



# Return to Rugby

## Level 3 guidelines

(as of 2 November 2020)

### LEVEL 3 OVERVIEW

Within Level 3 we would expect to see increased incidence of the virus, with multiple clusters and increased community transmission. The Level 3 measures would be intended to be in place for relatively short periods (2-4 weeks), and only for as long as required to get the virus down to a low, sustainable level.

Level 3 permits youth rugby (17 and under) to continue up to modified contact training, with all formats of touch rugby also permitted. Adults (18+) are only permitted to undertake touch rugby activities at this stage. At this stage, unrestricted full contact training and matches are not permitted in the Adult game.

Adults are those who are age 18+ on the day of activity.

LEVEL 3	PERMITTED	NOT PERMITTED
RUGBY ACTIVITY 	<ul style="list-style-type: none"><li><b>Youth (17 and under on day of activity)</b> – Modified contact and touch training activities permitted:<ul style="list-style-type: none"><li>1v1 tackle (+1 player from each team) training.</li><li>1v1 scrum training.</li><li>Lineout throw, jump, catch training.</li><li>Max of 30 people including coaches at any one time (all age groups).</li></ul></li><li><b>Adult (18+)</b> - All Touch Rugby training activities only.</li><li>Max groups of 30 players coached at any one time (all age groups).</li><li>Coaches must remain 2m from players.</li><li>All traditional rugby equipment can be used and shared (with regular cleaning).</li></ul>	<ul style="list-style-type: none"><li>No unrestricted full contact training activities (all ages)</li><li>No maul activities (all ages)</li><li>No modified contact rugby (adult 18+ only)</li><li>No competitive match play until January 2021 at the earliest (all age groups).</li></ul>
CATERING & HOSPITALITY 	<ul style="list-style-type: none"><li>Food for consumption on premises (time restrictions may apply).</li><li>Max 6 people from 2 households outdoors or in hospitality settings.</li><li>Takeaways permitted for alcohol and food.</li></ul>	<ul style="list-style-type: none"><li>No alcohol sales indoor or outdoors.</li><li>Time restrictions may apply to permitted areas.</li></ul>
RUGBY FACILITIES 	<ul style="list-style-type: none"><li>Individual exercise only (except for 17 and under), including gyms.</li><li>Changing rooms can open in line with existing guidance.</li></ul>	<ul style="list-style-type: none"><li>Socialising rules apply.</li><li>No indoor group contact activity (all ages).</li><li>No spectators.</li></ul>
TRAVEL & TRANSPORT 	<ul style="list-style-type: none"><li>Avoid car sharing with people outside extended household wherever possible.</li><li>Avoid non-essential use of public transport.</li><li>No non-essential travel into or out of the level 3 area.</li></ul>	

For enquiries, please contact [rugbydevelopmentadmin@sru.org.uk](mailto:rugbydevelopmentadmin@sru.org.uk)



To help stop coronavirus spreading, it is vital that we all **download** the free Protect Scotland app.

STAY SAFE



PROTECT OTHERS



SAVE LIVES



#AsOne