

# Return to Rugby League

As of 26 April 2021, adult players can undertake restricted small group outdoor activities in line with Scottish Government guidelines. Players are permitted to undertake activity within the following guidelines:

## MAX GROUPS OF:

10 PLAYERS  
PER ¼ PITCH

OR

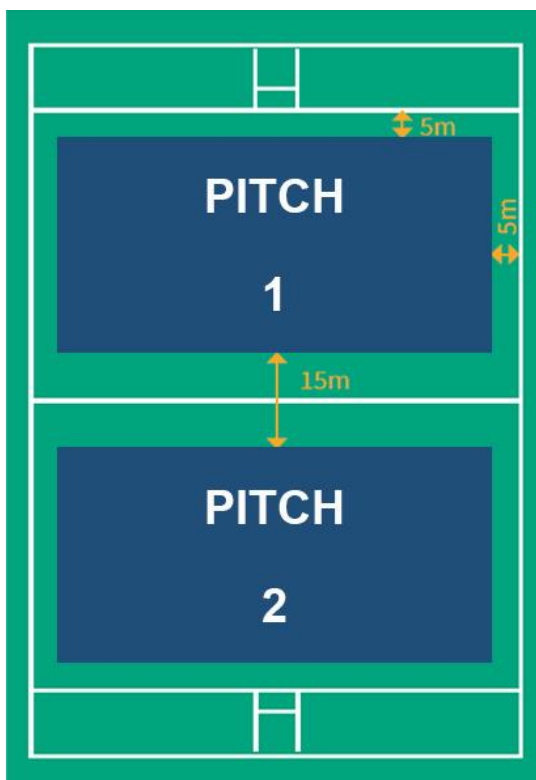
15 PLAYERS  
PER ½ PITCH

**PHYSICAL  
DISTANCING MUST  
BE MAINTAINED  
AT ALL TIMES**

## EQUIPMENT SHARING IS PERMITTED

Equipment (inc. balls) should be cleaned/sanitised before and after use.

## ACTIVITY ZONE SET-UP



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. all cleaned before & after each game
6. 1 training 'bubble' per training zone at any one session

Players CANNOT participate in:

Touch rugby  
type activities

OR

Traditional contact rugby activities  
such as scrum and tackle practice

**ADULT**

**=**

**MAX 30  
PLAYERS**

per training bubble

(with 2m physical distancing)

## ACTIVITY GUIDANCE

- These guidelines outlined provide an opportunity for modified skill development and fitness activities to begin.
- Activities involving players passing a ball between each other are permitted, but should follow these rules:
  - No opposition – ball handling should be undertaken without any defence, so to minimise the risk of players coming within 2m of each other.