

# Return to Rugby

## Level 3 guidelines





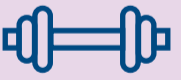

As of 2 November 2020 (updated 23 November 2020)

### 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 participants (17 and under) to continue up to touch modified contact training.

Adult participants (18+) can only participate in individual training in which they must maintain physically distanced at all times.

LEVEL 3	PERMITTED 	NOT PERMITTED 
<b>RUGBY ACTIVITY</b> 	<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 (practical or small sided game).</li> <li>1v1 scrum training (practice only).</li> <li>Lineout throw, jump, catch training (practice only).</li> <li>All traditional rugby equipment can be used and shared (with regular cleaning).</li> <li>Max 30mins of modified contact activity per session.</li> </ul> </li> <li><b>Adult (18 and above on day of activity)</b> - Individual training (physically distanced) only:               <ul style="list-style-type: none"> <li>Players must not encroach within 2m of each other.</li> <li>Ball transfer (e.g. passing activities) is permitted (with regular cleaning).</li> <li>No use of tackle shields, scrum machines/sleds etc.</li> </ul> </li> <li><b>Youth and Adult</b> <ul style="list-style-type: none"> <li>Max 30 people in bubble including coaches:                   <ul style="list-style-type: none"> <li>P5/U10 and below - max 30 people per 1/4 pitch.</li> <li>P6/U11 and above - max 30 people per 1/2 pitch.</li> </ul> </li> <li>Multiple training bubbles permitted (e.g. 2 x bubbles of 30 per full size pitch).</li> <li>Coaches must remain 2m from players.</li> <li>Max 1 parent/guardian can stay to observe their child train.</li> </ul> </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 touch rugby (adult 18+ only)</li> <li>No competitive match play until January 2021 at the earliest (all age groups).</li> <li>No club v club / school v school activity.</li> </ul>
<b>CATERING &amp; HOSPITALITY</b> 	<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>
<b>RUGBY FACILITIES</b> 	<ul style="list-style-type: none"> <li>Individual exercise only (except for 17 and under), including gyms - <a href="#">click here</a>.</li> <li>Changing rooms can open in line with existing guidance - <a href="#">click here</a>.</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>
<b>TRAVEL &amp; TRANSPORT</b> 	<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> <li>Youth participants can travel to and from Level 3 areas (but not level 4) to take part in rugby activity.</li> <li>Parents may transport their children for sport into a Level 3 area however must not congregate or attempt to spectate.</li> <li>Adult participants who live in a Level 3 area should not travel further than 5 miles out of their local authority area to take part rugby activity and only where this is absolutely necessary.</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.