

All matches played under the jurisdiction of the RFU and/or in RFU Women Competitions or any other competition or merit table must be played in accordance with the World Rugby Laws and any such law variations set out in this Appendix 1 (and/or otherwise agreed by the RFU).

1. Squad Sizes

In the Premiership, Championship and National Challenge 1, the maximum squad size is 22 players.

In National Challenge 2 and below, the maximum squad size is 20.

2. Law Variations

National Challenge 1

Match duration: 35 minutes each way

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.

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.

No wheeling: A team must not intentionally wheel a scrum. 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. The same team throws in the ball.

Rolling Substitutions: Rolling substitutions are permitted subject to a maximum squad size of 22 and in accordance with the specific Regulations relating to rolling substitutions as set out in Regulations 18 to 26 (inclusive) of Appendix 2 to RFU Regulation 13. Substitutions can only take place when the ball is dead and always with the Referee's knowledge.

National Challenge 2 & below

Team numbers: Matches can be played with reduced numbers of either 10 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. In all matches, there must be the same number of players from each team on the field of play, subject to the Laws of the Game.

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.

Match duration: 35 minutes each way.

Rolling Substitutions: Rolling substitutions are permitted subject to a maximum squad size of 20 and in accordance with the specific Regulations relating to rolling substitutions as set out in Regulations 18 to 26 (inclusive) of Appendix 2 to RFU Regulation 13. Substituted players can be re-used at any time subject to a maximum of 10 player interchanges. Substitutions can only take place when the ball is dead and always with the Referee's knowledge.

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.

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.

No wheeling: A team must not intentionally wheel a scrum. 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. The same team throws in the ball.

2. **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 match, the Referee will order uncontested scrums and the team responsible for causing the uncontested scrum 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 in order to avoid being awarded a default.

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 match or during the match, the Referee will order uncontested scrums and the result of the match shall stand.

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.