

Return to Rugby

Rugby League – Adult (18+)

Return to Rugby Stage 3 (24 August 2020)

From the 24 August 2020, adults can participate in outdoor 'contact sport'. This brings the adult game into line with the mini and youth game.

A specific set of rules and guidelines for Touch Rugby have been developed by Scotland Rugby League, which is the only sanctioned format during stage 3 (as of 24 August 2020).

MAX 7-A-SIDE

playing on half a pitch

REFEREES

Self Refereed

MAX 15 PLAYERS

From unlimited households
per half pitch

BUBBLES

Players allocated into training bubbles of 15 where possible
Equipment sharing between bubbles to be minimised.

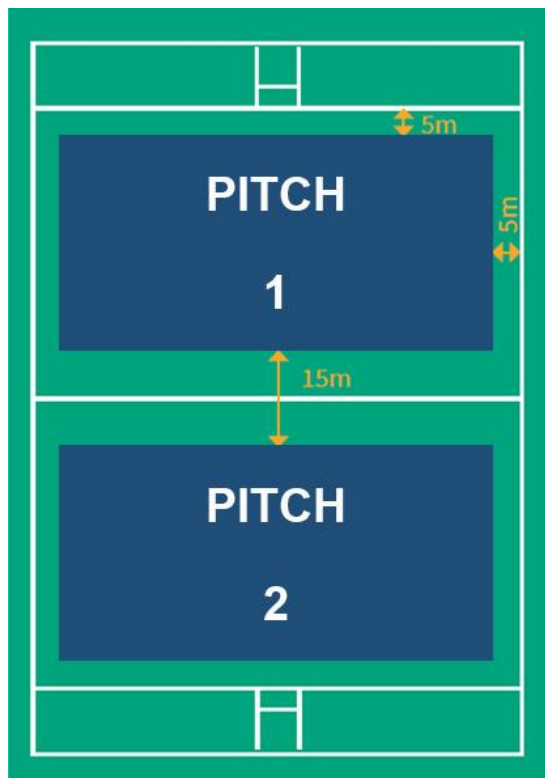
COACHES

Can actively coach during sessions but
should maintain 2m physical distancing at
all times.

NO SPECTATORS

are allowed at this stage

ACTIVITY ZONE SET-UP



FEELING WELL:

- WASH / SANITISE hands before training
- TRAVEL ALONE, unless you live with passengers
- Avoid public transport - you MUST wear a face covering

FEELING UNWELL:

- STAY AT HOME self isolate & book test if you have symptoms
- INFORM your club Covid-19 Safety Coordinator or Team Lead
- Follow Scottish Government and PUBLIC HEALTH GUIDELINES

1. min 10m gap between zones to prevent players from opposing teams running into each other
2. min 5m gap between touch line & zones
3. Single entry and exit points for players, with hand sanitiser stations available
4. Ball cleaning station next to each pitch
5. Ball cleaned before & after each game
6. Bibs only to be used if handed out to players to keep and wash themselves

RULES

1. One handed touch only (on torso or waist)
2. 6 touches per set
3. Play restarts with a roll ball
4. Defending team must retire 5m
5. 1 marker
6. No kicking
7. Maximum 2hr sessions (per training bubble per day), with min 15min gap between bubbles arriving and departing