.
- 2.4.2. A player transfer form must be completed and signed by the Captain or Secretary of the current and new clubs.
- 2.4.3. A Captain/ Secretary of the current club may refuse to sign the transfer form if:-
  - i) The transferring player is under suspension
  - ii) The transferring player is in debt to the "Current" club.
- 2.4.4. A transferred player who has played no league games that season for their previous club is eligible to play league rugby immediately.

A transferred player who has played one or more league or cup games for their previous club that season, cannot play for the new club until the transfer form has been received by the Competitions Officer. The date the

form is RECEIVED by the Competitions Officer is the DATE OF TRANSFER.

There is a waiting period of 7 days from receipt of transfer to completion of transfer; once these 7 days have passed a player is eligible to play for her new team. The new team will receive email confirmation of the date.

Once the league season has finished for your club a player is not allowed to transfer to another Club for Cup Competitions or playoffs.

2.4.5. A player may only represent one club in all RFUW Cup Competitions.

2.4.6. The RFUW do not actively tell / instruct players to move clubs to further their England career. Coaches may suggest to players they consider standard of coaching, support available and travel requirements at clubs, but players must make their own choice.

**NB: Any unnecessary delay in completion of transfer paperwork should be reported to the RFUW Competitions Officer.**

## **2.5. Movement of Players between teams inside a Club.**

2.5.1. Standard movement will be defined as follows:

- i) Improved players getting into higher teams.
- ii) Players being dropped in an agreement with the RFUW Competitions Officer.
- iii) Injured players returning to the game in the lower teams.
- iv) Players replacing injured players in higher teams, solely for the duration of that injury.
- v) Any other movement which is interpreted as being within the 'spirit of the game', by the RFUW Competitions Officer.

2.5.2. The following is not permitted:

- i) A player who played in the last 1<sup>st</sup> team League or Cup match may not play in the 2<sup>nd</sup> team League or Cup fixture unless:
- ii) They were replacing an injured regular first team player who is now fit.
- iii) They have been dropped in favour of a better player in agreement with the RFUW Competitions Officer.

Any situation which would breach these rules must be cleared with the RFUW Competitions Officer prior to the match for which permission to play is sought.

- iv) A player cannot represent the 1<sup>st</sup> and 2<sup>nd</sup> XV on the same day or the same weekend.

2.5.3. Squad lists for all teams must be submitted in advance of any team Fixture, irrespective of whether both teams have fixtures. These lists must be presented to the RFUW Competitions Officer by 12noon on the Saturday before the match is due to be played. Failure to do this will lead to a mandatory fine and could lead to points being deducted.

## 2.6. Replacements

2.6.1. All replacements shall be made in accordance with current IRB laws, ([www.irb.com](http://www.irb.com)).

2.6.2 All replacements shall be named prior to kick off.

## 2.7. Substitutions

Premiership, Championship and National Challenge Division 1 can substitute up to a maximum of 7 players. Substitutions may only be made when the ball is dead and with the permission of the referee.

2.7.1. If a player is substituted, that player must not return to play in that match, even to replace an injured player.

Exception 1: a substituted player may replace a player with a bleeding or open wound.

Exception 2: a substituted player may replace a front row player when injured, temporarily suspended or sent off.

2.7.2. National Challenge 2 & below. All matches can be played with reduced numbers and teams either match 15 or 12 a side.

Squad size 20 with a maximum of 10 interchanges roll on roll off substitutions.

**NB: - A player substituted due to injury may not rejoin the match under any circumstances.**

## 2.8. Front row players must be suitably trained and experienced.

2.8.1 The table below indicates the numbers of suitably trained and experienced players for the front row when nominating different numbers of players. Please look at the number of players you are allowed in your league to follow this table for example if maximum squad size is 22 you follow that number

No. of Players	Number of Suitably Trained and Experienced Players
15 or less	3 players who can play in the front row
16, 17 or 18	4 players who can play in the front row
19,20, 21 or 22	5 players who can play in the front row

Each player in the front row and any potential replacements must be suitably trained and experienced.

When 19, 20, 21 or 22 players are nominated in a team there must be five players who can play in the front row to ensure that on the first occasion that a replacement hooker is required, and on the first occasion that a replacement prop forward is required, the team can continue to play safely with contested scrums.

2.8.1.1 The replacement of a front row forward must come from suitably trained and experienced players who started the match or from the nominated replacements.

2.8.2 Premiership, Championship and National Challenge Division 1, and National Cup Competitions.

If on the third occasion a front row player requires to be replaced and her team cannot provide a replacement of another player capable of playing in the front row of the scrum, then uncontested scrums will be permitted.

2.8.3. Sin Bin

If a team has no suitable player available to fill the role of a front row forward who has been "sin binned", the referee will order uncontested scrums for the period of the temporary suspension. Provided the team started the match with the minimum number of players capable of playing in the front row, this will not affect the match result.

## **2.9. Uncontested Scrums: Premiership, Championship and National Challenge Division 1**

In the event of a team being unable to field a suitably trained front row at the start of any fixtures so that uncontested scrums result, that team shall be deemed to have lost the match, but will not have a default awarded against them if they turn up to play the fixture.

A team unable to field a suitably trained front row should still make every effort to fulfil their fixture with uncontested scrums so avoiding default.

2.9.1. National Challenge 2 and below

In the event of a team being unable to field a suitably trained front row at the start of any fixtures so that uncontested scrums result, the result shall stand.

In the event of this taking place communication to this effect must be made with the opposition the week before the fixture is played and if you find you have a problem on the day of the game you must communicate with your opposition immediately. Every effort must be made within your club to train suitable front row replacements. Please refer to rule 3.3.18 on contacting your opposition.

If we find clubs are abusing the system and regularly playing uncontested scrums without making any effort to train up a front row their league status will be reviewed and they may find their league games awarded to the opposition.

## **2.10. Defaulting Fixtures**

If a team default an away league fixture then the reverse fixture will automatically become an away fixture for the defaulting club.

- 2.10.1. Premiership and Championship North and South. For the 2011/12 season, Clubs that do not fulfil one of their fixtures will be automatically relegated at the end of the season.
- 2.10.2. Championship 2 and National Challenge 1 and below clubs that do not fulfil one of their fixtures will have their league status reviewed at the end of the season; Clubs that do not fulfil two of their fixtures will automatically be relegated at the end of the season.

## **2.11. Referees**

The Home team is responsible for arranging the appointment of a qualified referee from their local Referees Society. Wherever possible the Referee should have no relationship with the club or players which may be seen as bias.

- 2.11.1. Premiership – Referees will be appointed by the RFU. It is the responsibility of the home team to liaise with their local RFU appointment Secretary.
- 2.11.2. National Challenge Division 2 and below, every attempt should be made to provide a Society Referee, otherwise a qualified referee must be used\* (qualified being defined by RFU referee department definition). The status and any relationship to the home club of the person, who will officiate at the match, must be declared to the opposition prior to kick off.
- 2.11.3. The referee may request players to remove jewellery which, in their opinion, is dangerous.
- 2.11.4. The referee may request that fingernails are cut or taped if they are, in their opinion, dangerous.

## **2.12. Abandonment**

- 2.12.1. It is the responsibility of the home club to provide a suitable pitch for the match to be played on. If your Club's ground is prone to being waterlogged or frozen, every effort must be made to secure another ground within a reasonable distance of your club to try to ensure the fixture takes place on the designated day.
- 2.12.2. If a match is abandoned because of weather conditions when sixty minutes or more have been played for full iRB laws and 50 minutes have been played for iRB U19 Laws then the score at the moment of abandonment shall stand and be deemed to be the final score in the match. The referee's decision as to the necessity for abandonment and the number of minutes played and the time of abandonment shall be final.
- 2.12.3. If weather conditions prevent a match being played, or a match is abandoned because of such conditions with less than sixty or 50 minutes played, the match shall be replayed on a date to be agreed by both teams and the RFUW Competitions Officer (see 2.13.2 below).

- 2.12.4. If the referee finds it necessary to abandon the match for any reason other than weather conditions, then irrespective of the number of minutes played the result of that match may be determined by the Competitions Officer or the match be ordered to be replayed.
- 2.12.5. If the match is abandoned as stated above both teams shall provide a completed match day form signed by the Referee and stating the exact time of the match abandonment, the number of minutes played, the score at the time of abandonment and the reason for abandonment.
- 2.12.6. If a match is abandoned the Result service must be telephoned, failure to do so will lead to a mandatory fine.

### **2.13. Re-arrangement of Fixtures**

- 2.13.1. All League Competitions

**Please read individual League Structure for each league as not all leagues are eligible to rearrange fixtures.**

A fixture may only be moved in circumstances, which in the opinion of the Competitions Officer are considered extreme. Both clubs must be in agreement and must notify the Competitions Officer for approval, at least 5 days prior to the original fixture. If both teams are not in agreement the fixture is played on the set date or a walkover may be awarded.

- 2.13.2. If a match is to be rearranged a new date must be agreed within 2 weeks and communicated to the RFUW Competitions Officer and the Results service.

If an agreement is not reached, the RFUW Competitions Officer will allocate a date and venue.

- 2.13.3. It is the clubs responsibility to inform the Competitions Officer and the Result service of the new date, failure to do so will lead to a mandatory fine or loss of league points.

- 2.13.4. In the event of a League Match not being played the Competitions Officer at his/her absolute discretion, may award the competition points to either side, divide the competition points equally between the sides, decide that no competition points shall be awarded or if he/she is in the view that a club has unjustifiably failed to fulfil it's obligations deduct competition points from the club. In addition the Competitions Officer may order the match to be replayed on a date specified or order a match to be counted as a "double header" whereby the outcome of the match will count against both fixtures, this taking into account the promotion and relegation issue in the league concerned, (including the effect on other Clubs in the league not involved in the league match) the commitments of the club concerned and giving priority to arguments of the club who was not at fault in the event of a dispute on any re-arranged match date.

### **2.14. Kick-Off Delay**

Any delay to the kick-off of a match may be reported by the non-offending club to the Competitions Officer. It is advisable to have confirmation by the

referee of any delay. The Competitions Officer will then take appropriate action, when all the circumstances have been taken into consideration. It may lead to the fixture being awarded to the non-offending club.

If a delay in kick-off occurs, wherever possible every effort should be made by the two teams concerned to play the match on the day of the fixture.

## **2.15. Match Day Forms & Results**

Score Reporting – The home side is required to telephone their results in immediately after the game has finished, and by no later than 6pm on the day of the match. All results for all leagues must be telephoned to the RFUW Result line on **0845 226 0411**.

Failure to comply will lead to the offending club having a monetary fine imposed. Persistent offenders will ultimately lead to league points being deducted or cup fixtures forfeited.

- 2.15.1. The match day forms are crucial to the workings of the league and cup competitions. All home teams are ultimately responsible for ensuring they return a match day form for all RFUW Competition Matches
- 2.15.2. The Premiership and the Championship for the 2011/12 season will be using the rugby round up match report form system. Please see the RFUW for the procedure.
- 2.15.3. National Challenge 1 and below will be using the RFUW Match report forms and these must be returned within 5 days of the fixture being played to the address indicated on the form.
- 2.15.4. Failure to comply will lead to the offending club having a monetary fine imposed. Persistent offenders will ultimately lead to league points being deducted or cup fixtures forfeited. Continued non-return of forms may lead to expulsion from the league. It also leads to the lateness of bonus points being awarded.
- 2.15.5. Each club is responsible for correctly completing a match result sheet in accordance with the Match Day Requirements.
- 2.15.6. Providing false information on players or replacements taking part in a match shall be a serious offence.
- 2.15.7. A club proved to be guilty of providing false information:
  - 2.15.7.1 League Competition – the offending team shall receive a mandatory fine and be deducted no more than eight championship points on each occasion false information has been provided. This will be in addition to any points which may have been deducted if the players or replacements were ineligible.
  - 2.15.7.2 Cup Competition – the offending team shall be disqualified immediately from the Competition and fined a minimum of £100.
  - 2.15.7.3 The Competitions Officer is empowered to impose monetary fines for failure to comply with any of the above or Match Day Instructions and non-payment

of fines by the due dates may lead to a deduction of two competition points for each such offence.

## **2.16. Discipline**

The Competitions Officer shall have the power to discipline any participating club or have the power of referral to the RFU Disciplinary Procedures for breach of any of the competition regulations by way of loss of match or competition points, transfer of points, review of the result, monetary fine or compensation award, and any such club may be liable to be placed at the bottom of the League concerned and such Clubs results deleted from such League Tables.

## **2.17. Mandatory Fines**

Failing to telephone result in by 6pm	£30
Failure to send in match day form within 5 days	£30
Failure to send in 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> XV squads	£20
Providing false information and the playing of unregistered players (and an RFU disciplinary hearing, which could lead to points being deducted).	£100 per player
Failing to fill in yellow and red card forms	£20

In the case of repeat offending the fines will be at the discretion of the Competitions Review Group.

## **3. Senior Players: Club League Competitive Structure – Rules**

**The following rules must be adhered to by all Leagues, please read your selected league for your Rule and Regulation.**

Each team will play every team twice as a minimum: a home fixture and an away fixture.

The fixture dates will be pre-set by the RFUW Competitions Officer.

Fixtures will be available by 1<sup>st</sup> July for the following season, provided relevant affiliation and insurance forms have been sent in.

All teams to use a Size 5 Ball.

### **3.1. Premiership and the Championship will play Full IRB Laws, National Challenge 1 and below will play to IRB U19 Laws**

### **3.2. Premiership and Championship North and South**

#### **3.2.1. Premiership and Championship North and South may not borrow players from other clubs for League games under any circumstances.**

### 3.2.2 **Player Registration**

All players must be registered on rugby first 7 days prior to the fixture being played, you are allowed to emergency register 2 players up until Midnight on Friday evening on rugby first, these will be classed as registered as long as they are pending on the registration system.

3.2.3. Matches can only be cancelled/ re-arranged for:

- i) Unforecast freak weather conditions or
- ii) 5 or more England players are away on International Duty (FULL ENGLAND SENIOR SQUAD ONLY)

3.2.4. Match day squad numbers are limited to a maximum of 22 players.

3.2.5. Match Duration 40 minutes each way.

3.2.6. Entry to the Premiership is gained by closed application. Applications to the Premiership will be individually investigated by the RFUW:

- i) All clubs must have a Development plan and a Yearly Action Plan
- ii) Clubs will have to demonstrate that they have a minimum of 32 registered players at the start of the season, for clubs that run 2 sides then a minimum of 50 registered players is required and 70 players if clubs run 3 sides.  
From the registered player list we expect the following:  
At least 28 of the players are ready to play premiership rugby.  
At least 7 of these players must be able to play in the front row.
- iii) Recent playing history will be considered
- iv) Clubs must commit to send at least one delegate to a yearly meeting with the RFUW Performance department.
- v) Club coaches must commit to attend Coach Development Days with the performance Department
- vi) Clubs must meet their WRDM in August and March if they are in the premiership to review their development / action plans. Clubs in Championship 1 North and South will meet pre season and post Christmas.
- vii) Premiership clubs to commit to supporting the development of Girl's / Women's rugby in their local CB.
- viii) Championship North and South Clubs to support and commit to attend their local Women and Girl's Forum in conjunction with their local WRDM.
- ix) All clubs must actively support the CB and Divisional Programme

- x) Premiership clubs that have a second team must show that there is an open and supported pathway between the teams.
- xi) Clubs that have a junior set up to provide links and mentoring to the tams and provide transitional link for players leaving U18 rugby into senior rugby.

3.2.7 The winner of Championship North and South league will play each other in the Championship Cup. (North v South)

### **Championship 2 – North, Midlands, South East, South West**

3.2.8. Championship 2 teams may not borrow players from other clubs for League games under any circumstances.

#### **3.2.9 Player Registration**

All players must be registered on rugby first 7 days prior to the fixture being played, you are allowed to emergency register 2 players up until Midnight on Friday evening on rugby first, these will be classed as registered as long as they are pending on the registration system.

3.2.10. Match day squad numbers – maximum of 22 players.

3.2.11. Match Duration 40 minutes each way.

3.2.12. The winning teams from the North, Midlands, South East and South West will participate in a play off for promotion to Championship 1 North and South respectively. The North will play the Midlands for a place in Championship North; The South East will play the South West for a place in Championship South.

### **National Challenge 1 and below**

3.2.13. All leagues to play the RFUW Senior Variations of the laws. In the event of a team not being able to field the correct number of suitably trained and experienced front row players, the uncontested scrummage law will apply as per competition regulations.

3.2.14. All matches will be 35 minutes each way.

#### **3.2.15 Player Registration**

All players must be registered on rugby first 7 days prior to the fixture being played, you are allowed to emergency register 4 players up until Midnight on Friday evening on rugby first, these will be classed as registered as long as they are pending on the registration system.

### **National Challenge 1**

3.2.16. Matches will be 15 a side.

3.2.17. Match day squad numbers will be a maximum of 22.

3.2.18. Scrum: No wheeling; no more than 1.5 m push in scrum.

## **National Challenge 2 & below**

- 3.2.19. All matches can be played with reduced numbers and teams either match 15 or 12 a side. 12 a side will comprise of 6 forwards and 6 backs (front row, second row, number 8). The lowest number of players a team can play with is 10.

Maximum of 20 players with 10 interchanges allowed using roll on roll off substitutes.

- 3.2.20. Match Duration 35 Minutes each way.

- 3.2.21. Teams are required to contact their opposition by no later than Thursday evening to confirm playing numbers for the scheduled fixtures to enable both teams to agree on the format of the match. This should also include whether the game is likely to be played with contested or uncontested scrums.

**Failure to match playing numbers will lead to an RFUW Disciplinary hearing which will include a mandatory fine and points being awarded to the Opposition.**

### **3.3. Kick Off**

- 3.3.1 All matches shall start at the following times:

September, March and April	2.45pm
October and February	2.30pm
November, December and January	2.00pm

- 3.3.2. Kick-off time may be re-arranged by mutual agreement between two clubs. If the away team disagrees, they must contact the Competitions Officer 3 days in advance of the fixture. Failure to do so will be taken as an agreement to the new time.

### **3.4. League Points**

- 3.4.1. Premiership, Championship and National Challenge 1 are as follows –

4 points for a win  
2 points for a draw  
0 points for a loss

- 3.4.2. A bonus points system will be used – One bonus point will be awarded to a team:

- i) on each occasion it scores five or more tries in a League game.
- ii) on each occasion it loses a league game by 15 points or less.

- 3.4.3. Final League Positions will be calculated as follows:

- i) The team scoring the highest number of points shall be placed first, and the other teams placed in descending order according to the points gained.
- ii) If two or more teams have equal points, they will be placed according to the match points difference.

**Note:** To calculate the match points difference where a defaulted fixture or uncontested scrums are involved, the points scored for and against and any Bonus points in any equivalent fixture for the other team(s) will not be used in the final calculations. This is especially used with clubs who have promotion and relegation issues,

- iii) If two or more teams have equal match points difference, they shall be placed according to the greatest number of match points scored (*incorporating Note above as applicable*).
- iii) If two or more teams have equal points they shall be placed according to the greatest number of tries scored.
- iv) If two or more teams have scored equal number of tries they shall be placed according to the greatest number of drop goals scores.
- v) If two or more teams are still equal they shall be placed according to the greatest number of conversions scored.
- vi) If two or more teams are still equal they shall be placed according to the number of penalties scored.
- vii) If two or more teams are still equal they will share the league title and promotion will be decided with a playoff game between the two teams.

3.4.4. National Challenge 2 and below are as follows-

3 points for a win  
2 points for a draw  
1 point for playing  
0 for not playing

3.4.5 A bonus point system – 1 point will be awarded for playing 15 players or more.

3.4.6 A bonus point will not be awarded where teams have borrowed players

**Please record all details on the RFUW match report forms including if the match was played with uncontested scrums and if so which team requested it.**

3.4.7. **Borrowing of Players**

**No teams playing in Premiership or Championship can borrow players or lend players to other teams.**

The borrowing and lending of players is allowed by the RFUW at National Challenge 1 and below to assist with fulfilling fixtures. Therefore, if in order to put out a side a challenge team needs to borrow or lend players the following rules must be adhered to:

- (i) A maximum of two players can be borrowed from National Challenge 1 clubs and below.
- (ii) A borrowed player must be declared to the opposition prior to the start of the fixture, giving name and club details.
- (iii) Players from teams in Premiership or Championship may not be borrowed.
- (iv) A player can only be borrowed to help fulfil a fixture, for example to make up playing numbers or to cover a position specific. Players cannot be borrowed to enhance a teams playing ability at the expense of players within your own team or to gain a bonus point.

### **3.5. Player Loan Agreements**

Premiership and Championship teams can loan a player from Championship 2 or below for a maximum of 6 games per season.

This is for aspiring players to experience playing in the leagues above or to cover injury.

A loan agreement form must be filled in by both teams and signed by the player involved and passed by the RFUW Competitions Officer.

If a Player from a Premiership/Championship team is returning from long term injury or requires pitch time they can apply for dispensation from the RFUW to be loaned to a team playing below their current league status Please apply in writing to the Competitions Officer stating the full reason's why.

No player is to play for another team without official confirmation confirming their eligibility to play.

Any club found fielding an ineligible player will face disciplinary action. This could lead to a club fine and loss of league points.

### **3.6. Promotion and Regulation**

#### **3.6.1. Club League**

3.6.1.1. A system of promotion and relegation will operate between the divisions.

#### **3.6.1.2. Premiership**

The team finishing bottom of the league will be asked to play in a play off if the team that wins the Championship Cup meets the criteria to play in Premiership and wishes to participate in a playoff.

#### **3.6.1.3. Championship North and South**

If a 1<sup>st</sup> XV wins the Championship Cup they may be given the opportunity to play off with the bottom placed team in the Premiership if the club meets the criteria to play in this league.

There will be minimum of 1 team relegated and a maximum of two sides relegated at the end of the season from each league.

#### 3.6.1.4. Championship 2 – North, Midlands, South East, South West

The winning teams from the North, Midlands, South East and South West will participate in a play off for promotion to Championship 1 North and South respectively. The North will play the Midlands for a place in Championship North; The South East will play the South West for a place in Championship South.

Relegation – There will be a minimum of 1 side and a maximum of two sides relegated from each league at the end of the season.

#### 3.6.1.5. National Challenge 1 & below

Promotion – There will be a minimum of 1 side promoted from each league.

Relegation – There will be a minimum of 1 side and a maximum of two sides relegated from each league at the end of the season.

### 4. **Student League Competitive Structure – Rules**

All teams wishing to participate in BUCS women's competition must affiliate to the RFUW.

For further information please see RFUW Appendix 1 on the website.

Any queries regarding this administration process should be made to Richard Tamplin on 0208 8831 7996 or e-mail [rfuw@therfu.com](mailto:rfuw@therfu.com)

### 5. **National Events and Cup Competitions**

#### **INDIVIDUAL RULES AND REGULATIONS WILL BE AVAILABLE FOR EACH COMPETITION**

##### 5.1. **Cup Competitions**

For the coming season the RFUW will endeavour to run –  
National Challenge 1 and below Cup  
North v South Championship Cup

##### 5.1.1. **RFUW Cup Competitions take priority over all other fixtures.**

5.1.2. Clubs who enter more than one team into any RFUW Competition will be required to register their individual squads with the RFUW Competition Officer prior to the first round of the tournament.

5.1.3. Movement between squads may be allowed after consultation and agreement from the Competitions Officer.

5.1.4. Players can only play for one Club during any RFUW Cup Competition. This includes any players who may have turned 18 in the season who must decide if they are to play in the U18 Competition or the Senior Competition. They are not eligible to play in both.

#### 5.1.5. Championship Cup

The teams placed top of the Championship North and South leagues shall play off for the Championship Cup.

#### 5.1.6.1 U18s and U15s Leagues

The RFUW will allow a combination of clubs ('a cluster') to play as one team as long as the cluster is approved by the RFUW.

### 5.2. Events

For the coming season the RFUW will endeavour to run –

National 7's Competition for, U18s and U15s.

CB Programme for seniors, U18s and U15s.

Divisional Programme for seniors, U18s and U15s

#### 5.2.1. National Sevens

These are played to IRB Seven's Laws.

#### 5.2.2. Constituent Body (CB Rugby) Programme

For the 2011/12 season each

Senior CB team that have entered the programme will play at least 3 matches.

U18 and U15 CB teams that have entered the programme will play at least two matches and a Divisional Festival.

For Rules and Regulations please see RFUW Appendix 2 on the website.

#### 5.2.3 Divisional Rugby

Will be played between 4 divisions made up of the 28 Constituent Bodies that have been invited to take part in the CB Championship.

- (i) NORTH: Cheshire, Cumbria, Durham, Lancashire, Northumberland and Yorkshire;
- (ii) MIDLANDS: East Midlands, North Midlands, Leicestershire, Notts, Lincs & Derby, Staffordshire and Warwickshire;
- (iii) LONDON & SOUTH-EAST: Eastern Counties, Essex, Hampshire, Hertfordshire, Kent, Middlesex, Surrey and Sussex.
- (iv) SOUTH & SOUTH-WEST: Berkshire, Buckinghamshire, Cornwall, Devon, Dorset & Wiltshire, Gloucestershire, Oxfordshire and Somerset.

For Rules and Regulations please see RFUW Appendix 3 on the website.

## 6. RFUW Senior Variation of the Laws of the Game

The Variations to the laws of the game for National Challenge Leagues (Division 1 & below) are as follows; (IRB U19)

### LAW 3: NUMBER OF PLAYERS – THE TEAM

**3.5 (c)** If a team nominates 22 players, it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop.

If a team nominates more than 22 players it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop. There must also be three players who can play in lock position.

**3.12** A player who has been substituted may replace an injured player.

### LAW 5: TIME

**5.1** Each half of an Under 19 match lasts 35 minutes playing time. Play in a match lasts no longer than 70 minutes. After a total of 70 minutes playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition.

### LAW 20: SCRUM

**20.1 (f)** In an 8 person scrum the formation must be 3-4-1, with the single player (normally the Number 8) shoving on the 2 locks. The locks must pack with their heads on either side of the hooker.

**Exception:** A team must have fewer than eight players in its scrum when **either** the team cannot field a complete team, or a player is sent off for Foul Play, **or** a player leaves the field because of injury.

Even allowing for this exception, each team must always have at least five players in a scrum.

If a team is incomplete, the scrum formation must be as follows:

If a team is without one player, then both teams must use a 3-4 formation (i.e. no No.8).

If a team is without two players, then both teams must use a 3-2-1 formation (i.e. no flankers).

If a team is without three players, then both teams must use a 3-2 formation (i.e. only front rows and locks).

When a normal scrum takes place, the players in the three front row positions and the two lock positions must have been suitably trained for these positions.

If a team cannot field such suitably trained players because: either they are not available, **or** a player in one of those five positions is injured **or** has been sent off for Foul Play and no suitably trained replacement is available, then the referee must order uncontested scrums.

In an uncontested scrum, the teams do not compete for the ball. The team putting in the ball must win it. Neither team is allowed to push the other team away from the mark.

20.9 (j) **Maximum 1.5 metres push.** A team in a scrum must not push the scrum more than 1.5 metres towards their opponents' goal line.

**Penalty:** Free Kick

20.9 (k) **Ball must be released from scrum.** A player must not intentionally keep the ball in the scrum once the player's team has heeled the ball and controls it at the base of the scrum.

**Penalty:** Free Kick

20.11 (a) **No wheeling.** A team must not intentionally wheel a scrum.

**Penalty:** Penalty Kick

If a wheel reaches 45 degrees, the referee must stop play. If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped.

## **7. Match Day - Responsibilities**

**7.1.** Home team is responsible for the conduct of PLAYERS, VOLUNTEERS, COACHES and SPECTATORS. This includes keeping spectators off the pitch, ensuring no pushchairs; wheelchairs etc. are within 10 feet of the pitch.

**7.2.** The home team is expected to provide after match food for their opposition and Referee.

**7.3.** It is the responsibility of each competing team to provide their own drinking water.

### **7.4. Match Day Forms**

One Match day form must be completed by both captains (or their delegates). Please ensure that both team names and the scores are entered in the appropriate boxes top of the sheet.

**7.4.1** The listings of both playing sides on the match result sheet are to be handed to the referee prior to kick off. The referee, after the game, completes the final score and signs. The team captains then add the scorer/s and substitution details and signatures.

**7.4.2.** The Home team is responsible to ensure the match day form and red and yellow card form are completed and returned to the Competitions Officer within 5 days of the fixture being played. If a team is uncooperative, the form must be completed as far as possible. The uncooperative team may be penalised.

Please refer to 2.15.2 and 2.15.3

**7.4.3.** Any member of the RFUW may challenge the legality or identity of any of the players playing/ listed.

- 7.4.4 If the referee's signature is not obtained, the society and referees name must be completed. If the referee is not a society referee, their connection to the club must be stated.
- 7.4.5. If a player is sent off, this information must be written on the red card form, and where possible, the referee report attached. Likewise if a player is yellow carded the form must be filled in.
- 7.4.6. Any club who fails to send a Red and Yellow card form will find themselves liable to a mandatory RFUW fine and repeat offending can lead to a deduction in league points or removal from RFUW competitions.
- 7.4.7. Any player who receives a red card will be expected to attend an RFU disciplinary hearing in accordance with RFU/W disciplinary procedures.  
  
Any club that receives a number of red and yellow cards throughout the season will be expected to attend an RFU disciplinary hearing in accordance with RFU disciplinary procedures.
- 7.4.8. Where players have been borrowed (as applicable), this must be indicated on the form, together with the club (and team if applicable) with whom they are registered.
- 7.4.9. Delayed kick-off information and reasons must be written on the back of the match form.
- 7.4.10. Forms are readily available from the Competitions Officer, the RFUW headquarters and the RFUW website. Not having a form is not an acceptable excuse for non-completion. In emergency an A4 Sheet of paper detailing the requirements is acceptable.
- 7.4.11. **FRIENDLY MATCHES** – A friendly match report must be filled in for all matches played throughout the season, by any league/ friendly side.

## **8. Complaints and Appeals**

### **8.1. Complaints**

- 8.1.1. Any complaint should be referred, in writing, to the Competitions Officer within 7 days of the occurrence giving rise to the complaint. This means that you must continue to play.
- 8.1.2. The RFUW Competitions Officer on receipt of the written complaint shall require the other party to the complaint, if applicable, to answer the complaint within 14 days. The Competitions Officer on receipt of the written complaint shall give a response within 28 days.
- 8.1.3. The Competitions Officer may choose to refer the complaint to the RFUW Competitions Review Group.
- 8.1.4. The club and /or appellant may be required to pay the costs of the complaint when a personal hearing is requested and granted.

## **8.2. Appeals**

- 8.2.1. Any party aggrieved at the outcome of the complaint may appeal to the Appeals Committee.
- 8.2.2. Appeals must be addressed, in writing, to the Chairman of the Board within 7 days of the decision made. Clubs have a responsibility to clearly state that they wish to appeal against the decision made.
- 8.2.3. The Chairman of the Board of the RFUW shall refer the objections to the Board of Directors where members will be appointed to act as an Appeals Committee. The Competitions Review Group / Competitions Officer who has given the original ruling shall not be entitled to take any part in the review of the ruling, but they shall be called upon to explain their reasoning behind the decision.
- 8.2.4. The club and/ or appellant may be required to pay the costs of the appeal when a personal hearing is requested and granted.
- 8.2.5. Any party to an appeal shall provide such information or evidence and within such time as the Appeals Committee shall require.
- 8.2.6. Upon a party to an appeal failing to provide such information within the time required, the Appeals Committee shall be entitled to refuse to hear that party when considering an appeal.
- 8.2.7. The decision of the Appeals Committee shall be final and binding.

## **9. Age Grade Regulations and Law Variations**

For the purposes of these Regulations, the definitions set out below refer to both schools and clubs.

Variations for RFUW age grade rugby are detailed below. The variations are specifically for young women, and should be read in conjunction with the guidelines from the RFU regarding youth rugby and 'The Laws of the Game of Rugby Union' written by the IRB, in particular, IRB variations for all who play and all who manage players aged under 19 on 1<sup>st</sup> September.

### **9.1. Please note the following:**

- It is strongly recommended to wear a pre-formed gum shield for all players aged U18 on 1<sup>st</sup> September.
- Mismatches can be avoided by talking to the Coach in charge of the opposition before the game.
- No player should be asked to play outside her age group.

**NB: Players who are aged 17 may play adult rugby and train with other adults as part of the RFUW's elite programme where the RFUW'S Head of Performance has given specific consent. Such consent must be given on each occasion of playing and training.**

- Clubs must exercise great care and close supervision over the playing of those who, although 18 are eligible to play in adult teams and ensure adequate preparation and training. They should ensure their

duty of care by supervising a sensible competition programme for those players taking care that they are not overplayed. Liaison with the coach of the adult team to manage the player's competition programme would be advised.

## 9.2. RFUW Special Dispensation:

**There will be NO dispensations allowed between age grades. The RFUW's age grades differ from the RFU's in that they cover either a two or three year age bands. Following consultation with the RFU/RFUW's insurers we have been informed that insurance cover will not be extended to those girls playing outside their specific age band. There will be no exceptions therefore to the age band regulations.**

## 9.3. U7 to U12 grades (Continuum Rugby)

Playing regulations for these age grades are detailed in the RFU/ RFUW's Rugby Continuum, which can be found on the RFU's web site in the Community Rugby/ Refereeing Section. Boys and Girls can play mixed rugby within the Continuum.

## 9.4. Girls U12s Rugby

The RFU and RFUW have worked together to provide a number of options for U12 girls in order to provide opportunities for the range of experience of female players at this level.

- U12 girls may continue to play U12's mixed rugby in the RFU continuum.
- U12 girls may apply for a dispensation to play down in the U11 age group of the RFU continuum.
- U12 girls can join an U13 girls team that cover two age bands

## 9.5 Girls U13s Rugby

This age band takes into account girls who are aged 11 and 12 on the 1<sup>st</sup> September 2011

For the 2011/12 season any female players aged U12 and **registered** on Rugby First in 2010/11 season can play within the U15 age band.

All players must be 12 years of age on the 1st September 2011 and have played club rugby during the 2010/11 season under the RFU Continuum, only players that were registered on Rugby First before the season closed on the 2nd May 2011 will be approved to play U15 Girls rugby.

### ***How does it work?:***

1. All clubs that have affiliated girls sections at U15s can apply to the RFUW to allow those U12 girls previously registered (in season 2010/2011) on Rugby First to play in their U15 team.
2. Clubs must follow [U13 Player Application Form](#) link and supply the required information, which in turn can be checked against Rugby First before approval is granted.

3. Any application needs to be with the RFUW no later than 16<sup>th</sup> September 2011.

### **U13 Transitional Game**

Players and match officials must endeavour to ensure the iRB Law of the Game, modified by the following playing rules, are observed when playing rugby at U13 Girls:

#### **9.5.1 Object of the game:**

- i) The object of the game is to score a try (5 points) by placing the ball with a downward pressure on or behind the opponents' goal line. A penalty try will be awarded if a try would probably have been scored but for foul play by the defending team.
- ii) When a try is scored, the game is restarted by a free pass from the centre of the pitch by the non-scoring team.

#### **9.5.2 Teams:**

Under 13 Girls Rugby is played between teams of equal numbers of players, containing no more than seven and no less than six players. Each side can have an agreed number of substitutes. Substituted players can be re-used at any time. Substitutions can only take place when the ball is "dead" or at half time and always with the referee's knowledge.

#### **9.5.3 Pitch size:**

The maximum pitch size is

- i) 60 metres by 35 metres, plus 5 metres for each ingoal area.
- ii) Reduced pitch sizes are acceptable provided this is agreed between the referee and coaches, and if the smaller pitches do not materially increase the risk of injury to players.
- iii) Adjacent pitches should be no closer than 5 metres

#### **9.5.4 Duration of matches:**

- i) Fixtures which have 2 Clubs present : 20 minutes each way, 1 game = 40 minutes
- ii) Fixture which have 3 Clubs present: 15 minutes each way, 2 games = 60 minutes
- iii) Festivals: 7 minutes each way, maximum of 5 games = 70 minutes (total playing time)
- iv) No extra time is permitted in any match except that added for injury time.
- v) If the try difference rises to more than six coaches should be encouraged to find solutions to challenge the players (eg the winning team may have a "tackle number restriction" – 4 tackles lose possession etc). Where this is not possible/ is agreed the game must not continue.

#### 9.5.5 **Passing:**

The ball can only be passed sideways or backwards through the air, not handed to another player who is front of the ball carrier. If the ball is handed to another player in front of the ball player or passed or knocked forwards (towards the opponents' goal-line) then a free pass is awarded to the non-offending side, unless advantage occurs to the non-offending side. In order to keep the game flowing, referees should play advantage wherever possible.

#### 9.5.6 **Free Passes:**

A free pass is used:

- i) To start the match at the beginning of each half from the centre of the pitch
- ii) When there has been foul play
- iii) Where the ball has been ripped by an opponent
- iv) Where more than one person from each side joins the contact
- v) At a free pass, the opposition must be 7 metres back from the mark. They cannot start moving forward until the ball leaves the hands of the passer. At a free pass, the player must start with the ball in both hands and, when instructed by the referee who will call "PLAY", pass the ball backwards through the air to a member of their team. For safety reasons, no player may run until the pass is made. The player taking the free pass must pass the ball when the referee calls "PLAY".

#### 9.5.7 **The Tackle:**

- i) Only the ball carrier can be tackled. The ball carrier can run and dodge potential opponents but cannot fend them off using their hands (hand off) or the ball. The ball cannot be pulled out of the ball carrier's hands at any time.
- ii) A "TACKLE" is deemed to be:  
  
Any contact below the shoulders of the ball carrier which results in a grip, by the opponent of the ball carrier. Where the ball carrier remains on their feet the referee must call "TACKLE" (allow approx 2 secs to establish whether ball carrier held). Where ball carrier is taken to ground, the referee must also call "TACKLE"
- iii) ACTIONS BY THE BALL CARRIER in the tackle:

The ball carrier if on their feet, and on hearing the word "tackle" from the referee can pass the ball to a supporting player from their own team, continue to drive or make the ball available to a team mate.

The ball carrier if taken to ground and on hearing the word “tackle” from the referee, can pass the ball to a supporting player from their own team, roll or place the ball towards their own team.

Once forward momentum has been stopped the ball must be played immediately and away from the contact area. (Free pass to opposition)

If the ball carrier drives over their opponents try line and touches the ball down over the try-line, a try should be awarded

iv) ACTIONS BY THE TACKLER:

The tackler must grasp the ball carrier below the shoulders, on the shirt, shorts or around the legs.

If the tackled player is on the feet the tackler may contest the ball by grabbing it or blocking the pass.

If the ball carrier is brought to ground, the tackler should get to their feet as soon as possible, and can contest the ball or block the pass and must endeavour to get in an on-side position (between their own try line and the tackled player)

v) ACTIONS BY THE ATTACKING TEAM:

When the tackle is made the ball carriers team should support from behind the tackle player.

When the tackle is made and the ball carrier is on their feet ONE supporting player, joining from their own side (ie from the direction of their own try line) may assist the ball carrier by ripping the ball or driving forward.

When the tackle is made and the ball carrier is on the ground, ONE supporting player may join from their own side (ie from the direction of their own try line)

a) Drive over the ball, taking their immediate opponent away from the ball

b) Pick up the ball and pass away from the contact area

A supporting player may rip the ball from the ball carrier but must then pass the ball immediately to a team mate.

Support players must not deliberately stand either side of and in close proximity to the ball carrier to prevent defenders from making the next tackle.

vi) ACTIONS BY THE DEFENDING TEAM:

When the tackle is made and the ball carrier remains on their feet, ONE additional defender, joining from their own side (ie from the direction of their own try line), can join the tackle

When the tackle is made and the ball carrier goes to ground, ONE additional defender, joining from their own side (ie from the direction of their own try line) can contest the ball.

The tackled player represents the off side line and defenders must endeavor to retreat to stay between their own try line and the tackled player until the pass is made, players who fail to do so are offside.

When an infringement occurs, a free pass will be awarded. The referee will make a mark for a free pass. The opposition will retire quickly to 7 metres from the mark. If the pass is taken so quickly that opponents have no opportunity to retire, they will not be penalised for this. However, they must continue to retire without interfering with the game until they are either 7 metres from the mark or a team mate who was standing 7 metres from the mark has run in front of them. The opposing team must not do anything to delay the free pass or obstruct the passer or receiver. Any infringement by the opposing team results in a second free pass 7 metres in front of the mark for the first free pass. On the second occasion the free pass will not be taken until all opponents have retired 7 metres. No free pass can be taken within 5 metres of the goal line.

#### 9.5.8 **Offside:**

- i) Occurs at the time of the Tackle where the offside line is the hindmost part of the tackled player. When a Tackle is made, all the other players from the tackler's team must attempt to retire towards their own goal-line until they are behind the hindmost part of the tackled player. If a player, in an offside position, intercepts, prevents or slows down a pass from the tackled player to a team mate, a free pass will be awarded to the non-offending side. A player can, however, run from an onside position to intercept a floated pass before it reaches the intended receiver.
- ii) Where players are in front of the kicker at the kick off
- iii) Where players are in front of the kicker in open play and/or within 7 metres of the receiver

#### 9.5.9 **Obstruction:**

- i) The ball carrier can run and evade potential tacklers but cannot fend them off using their hands (hand off).
- ii) The tackler can only make contact with the ball carrier below the shoulders.
- iii) If such contact is made the game must be stopped, the offender spoken to, reminded of the contact rules and a free pass awarded to the non-offending side.
- iv) If the ball is pulled from the ball carrier's grasp, a free pass is awarded to the ball carrier's side.

#### 9.5.10 **Ball on the Ground:**

- i) Players play Rugby on their feet, with the ball in hand. If the ball goes to ground, players should be encouraged to pick it up. If they dive to recover the ball they must either get up or play the ball (pass) immediately & be allowed to do so by their opponents.
- ii) Penalty: free pass to non-offending side and the following rules will apply:
  - (a) If the ball was lost forward, a free pass is awarded to the non-offending side unless advantage occurs to the non-offending side.
  - (b) If the ball is passed other than forward and goes to ground play will continue and either side may pick up the ball. If the passed ball rolls into touch a scrum will commence from the touchline to the non-passing side.

#### 9.5.11 **Scrum:**

- i) The scrum will be made up of one row of three players from each team, ie a prop on either side of the hooker. They will be the nearest 3 players from either side, with the 4<sup>th</sup> nearest acting as scrum half.
- ii) At Under 13 girls, the scrum is uncontested by both sides: the team awarded the scrum will throw the ball into the scrum and must be allowed to win it without contest. Opponents cannot push or strike for the ball. If they do, a free pass restart is awarded to the team throwing the ball into the scrum.
- iii) The players from each team will bind together approximately half a metre apart. Each prop will touch the upper arm of his opponent and then pause before the engagement. The referee will talk the players through the engagement procedure in the sequence "Crouch, Touch, Pause, Engage". On the grounds of safety, it is important that the referee manages the engagement of every scrum in this way.
- iv) Front rows must not be allowed to charge at each other. If they start to engage too close together and with their necks and backs bent, they must be stopped and the scrum reformed. Props' body positions must be parallel to the touchline (not boring in). There must be no downward pressure exerted by hands or arms. Shoulders must always be above the level of the hips.
- v) If the scrum collapses, the whistle must immediately be blown and the appropriate penalty awarded or the scrum reset. If a player is persistently involved in collapsing or illegal binding they must be replaced. If a player's lack of technique or strength is a danger then they must be replaced. All players, including replacements, should be suitably trained and experienced.
- vi) Any player at any stage in a scrum who has or causes an opponent to have her shoulders lower than her hip joint must immediately be penalised by awarding a free pass. The object of this rule is to prevent

the collapse of a scrum. It is to help the coach to teach good technique and the referee to penalise bad technique. Any player who has her shoulders lower than her hip joint can only move downwards unless she has very great strength. The force through the shoulders should be directed forwards and upwards; all players should remain on their feet, thus preventing a pile up and possible injury.

- vii) The back line of both teams must remain 5 metres behind the scrum until the ball emerges or the opposing scrum half places his hand on it. Until this happens, their scrum half must remain directly behind his scrum, in the pocket edged by the two props.
- viii) If a scrum is awarded within 5 metres of the goal line, the scrum is to be taken at a mark such that the middle line of the scrum is 5 metres from the goal line. In this case the defending backs must stay on or behind the goal line.
- ix) **Referees** should pay particular attention to ensure that the scrum half putting the ball into the scrum is not "feeding" her own players: the scrum half must hold the ball with both hands, with its major axis parallel to the ground/the touchline, midway between her knees and ankles. The scrum half must release the ball from outside the tunnel so that it lands midway between the two front rows and beyond the width of the nearer prop's shoulders.

#### 9.5.12 **Prohibited Play:**

- i) The tackle game places the emphasis for the attack; on running with the ball, evasion, running in support of the ball carrier and passing; and for the defence: on running to tackle the ball carrier, prevent them going forward, and to get back into the game. In Tag to Tackle Rugby :
  - a) no contact above the shoulder
  - b) no line-out;
  - c) no kicking
  - d) no hand off/fend off (a hand off being the placing of an open palmed hand by the ball carrier against an opponent's face or body while a fend off is an outstretched arm by the ball carrier towards an opponent to discourage that person making a tackle);
  - e) no more than the tackler, tackled player plus one other from each team in contact

#### 9.6. **Girls Rugby U15 – U18 Age Groups**

All matches should be played to the iRB's U19 variations with the additional RFU/W variations below:

##### **Under 15 and U18 inclusive Squeeze ball – law 14 and 15**

No player involved in a match at any age level from under 18 downwards shall use in training or in a match the technique known or referred to as Squeeze ball.

**NB:** “Squeeze Ball” is a technique where the ball carrier goes to ground, head forward (touching or close to the ground), irrespective of immediate contact with opponents, usually keeping parallel to the touchline, holding and protecting the ball close to the chest and when on ground, pushes the ball back between the legs.

Penalty: Penalty Kick

### **Rolling Substitutions – Law 3**

A player who has been substituted may replace any player, whether or not that player has been injured.

Players may be exchanged at any time during the match, when the ball is dead, and with knowledge of the referee.

### **Temporary Suspension Sin Bin Protocol – Law 10**

As per the adult game the player will remain in the sin bin for ten minutes actual playing time. The player will stand out of the field of play, in the vicinity of the half way line, at a place readily identifiable to the referee. Then player must be under the control of the teachers and coaches. The player should not be isolated and should be given warm clothing to wear whilst serving the temporary suspension.

#### **9.6.1. Girls (U15 Rugby)**

This age band takes into account players aged 13 and 14 on 1<sup>st</sup> September. The RFUW's U15 Matches should be played to the RFU U14 variations but with the following difference: U15's girls matches will be 13 a side.

#### **13 aside – 6 in scrum & 7 backs**

The game is played between teams having a maximum of thirteen players, six of whom will be forwards and form the scrum, with the remaining players forming the back line. Each side can have a number of substitutes agreed by mutual consent. Substituted players can be re-used at any time. Substitutions may only take place when the ball is 'dead' or at half time and always with the referees knowledge.

The scrum will be made of six players from each team – the front row (a row of three players, i.e. a prop on either side of the hooker, two locks forming the second row and a back-row player who shall bind between the two locks 3-2-1 formation). The locks must bind to each other using the inside arm, with the outside arm around the hips (not between the legs) of the front row (props). The back row player must have their head between the hips of the second row bound with the arms around the hips (not between the legs) of the second row (locks). No player may unbind to pick up the ball at the rear of the scrum but must remain bound into the scrum until the ball is carried or passed out by the scrum half.

**Safety Note: Coaches must ensure that only players trained in the front row participate in contested scrums.**

## RFU U14 variations

### Time – Law 5

Playing time not to exceed 25 minutes each way with a size 4 ball. After 50 minutes of playing time, the referee must not allow extra time to be played in the case of a drawn match on any occasion.

15-a-side Festivals should follow the following pattern:

Not exceeding 4 matches of 10 minutes each way = 80 minutes

### Line-out - Law 19

Lifting/supporting is prohibited in these age groups, i.e. a player may not bind to a jumper until that player has returned to the ground.

Penalty: Penalty Kick.

### Scrum - Law 20

The scrum-half not throwing the ball into the scrum must not move beyond the middle line of the scrum until the ball has emerged from the scrum or an opponent has placed his hands on the ball. In the event of a strike against the head, the scrum-half who has thrown the ball into the scrum is similarly restricted in not following the ball.

## 9.6.2. Girls Rugby (U18)

This age band takes into account players aged 15, 16 or 17 on September 1<sup>st</sup>. The RFUW's U18 matches should be played to the IRB U19 variations.

### 18 year old players

From their 18<sup>th</sup> birthday players may elect to register as a senior player and may participate in senior training sessions and matches as well as U18 sessions and matches. It is recommended that players do not play more than one match a week to avoid injury and player burnout. It is expected that coaches involved should pro-actively communicate on the development of an appropriate competition plan for 18 year old players to ensure their duty of care responsibilities are fulfilled. **At all times welfare and needs of the player should be at the centre of any selection decision.**

A player may attend trials for senior and junior regional's but cannot play for more than one age group (U18's or seniors) in the regional competition.

If a player after their 18<sup>th</sup> Birthday plays senior rugby and plays a Senior Cup competition they are not permitted to then play in the U18 Cup competition and vice versa.

## 9.6.3 General – U19 Law Variations

### LAW 3: NUMBER OF PLAYERS – THE TEAM

**3.5 (c)** If a team nominates 22 players, it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop.

If a team nominates more than 22 players it **must** have at least six players who can play in the front row in order that there is replacement cover for the loose head prop, hooker and tight head prop. There must also be three players who can play in lock position.

**3.12** A player who has been substituted may replace an injured player.

#### **LAW 5: TIME**

**5.1** Each half of an Under 19 match lasts 35 minutes playing time. Play in a match lasts no longer than 70 minutes. After a total of 70 minutes playing time, the referee must not allow extra time to be played in the case of a drawn match in a knock-out competition.

#### **LAW 20: SCRUM**

**20.1 (f)** In an 8 person scrum the formation must be 3-4-1, with the single player (normally the Number 8) shoving on the 2 locks. The locks must pack with their heads on either side of the hooker.

**Exception:** A team must have fewer than eight players in its scrum when **either** the team cannot field a complete team, or a player is sent off for Foul Play, **or** a player leaves the field because of injury.

Even allowing for this exception, each team must always have at least five players in a scrum.

If a team is incomplete, the scrum formation must be as follows:

If a team is without one player, then both teams must use a 3-4 formation (i.e. no No.8).

If a team is without two players, then both teams must use a 3-2-1 formation (i.e. no flankers).

If a team is without three players, then both teams must use a 3-2 formation (i.e. only front rows and locks).

When a normal scrum takes place, the players in the three front row positions and the two lock positions must have been suitably trained for these positions.

If a team cannot field such suitably trained players because:

either they are not available, **or** a player in one of those five positions is injured **or** has been sent off for Foul Play and no suitably trained replacement is available, then the referee must order uncontested scrums.

In an uncontested scrum, the teams do not compete for the ball. The team putting in the ball must win it. Neither team is allowed to push the other team away from the mark.

**20.9 (j) Maximum 1.5 metres push.** A team in a scrum must not push the scrum more than 1.5 metres towards their opponents' goal line.

**Penalty:** Free Kick

**20.9 (k) Ball must be released from scrum.** A player must not intentionally keep the ball in the scrum once the player's team has heeled the ball and controls it at the base of the scrum.

**Penalty:** Free Kick

**20.11 (a) No wheeling.** A team must not intentionally wheel a scrum.

**Penalty:** Penalty Kick

If a wheel reaches 45 degrees, the referee must stop play. If the wheel is unintentional, the referee orders another scrum at the place where the scrum is stopped.

**9.6.4 Junior Match Day Forms**

Match day forms must be completed by both Managers (or their delegate) after every match a Junior side plays. Please ensure that both team names and the scores are entered in the appropriate boxes at the top of the sheet.

The Home team is responsible to ensure the match day form and red and yellow card form are completed and returned to the Competitions Officer within 5 days of the match being played. If a team is uncooperative, the form must be completed as far as possible. The uncooperative team may be penalised.

Any member of the RFUW may challenge the legality or identity of any of the players playing/ listed.

If a player is sent off, this information must be written on the red card form, and where possible, the referee report attached. Likewise if a player is yellow carded the form must be filled in.

Any club who fails to send in a Red or Yellow card form will find themselves liable to a mandatory RFUW fine and repeat offending can lead to a deduction in league points or removal from the cup competitions.

Forms are readily available from the Competitions Officer, the website and the RFUW headquarters. Not having a form is not an acceptable excuse for non-completion. In emergency an A4 sheet of paper detailing the requirements is acceptable.

**9.7 School's Rugby**

For further information please see RFUW Appendix 1 on the website.

**10. RFU/RFUW Overseas Playing Permission Procedure and Outgoing Tours & Matches**

Please refer to [www.rfu.com](http://www.rfu.com) or contact RFUW@therfu.com

**10.1. Disregard of Directions**

10.1.1. The Board of Directors shall have the power to suspend any Club or player who may disregard it's directions with regard to Tour or Matches with teams outside the RFUW's jurisdiction.

## RFUW LEAGUE AND CUP MATCH REPORTING & CONTACTS

### National League & Cup Results

The home team's captain or nominee is required to telephone all match results to the Results Line on tel: **0845 226 0411** immediately after the match and before 6.00pm at the latest. When making the call please state: Division or Cup round, Home team and points, Away team and points.

All Leagues & Cup Result Forms to: RFUW Competitions Officer  
(exc Students / BUSA) 75 Spring Lane  
Whittington  
Nr Lichfield  
Staffs  
WS14 9NA  
Email: [Keeleyfathers@rfu.com](mailto:Keeleyfathers@rfu.com)

Queries to: Keeley Fathers tel: 07779 231970  
Email [Keeleyfathers@rfu.com](mailto:Keeleyfathers@rfu.com)

Alternate Contact Details: RFUW, Rugby House  
Twickenham Stadium  
200 Whitton Road  
Twickenham, TW2 7BA

Email: [RFUW@therfu.com](mailto:RFUW@therfu.com)  
Tel: 0208 831 7996

Student League: Details available from BUSA  
Anna Liddell tel: 0207 357 8555  
Email: [anna@busa.org.uk](mailto:anna@busa.org.uk)

### Cancellation / Non playing of match

You must report a defaulted fixture or match postponement due to weather conditions etc immediately to both the:

Match Results Line 0845 226 0411 and  
Competitions Officer 07779 231970 / [Keeleyfathers@rfu.com](mailto:Keeleyfathers@rfu.com)

If you leave a message please state your name, club, contact number and full reasons for the cancellation. **Failure to comply may result in penalties.**