



SINGAPORE RUGBY UNION

COMPETITION MANUAL ALL COMPETITIONS

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SINGAPORE RUGBY UNION

1. Definitions

- For the purposes of the Union’s Disciplinary Rules, Code of Conduct and League and Competition Regulations, the following definitions will apply:

“Ambulance Service”	- means the services provided by a recognised private ambulance service provider or the Singapore Civil Defence Force (SCDF) at which a fully equipped ambulance with a paramedic is present;
“Club”	- means a registered member of the SRU under SRU’s Constitution;
“Competition” or “League Competition”	- means any rugby union football competition administered by or under the sanction of the SRU;
Disciplinary Regulations	- means SRU’s Disciplinary Procedures and Guidelines as published on SRU’s website;
“Effective Registration” or “Effectively Registered”	- has the meaning in Regulation 4 & 5 of the Regulations;
“WR”	- means the World Rugby;
“Technical Director”	- means the person appointed as Technical Director or its equivalent, by the SRU from time to time;
“Laws”	- means Laws of the Game means the WR laws governing the playing of rugby union football, as amended from time to time;
“Match”	- means any rugby union football match administered by or under the sanction of SRU;
“Player”	- means a player playing a match or Competition administered by or under the sanction of SRU regardless of gender

<p>“Referee”</p>	<ul style="list-style-type: none"> - means a SRU appointed match referee officiating in the match administered by the Union
<p>“Regulation”</p>	<ul style="list-style-type: none"> - means any rule in these Regulations as amended from time to time;
<p>“SRU”</p>	<ul style="list-style-type: none"> - means the Singapore Rugby Union
<p>“Team” “Match Day Team”</p>	<ul style="list-style-type: none"> - means any team registered under a Club for the competition (i.e. Tier 1 Team, Tier 2 Team, Development Team) - means a specific Team registered for a particular Match Day (i.e. up to 23 Players for National league)
<p>“Trained Front Row Player”</p>	<ul style="list-style-type: none"> - means a Player trained and qualified to play in the front row of a scrum in rugby union football;

Relationship between Teams and the SRU: Confidentiality

In all matters and transactions relating to the League, each Club shall behave towards both each other, and the SRU or its Divisions or its Committees, with utmost good faith.

- No player/coach/official/employee of a club shall by any means, whatsoever unfairly criticise, disparage, belittle or discredit any other Club or SRU or its Divisions or its Committee or in either case any of its directors, officials, employees or bring Rugby into disrepute.
- Clubs shall not either during its membership to the SRU or participation in the League or at any time after its membership has been determined, disclose or divulge either directly or indirectly to any person, firm or company whatsoever or otherwise make use of any confidential information as to the business or finance of SRU or its Divisions or its Committees or any of its dealings, transactions or affairs or as to any other matters which may come to its knowledge by reason of its membership without SRU's prior written consent, save as to statutory and regulatory authorities and to such employees of a team to whom such disclosure is strictly necessary for purpose of their duties and only then to the extent so necessary.

1. Competitions Information

1.1 Save for any exception set out in the regulations of any competition, these regulations shall apply to all Clubs and in respect of all league competitions.

1.2 The SRU shall have the absolute discretion to decide on the interpretation or application of these regulations or any matter not provided for in these regulations (including rectifying any administrative error) and shall give directions or make rulings as appropriate. The SRU's decision shall be final and binding.

1.3 Where there has been any omission or error in these Regulations, the SRU will have power to rectify such error or omission in the manner it sees fit.

1.4 If any provision of these Regulations is held by any court or competent authority to be illegal, void or unenforceable in whole or in part these Regulations shall continue to be valid as to the other provisions thereof and the remainder of any unaffected regulations.

2. League Format

2.1 SRU National Men's and Women's 15s Leagues

a) Please refer to Appendix A for format and structure

2.2 SRU Men's and Women's 7s Competition

a) Structure will be standard World rugby 7s format based on number of teams entered (groups followed by knockouts/Cup/Plate/Bowl)

2.3 SRU Men's and Women's u19s and Youth Competitions

Please refer to Appendix A for format and structure

3. Eligibility & Effective Registration & Match Day Registration

3.1 Any Club who wishes to participate in any of the SRU National League competitions shall register their Team(s) in accordance with the Regulations herein and in form of the following relevant documents:

- Team Registration Form (ONLINE) using the SRU designated System & Software. (See Appendix F)

Players not registered online are not allowed to participate.

3.1.a Men's and Women's 15s National and Development Leagues

A minimum of 25 players to be registered as a squad via the online platform per team entered the national league. To be submitted no less than one week before the tournament start date. Once submitted this initial squad and the players in it will be subject to the movement rules under section 8.

Teams in the Premiership are restricted to a 35 man squad.

Men's and Women's 15s u19s and Youth Leagues

A minimum of 25 players to be registered as a squad via the online platform per team entered the national league. To be submitted no less than one week before the tournament start date. Once submitted this initial squad and the players in it will be subject to the movement rules under section 8.

Currently there is no maximum registration number for 15s teams

3.1.b Men's and Women's 7s Competitions

A maximum of 14 players to be registered as a squad via the online platform per team entered the competition. To be submitted no less than 3 working days before the tournament start date.

3.1.c All Clubs:

New players arriving in Singapore after the effective registration dates may be registered at any time during the league season. However, any player joining within the period of the last 4 games of the season (including knockouts), clubs must submit proof of eligibility to the Competitions Manager before that player can play. This would be in the form of a valid FIN or NRIC, and or a letter showing an application has been accepted, i.e., if a player has been issued with an EP/FIN but they cannot collect it until after a game.

A player must have played a minimum of 2 league games to be eligible to play for the knockout rounds.

3.1.d Club Registration and player movement:

Once a player has joined and registered for a club, i.e. is a paid-up member of that club as per a society's constitution, they may not join another club unless given SRU dispensation until the full season has finished. The SRU shall have absolute discretion in such matters. **A 'season' is defined as follows**

- 1st July each year through to 30th June the following year (both days inclusive).

This applies to ALL official SRU competitions during that period, including but not exclusively:

- Men's and Women's 15s
- Men's and Women's u19s
- Men's and Women's 7s

3.2 Match Day Registration

All National and Development League Teams are required to submit a **completed online Match Registration Form** of its match day team to the Union by **12pm** of the day prior to the scheduled Match or Tournament. This team must be in line with World Rugby squad rules for the relevant competition and tournament rules as per Appendix C.

Any emergency changes to the Match Registration Form can be taken up to the Match Day Commissioner, up to **30 minutes before** the scheduled Kick-off for review.

The Match Registration Form shall be submitted using the designated SRU system and software as per article 4.1.a. For men's and women's 15s there must be clear indication which Players are nominated as the **Trained Front Row Players**. Any Team failing to accurately complete the Match Registration will be sanctioned in accordance with the match day sanctions laid out in Appendix B.

NRIC and FIN Cards may be requested on an adhoc basis by the MDC at the Match to verify the players' identity. The form must have all fields complete.

For men's and women's 15s at all levels, all Match Day Teams must be able to start a Match and contest the first scrum using Trained Front Row Players. A team that does not comply shall be deemed to have forfeited the Match and the relevant deduction of competition and/or match points shall apply in accordance with Appendix B in respect of each Match in the relevant Competition where it fails to fulfil the requirements of the various Regulations. Full details can be found in Appendix B

For men's and women's 7s, all match day teams must start the game with 7 players on the field as per World Rugby 7s rules.

Any Match referred to in these regulations shall include any such playoffs as well.

Player Numbers need to be clearly labelled in the Match Day Registration Form.

3.3 Only clubs and Players who have been Effectively Registered shall be eligible to participate in SRU Competitions.

3.4 A club shall be deemed to be Effectively Registered if:

(a) It completes and submits the online Team Registration Form to SRU by the Effective Registration Deadline; and

(b) The Team Registration form is accepted by SRU.

3.5 Subject to Regulation 4, a Player shall be deemed to be effectively registered if:

(a) His/her particulars have been received & recorded in accordance with article 4.1a.

3.6 No Player may be effectively registered under more than one club or team at any time during any Competition.

3.7 After the effective competition registration deadline, a Team may only change a Players Team Registration within the Club after requesting dispensation from the SRU, under the following conditions:

(a) A Player is effectively injured for the remaining games of the Competition. This must be proven by a medical certificate issued by a recognised medical practitioner.

(b) A Player is effectively leaving Singapore for the remaining games of the Competition. Such Player will not be allowed to be re-registered into the current Competition under any circumstances.

(c) A Player no longer holds a valid NRIC or FIN pass cannot be a registered player.

4.8. As mentioned under section 4.1 above, a Player who officially registers for one Club cannot register under another Club or change Clubs at any time during the season unless for exceptional circumstances, and without the approval of SRU, who shall have absolute discretion in such matters. Players wanting to change clubs after the competition has started or after Team registration has closed, may apply with a Formal Letter to the SRU to seek approval for a transfer, with the written consent of both Clubs concerned.

4.9. A Club may not select a Player or replacement for a Team in any Match during the Competitions if that Player:

(a) Is not Officially Registered under that Club, unless approved by SRU

(b) Is currently under suspension, be it disciplinary or medically.

(c) Does not hold a valid NRIC or FIN pass; and/or

(d) Is in breach of any of the clauses in Regulation 4.

4.10 If a Team in any Match uses one or more Player(s) or who is/are not eligible or selected in breach of these Regulations, that Team will forfeit that Match and the corresponding deduction of competition and match points shall apply in accordance with Regulation 16.2. In addition, a Judicial Hearing may be convened against the respective Team Coach & Manager and the Club may be fined in accordance with the sanctions detailed in Appendix B of this agreement.

4. De-registration

5.1. Any Club may apply to de-register from the SRU designated system any of its Players from its Team(s). Said Player will cease to be Effectively Registered with that Team seven (7) days from the receipt of the application for de-registration. In the application by said Club to de-register a Player, the Club should notify and certify to SRU that it has notified the Player of its application for that particular Player's de-registration.

5.2. A Player who has been de-registered as per **4.1.e** may not be re-registered with any Club in the League Competition during the National League Competition unless they have a written dispensation from the SRU.

5. Loss of Effective Registration

5.1 A Player will cease to be Effectively Registered from a specific competition:

- If his/her registration is cancelled or suspended by SRU for any reason; or
- Upon the expiry of any work permit, visa or other permit or consent required by law.
- He/she ceases to be a holder of a NRIC or FIN; or
- Where, and from the date upon which another WR Union with whom a Player is currently registered, advises that any consent or clearance is refused or withdrawn or delayed.

6. False or Misleading Information

6.1 Where a Club supplies incorrect or misleading information to SRU in respect to any application to apply for Effective Registration for a Player, or any signature on the Team Registration Form, Match Registration Form or other document, is not the signature of the person purporting to have signed it, the application for registration will be void. Any Effective Registration will be invalidated from the date of such Effective Registration was made. For the incorrect, false or misleading information, clubs are liable for the sanctions listed in Appendix B. In addition, SRU has the absolute discretion to impose any further penalties it deems appropriate.

6.2 The Match Day Commissioner (MDC), Match Officials for any match or any official from the Union shall be entitled to request for and verify the Team Registration Form or Match Registration Form submitted by the Teams with any Identification Documents reasonably requested for.

7. Player Movement Guidelines (In Competition)

7.1 SRU National and Development Men's and Women's League(s):

- a) No more than 6 players can drop down a match day team in one match week. Of these 6, no more than 3 can be for the same playing position. i.e. no more than 3 front rows.
- b) No limit on players moving upwards to a higher-grade match i.e. Championship to premiership.
- c) Premiership Squad sizes to be fixed at 35 players.

- a. If as per b, a 2nd XV Team player has moved up to a 1st XV Match Day team as part of 7.1(b), they are not considered part of that team 7.1(a) [up to 6 players dropping down] and can still play for their 2nd XV Match Day Team that week. However, Coaches and Team Managers are expected to effectively manage player welfare accordingly.
- b. If a 2nd XV Team player has moved up to a 1st XV Match Day team as part of 7.1(b), they are not considered part of the 1st XV team registration. They are still considered part of the 2nd XV team they were initially registered for. Similarly, if a 1st XV Team player has moved down as part of 7.1(a) [up to 6 players dropping down], they are not considered part of the 2nd XV Team registration - they are still considered part of the 1st XV team they were initially registered for.
- d) If a player starts 3 consecutive matches for either a team in a league above, or for a 1st XV team (if more than one team from a club is in the same league), they will then be recognised as a player of that team in the system, and movement rules will apply as if they are now a member of that team
- e) If a player has moved up to a higher League Match Day team as part of 7.1(b), they are not considered part of the 7.1(a) [6 players dropping down] and can still play for their lower-level Match Day Team that week. However, Coaches and Team Managers are expected to effectively manage player welfare accordingly.

7.2 Player movement – 7s Variant

There is no player movement during 7s competitions. Once squads are named no player may switch sides unless dispensation is requested from the tournament commissioner.

8.2 Special dispensation for player movement (for a specific Competition)

SRU can allow special dispensation for 2 different clubs to share players to help with the clubs' development during a competition, making teams more competitive. This will only occur when the 2 clubs are playing in different divisions of the competition. Teams with this dispensation will be able to treat movement of players between the two teams as if they are the same club. All rules on player movement from 8.1 would apply to player movement between these 2 clubs.

8. Matches Stopped & Postponement of matches

8.1 The Match Day Commissioner shall have absolute discretion to decide whether a Match should or should not be played or stopped due to weather conditions or for any other reason.

8.2 A Match may be postponed before Kick Off when the Match Day Commissioner decides a Match should not be played because of weather conditions or for any other reason.

8.3 For 15s, If 40 minutes (1st half) of a match is completed before it is stopped, the result will stand. Where 40 minutes has not been completed when a match is stopped, the entire match will be re-played within 21 days of the postponed date at a venue and time agreed between the opposing Team Managers by SRU. A team unable to play on the date and venue decided by the SRU shall be considered to have failed to fulfil an engagement or to play its fixtures and will be liable to disciplinary action (see Appendix B). The decision of the SRU shall be final and binding.

The match at sportSG venue will be delayed for up to 2 periods of 30mins during the lightning risk warning before the game is called off.

The match at Padang and Dempsey will be delayed for up to 1 periods of 30-40mins during the lightning risk warning before the game is called off.

Rearrangements of rained off fixtures are detailed in the Match Day Commissioner's section of Appendix D.

In the case of General Cancellation and rescheduling of matches by a certain club, the club's request shall be submitted to the SRU and the opposing team's manager no later than 21 days before the scheduled match. The Team responsible for the cancellation or rescheduling of the match with less than 21 days' notice will be subject to penalties as laid out in Appendix B

8.4 Waiting time for weather to improve

MDC and clubs can agree to wait for weather to improve but the waiting time cannot affect the kick-off time of a subsequent match scheduled on the pitch they are playing on, or the fixed booking time for the scheduled play.

e.g. Game 2 was stopped by rain at 15:45 with 30 mins of play completed. Referee can call for half time. 40 minutes to be completed before 17:00 kick-off for match 3. Play must restart by 16:20 or the match will have to be postponed. As 40 mins had not been completed, the match will be played on another day. Said postponed match will be restarted

9. Failure to honour fixtures

Where SRU is of the view that a Team has unjustifiably failed to fulfil its Competition fixture obligations, the SRU will follow the sanctions as laid out in Appendix B.

10. Effect of forfeiture

Any Team which forfeits more than 2 games in the same Competition shall, in

addition to any other penalty, be liable to be disqualified from that competition as per the sanctions laid out in Appendix B.

11. Appeals & Citing

Save for matters relating to, any appeal against any SRU's decision made under these Regulations must be made in writing to SRU within 3 days after such written

decision is delivered to the appellant. SRU shall thereafter convene a Judicial Hearing before an Appeal Panel to determine if the decision of SRU is to be upheld or overturned. The appointment of the members of the Appeal Panel and the Hearing procedures shall follow the Disciplinary Procedures and Guidelines of the SRU then in force and the decision of the Appeal Panel shall be final and binding.

For Disciplinary documents please refer to;

<http://www.singaporerugby.com/competition-documents/>

Clubs are free to submit a citing report found under the above link, providing your own video evidence Correspondence that is not deemed a citing report or appeal (i.e. general complaint or observation about another team or individual behaviour) will be handled by the Competition Manager, if serious enough. The SRU encourages clubs to formalise any major concerns in writing using the Citing Report Form.

12. General Competition rules

12.1 First aid cover

- (a) SRU will provide equipment sufficient to follow the SRU medical laws at each venue. Matches may only start when this equipment is present on site. Ambulance Service when required will only send a Player who is **seriously injured** to the nearest **Government A&E Hospital**.
- (b) The person ('s) responsible for first aid cover may come onto the field to administer treatment without notice where a Player is in need of medical attention.
- (c) In the unlikely event that all Medical Service personnel have to accompany a Player to hospital, the game must be suspended until a suitably qualified first responder is available to take on the role.
- (d) Team managers must assign a person to accompany any Player sent to hospital. This must NOT be the Team first aider/physiotherapist if the match is continuing.
- (e) In the event of any medical services that are required after the match hours the respective Team Manager will assist with such arrangements for visitation of medical personnel and all expenses related to this will have to be borne by the respective Team.

12.2 Team uniforms

Clubs must inform the SRU of the colours of each of their Team's uniform; jersey, shorts and socks, Clubs must also upload a photo of their playing kit on the Assemble Website. Jerseys shall be consecutively numbered with a minimum number length size of 250 mm so as to be easily discernible. No two Players in the same Team should display the same number on a match day. This colours of each of their Team's uniform information should be submitted at the Team managers Briefing before the start of the competition so any potential clashes are identified early.

In an event of a colour clash (jersey) the 2nd named team will be required to wear their alternative strip. (If they do not have an alternative strip, they have to turn theirs inside out). The SRU does not provide alternative jerseys.

12.3 Match balls

All match balls will be supplied by the SRU Match day Commissioner. A minimum of 2 Match balls will be provided for each game.

During a game, in the case all Match balls are lost/kicked away/cannot be retrieved, clubs are required to provide their own match ball for continuation of the game.

12.4 Technical Zone Protocol

(a) Please refer to appendix D

12.5 End of Match Score verification

- (a) At the end of the Match, the Referee will verify with their AR's (if appointed) on the score and then convey that result to the team manager for confirmation and agreement. Team managers are to sign off the final score to indicate confirmation and agreement.
- (b) If a team manager or representative does not agree with the score, they are not at liberty to sign off the score card and are required to lodge a formal appeal to the MDC that they are not in agreement with the score. The MDC will inform the opposition team that the score is under review. The MDC will obtain the referee's score card and check against the Assemble player & match statistics. If there is no discrepancy between the referee's score and the Assemble score, the score will be recorded as thus. If there is a discrepancy between the referee's score and Assemble, the referee's score will be recorded as the match score.
- (c) If a score has been recorded under item (b) but still not agreed by a club, within 48 hours, a club can appeal the score by formally writing in to the Competitions Manager and the opposition team, with their appeal. Within the following 48 hours, said club should submit proof of the different scoreline to the Competition Manager and the opposition team for verification.
- (d) If a score has been signed off by both clubs and within 48 hours, a club wishes to appeal the score they had previously agreed to, they are to formally write in to the Competition Manager and the opposition team with their appeal. Within the following 48 hours, said club should submit proof of the different scoreline to the Competition Manager and the opposition team for verification.

Any appeal for a change in score more than 48 hours after a match will not be accepted.

13. League Competition Points – 15s

13.1 Competition points will be awarded for League Competition matches as follows:

- (a) four (4) competition points for a win
- (b) two (2) competition points for a draw
- (c) one (1) competition point for a loss by 7 match points or less;
- (d) one (1) competition point for scoring 4 tries or more;
- (e) five (5) competition points will be awarded to a Team that gains forfeiture (this includes any bonus points);
- (f) one (1) competition point will be deducted from a Team that forfeits a Match
- (g) Zero points will be awarded for a bye or for a loss by more than 7 match points
- (h) Two (2) further points may be deducted from a Team that fails to comply with any provision of these Regulations (see Appendix B).

13.2 In the event of two or more Teams being on equal points following the end of the League Competition, the following guidelines will be used to determine league position:

- a) the Team having the better head to head record and then;
- b) the Team with the greater points difference and then;
- c) the Team with the most tries and then;
- d) the Team with the least Red Cards for the season and then;

If none of the above produces a viable result, then the higher league position will be determined by a coin toss.

13.3 In all cases of forfeiture, in addition to the competition points awarded and deducted, “Match points for” and “Match points against” will be as follows:

- (a) The Team receiving the forfeiture, will receive twenty (20) Match points for and nil Match points against plus a bonus point, and
- (b) The Team forfeiting the fixture, will receive nil (0) Match points for and twenty (20) Match points against.

13.4 Team pulls out or expelled from the league

If a team is expelled from the league, or has permission to withdraw from the league, the following actions can be taken to correct league table:

1. All matches played by that team will be redacted, and in place 5 competitions points and +20 points differential will be applied to teams they have already played (win, draw or lose)
2. Subsequent matches to be played by that team will be a Bye round for opponent and they will receive 5 competitions points and +20 points differential will be applied to teams points

Subsequent to a team leaving the competition, SRU Competitions Manager will make the amendments to the table, apply the relevant sanctions and send out the

updated table and fixtures list to remaining clubs in the competition before the start of the next round of matches.

14. League Competition Points – 7s

14.1 Preliminary Competition points will be awarded as follows:

- Win – 3 points
- Draw – 1 point
- Loss/Concede Walkover – 0 point

14.2 In the event of a tie in the standings after the preliminary rounds, the final group standing will be decided as follows:

- a. The highest difference between points scored and points conceded;
- b. The highest number of points scored;
- c. In the continued event of a tie, the coin toss will be used to decide the outcome.

15. Duration of matches

15.1 15s Format – league games

- a) The normal playing time in all Matches shall consist of 2 equal halves each of not more than 40 minutes duration with a 10 minute half time break. (10min interval)
- b) Stoppage time, including interval, water breaks and injury time shall be determined by the Referee. The referee is the sole judge of time.

15.2 15s Format – knockout games

- a) If there is a draw in any knockout competition, the Teams shall first change ends and a Sudden Death Extra Time of 2 periods of 10 minutes shall be played. The Team that Kicked-off in the First Half of the Match shall kick off for the first half of extra time. Team that kicked off in the second half shall restart the second period of extra time also on the halfway line. “Golden Points” will apply – the first Team to score any points wins, and the game finishes.
 - i. If after extra time, there is still a draw, then the Match will be decided in descending order as follows:
 - ii. the Team having scored the most tries during the Match will be declared the winner; and if still tied then:
 - iii. the Team that scored the first try during the Match will be declared the winner; and if no try was scored,
 - iv. the Team that scored the first points during the Match will be declared the winner; and if no points was scored
 - v. the Team that has receive less red cards during the Match is declared the winner; and if no red card was issued
 - vi. the Team that has receive less yellow cards during the Match is declared the winner; and if no yellow card was issued
 - vii. If none of the above produce a result, then the winner will be determined by a coin toss.

15.3 7s Format

- a) All games will be played in the format of two halves of 7 minutes each with a 2 minute break in between (7-2-7).
- b) During the semi-finals or finals, if any game ends in a draw after normal regulation time, 5-minutes sudden death extra time will be played.
- c) During sudden death:
 - i. The side that kicks-off in normal regulation time will restart the game,
 - ii. The team that scores first points in extra time will be declared the winner;
 - iii. If it still ends in a draw, the team that scored first in normal regulation time will be declared the winner;
 - iv. If it still ends up in a draw following the above, decision will be decided by a toss of coin.

Mercy Rule – All competitions

If during a game, a team is leading by a points difference of 60 points or more, then any manager/captain may approach the 4th official/referee to initiate a “Mercy Rule”. This rule would close off and cap off that game with the 60 + points difference and the game would be ended. If a club manager/captain initiates the “Mercy Rule” this cannot be overturned or appealed by the opposition team.

16. Referees

16.1 A Referee shall be appointed for each Match by SSRUR. The referee for each match shall be appointed no less than 3 days before the match.

16.2 Assistant Referees and 4th Officials shall be appointed as required by the Head of Referees, the SSRUR and the SRU League Commission.

16.3 Where availability permits, Assistant Referees and 4th Officials may be appointed for matches in other divisions

17. Under-Age Players

17.1 for the senior competitions, age of player is deemed as age on start date of the national league in the year of SRU league competition

17.2 **16-year-old players are NOT allowed to play Adult Rugby.**

17.3 Strictly NO Under 18 (i.e. 17 year old players) Front Row Player may be selected or play in the National League Competition under any circumstances as per World Rugby Guidelines. 17yr olds with the correct dispensation can play any position other than Front row

This guideline aims to protect the safety and welfare of Age Grade Rugby Players wishing to play Adult Rugby at both Elite and Participation/Community levels by trying to ensure that participants with broadly compatible physical development and skill levels play with and against each other.

Best practice is for Under 18 Age grade Rugby Players not to play Adult Rugby. Acceptable practice is for players who are eligible to play at Under 18 level, and who are not eligible to play at any lower Age Grade, to play Adult Rugby at any position other than the front row.

All screening **MUST** be completed before a chosen player begins rugby training above his or her age grade. This is in accordance with World Rugby guidelines.

A player who turns seventeen in November (or earlier) can apply to SRU for dispensation to participate in Adult Rugby in the Men's National League Competition which is starting in November

The Club must ensure all relevant and specific sign offs including SRU approved medical doctors sign off are in place before submitting to the SRU Technical Director for final sign off and must ensure the following application process has been complied with:

The applicant Club has applied to the Union in writing using the SRU Dispensation application form provided by the Union and including with that application:

- a) Endorsement from an Officer of the Club where the Player wishes to play adult rugby; with written evidence that the player has the requisite skill and physicality level for adult rugby and;
- a) Written agreement from the player's parent or guardian to play Adult Rugby and acceptance of the associated risk with playing with Adults who may be stronger and more physically developed than them
- b) Video evidence of players capability to play front row (preferably from the recent U19 League) Refer Appendix E
- c) Relevant Medical sign offs

17.4 An U19 (18yrs Old) may play front row in National or Development League, but will need Technical Director 18yr Front Row dispensation in the form of the following documentation:

- a) Endorsement from an Officer of the Club where the Player wishes to play adult rugby; with written evidence that the player has the requisite skill and physicality level for adult rugby and;
- b) Written agreement from the player's parent or guardian to play Adult Rugby in the Front Row and acceptance of the associated risk with playing with Adults who may be stronger and more physically developed than them
- c) Video evidence of players capability to play front row (preferably from the recent U19 League) Refer Appendix E
- d) Relevant Medical sign offs deemed necessary by the TD

Further details & Forms can be found on the via the link:
<https://tinyurl.com/SRUMedical2026>

Specific Requirements for playing above their age grade in Adult Rugby

- a. Written confirmation from a Coach with an appropriate understanding of the physical attributes required and of the risks to players in Adult Rugby and to whom the player is known that the player has the requisite skills and experience to play Adult Rugby
- b. Written agreement from the player's parent or guardian to play Adult Rugby and acceptance of the associated risk with playing with Adults who may be stronger and more physically developed than them. Parental or legal guardian's consent in writing, after discussion with medical practitioner and coaches
- c. Written confirmation from **medical practitioner (i.e. Sports Med Doctor)** with an understanding of the demands of Adult Rugby to whom the player is known that the player is in a physical condition to play Adult Rugby and that this view is supported by a musculo-skeletal evaluation and/or other appropriate assessments. Suggested list of doctors are in Appendix H
- d. Final written approval from the SRU Technical Director.

17.5 Submission of Dispensation requests to be done at least 1 week prior to the game the player is being considered for. Late requests will not be entertained. Players must be registered with the club as per registration windows to be eligible for dispensation consideration

17.6 A Club may appeal in writing outlining grounds for appeal to the Appeal Officer who will consider and decide any appeal. Their decision will be final in all cases. These appeals must be done 2 weeks prior to the match/s.

17.7 If an under-age Player plays adult rugby without completing the dispensation process, without obtaining Union approval or in breach of the Regulations here, the Player and the Club for which he/she has played for will be liable for sanction(s) as determined by SRU in its absolute discretion or pursuant to any directives or guidelines it may promulgate from time to time. All sanctions are laid out in Appendix B.

18. Laws of the Game

The National League Competition shall be played under the relevant World Rugby Laws of the Game unless Teams agree to play in accordance with the U19 Laws on Scrums.

Club requests prior to matches to play U19 Laws on scrums in lieu of open grade scrums will not be entertained.

Development League scrums are deemed to be Open grade scrums.

U19 Laws on scrum or non-contested scrums are only to be enacted during a game and only if the referee deems open grade scrums are dangerous to a particular team.

19. Disciplinary Procedures and Guidelines

The SRU Disciplinary Procedures Guidelines and relevant World Rugby Laws & Regulations then in force shall apply to all disciplinary related matters arising during the National League Competition.

If an abandoned match is to be replayed, any caution issued during that match shall be annulled but a red card received by a player in an abandoned match will count and the appropriate sanction shall follow. The replay of the abandoned match will not be considered as the match where the errant player has served the suspension. If the match is not to be replayed, the cautions received by the team responsible for causing the match to be abandoned are upheld; if both teams are responsible, then all of the cautions are upheld.

Further details can be found: <http://www.singaporerugby.com/competition-documents/>

(Follow new SRU procedure on the website)

20. Abuse of Officials & Match Officials:

- (a) Offensive gestures, verbal harassment or physical abuse of the Referee or any match official by any Player, team coach (s), team official(s) or team supporter(s) before, during or after a match shall be treated as Misconduct or Foul Play and may be subject to sanctions according to the Laws and the Disciplinary Procedures and Guidelines of the SRU then in force.
- (b) The Referee may penalise a Team on the field for such Misconduct or Foul Play by their Player(s), team coach (es), team official(s) on the sidelines, and may expel from the playing enclosure or venue of the Game, as determined by the Referee, any individual(s) engaging in misconduct or abuse.
- (c) Teams are responsible for the conduct of their Players, team coaches, team officials or team supporters on the sidelines. SRU may refer a Notice of Citing against any Team or Club under Regulation 4.6 of the Disciplinary Procedures and Guidelines for the Misconduct or Foul Play by their Players, team coaches, team officials or team supporters on the sidelines. Such Notice of Citing shall be dealt with in accordance with the Disciplinary Procedures and Guidelines.
- (d) In the event it is established after due process that an act of Misconduct or Foul Play has occurred, SRU may in its discretion deduct competition points from the relevant Team for the current and the next competition which the Team participates in, in addition to any sanction awarded against the relevant their Players, team coaches, team officials or team supporters.

21. Code of Conduct for Players

- Play for enjoyment and become part of the rugby family.
- Respect the 'Game of Rugby' and play within the Laws of the Game.
- Accept the referee's decision and let your captain or coach ask any relevant questions.
- Play with control. Do not lose your temper.
- Always do your best and be committed to the game, your team and your club.
- Be a 'good sport'. Applaud all good play whether by your team or the opposition.
- Respect your opponent. Treat all players as you would like to be treated. Do not

'bully' or take advantage of any player.

- Rugby is a team sport and make sure you cooperate with your coach; team mates and members of your club.
- Remember that the goals of the game are to have fun, improve your skills and feel good.
- At the end of the match thank your opponents and the referee for the match.
- Always remember that you owe a duty of care to your opponents. Tackle hard but fairly, do not intend to hurt your opponent.
- Winning and losing is part of sport: Win with humility – lose with dignity.
- As part of the team it is important that you attend training regularly and listen to your coach and help your team.
- As a team sport it is important to understand that all members are important to the team.
- Remember you are representing your team, club, family and the Game of Rugby

22. Code of Conduct for Coaches

- Remember that as a coach you have a duty of care to all your players.
- Lead by example - players need a coach they can respect as a Role Model.
- Be generous with your praise and never ridicule, shout at players for making mistakes or losing a match.
- Impart on your players that the Laws of the Game are mutual agreements which no One should evade or break.
- Ensure that you are appropriately qualified by gaining the relevant coaching accreditation for your particular level.
- Be reasonable in your demands on the players' time, energy and enthusiasm.
- Respect for all participants – teammates and opponents, as well as
- Match officials.
- Create a safe and enjoyable environment in which to train and play.
- Always follow professional medical advice in determining when an injured player is ready to play again.
- Develop policies for your club / team to agree procedures regarding discipline, injury prevention & treatment, team selection etc.
- Be responsible and ensure you uphold the ethos of the game and SRU

23. Code of Conduct for Parents

- Remember, young people play rugby for their enjoyment, not only yours.
- Encourage your child to always play by the Laws of the Game.
- Teach young children that honest endeavour is as important as winning, so that the result of each game is accepted without disappointment.
- Help young people to work towards skill improvement and good sportsmanship
- Set a good example by applauding good play on both sides.
- Never ridicule, humiliate or shout at young players for making a mistake or losing a

match.

- Do not place emphasis on winning at all costs.
- Do not force an unwilling child to participate in the playing of rugby. If the child is to play, he/she will do so in good time through your encouragement.
- Support all efforts to remove verbal & physical abuse from rugby
- As a spectator do not use profane language or harass referees, coaches or players.
- Do not publicly question the referee's judgement and never their honesty.
- Recognise the value and importance of volunteer referees and coaches.
- Identify and acknowledge the good qualities of the Game of Rugby and uphold these values. Understand the value of team sport and its importance
- Remember you and your child's contribution to the Game of Rugby is very important to SRU and be proud of your contribution.

24. Code of Conduct for Spectators

- Remember that although young players play organised rugby they are not 'miniature internationals'.
 - a) Be on your best behaviour and lead by example. Do not use profane language or harass referees, players or coaches.
 - b) Applaud good play by the visiting team as well as your own.
 - c) Show respect for your team's opponents. Without them there would not be a match.
 - d) Condemn the use of violence in all forms at every opportunity.
 - e) Verbal abuse of players or referees cannot be accepted in any shape or form.
 - f) Players or referees are not fair targets for ignorant behaviour.
 - g) Encourage young players to play by the Laws of the Game.
 - h) Spectators can contribute to the enjoyment of the event and all involved.
 - i) Be proud of your club and the Game of Rugby
 - j) Strictly no alcohol to be consumed in the pitch side Technical Area (it may be consumed at designated areas)
 - k) Strictly no smoking at any Singapore match venues.

25. Code of Conduct for Referees

- Respect the rights, dignity and worth of every child and treat everyone equally, regardless of gender, disability, ethnic origin, religion, etc.
- All referees must be a member of the Singapore Society of Rugby Union

Referees (SSRUR).

- Act as a role model and promote the positive aspects of rugby and maintain the highest standards of personal conduct.
- Be responsible for monitoring the boundaries between a working relationship and friendship with players.
- Avoid being alone with underage persons.
- Never deal with injuries unless qualified to do so.
- Encourage coaches/parents to act responsibly and to be responsible for the behaviour and performance of players.
- Ensure that safety is paramount in all games.
- Follow agreed protocols regarding shower arrangements after matches.
- Agree appropriate times for entry to changing rooms to deal with match preparation and ensure members of the team management are present.
- Be punctual, prepared and well presented.
- Ensure players and officials comply with the Laws of the Game.
- Never criticise individual players and or coaches or parents.
- Adhere to all rules and procedures as agreed by the Branch Referees Association

27 Code of Conduct for MDC

- Respect the rights, dignity and worth of every player, coach and team manager and treat everyone equally, regardless of gender, disability, ethnic origin, religion, etc.
- Act as a role model and promote the positive aspects of rugby and maintain the highest standards of personal conduct.
- Be responsible for monitoring the boundaries between a working relationship and friendship with players.
- Never deal with injuries unless qualified to do so.
- Encourage Team Managers/Coaches/Players to act responsibly and to be responsible for maintaining good behaviour and cordial relationships before, during and after the game.
- Ensure that safety is paramount in all games.
- Ensure players and other officials comply with the Laws of the Game.
- Never enter into open arguments or openly criticise individual players and or coaches, players or spectators. Record all infringements and conflict in you Match Day Controller reports
- Adhere to all rules and procedures as agreed by the SRU

- Be punctual, prepared and well presented.
- Remember at all times you are the face and representative of the SRU

28. Medical Matters

Listed below are some key points for the league for medical matters:

1.1 Serious Injury Reporting

Policy:

1.1.1 Any serious injury, including suspected head, neck or spinal cord injury, that occurs in a match or organized training session and requires the athlete to cease participation in that event and be transferred to the hospital must be reported to Singapore Rugby.

Procedures:

1.1.2 To report an injury as identified in 1.1.1, the **SRU Serious Injury Notification Report** must be submitted to the SRU Office attn. Competition manager or competitions@sru.org.sg within two (2) days of the incident's occurrence.

I. The report will be referred to the SRU Medical Committee and the SRU Risk Management Advisory Group to determine if any follow-up is required using SRU's established risk referral procedures.

Concussion Management

Policy:

All matches played under SRU jurisdiction must comply with World Rugby Concussion Guidelines. SRU uses WR's "Recognize and Remove" as the standard policy. SRU Recognize and Remove
<https://tinyurl.com/SRUMedical>

WR Recognize and Remove
<http://playerwelfare.worldrugby.org/concussion>

Suspected incidents of non-compliance with the above policy must be referred to the SRU Office for follow-up and possible compliance action by the Discipline/Management Committee

Procedures:

All players, coaches, parents, match officials, administrators, medical practitioners and other rugby stakeholders are required to educate themselves on the above – referenced World Rugby Concussion Guidelines <http://playerwelfare.worldrugby.org/concussion> and in particular, the Graduated Return to Sports Program.

Team management must be familiar with and adhere to SRU protocols.

More Documentation is available on the Medical Resources page of the SRU website.
<https://tinyurl.com/SRUMedical>

For a full and detailed account, please refer to the SRU website link
<http://www.singaporerugby.com/competition-documents/>

Pitch Side Requirements for clubs

Policy:

Prior to the start of a match played under the jurisdiction of Singapore Rugby, both the home and away teams must have present team medical support as follows. Each Team must have:

1. National League: a registered health care professional who has
 - Relevant certification and registration with their governing body
 - Completed the online WR Concussion Management for Doctors and Health Care professionals within the last 12 months.
 - Completed the face to face WR L2 Immediate Care in Rugby course within the last 36 months.
 - Has current Professional Indemnity Insurance.

The teams must identify these persons to the visiting team and the match officials. The name of this person shall be recorded as the designated medical person on the SRU Game Sheet.

This individual (Team physio / Medic) must be present pitch side while their team is playing.

29. Sponsorship & Commercial contracts

If the SRU acquires any League sponsors, then during the build up to a new season the SRU must provide adequate notice to all clubs detailing:

- What affect these sponsors could have on the league
- What (if any) effect they could have on the Clubs participating in the leagues.

30. Matters Not Provided For

Any matter not provided for in these Rules, shall be dealt with by SRU or where relevant by the Competitions Manager, whose decision shall be final. The SRU or the Competitions Manager, where applicable, reserves the right to change the date of the matches, venues or any of these Rules, advance notice being given to the Clubs

Appendix B – SRU Sanctions and Disciplinary Table:

Type	Description	First seasonal infraction	Second seasonal infraction	Third and subsequent seasonal infraction
1	Late submission of Serious Injury Notification Report	Written Warning	\$100	\$500
2	Non-compliance with World Rugby Concussion Management Guidelines	Written Warning	\$100	\$500
3	Non-compliance with mandatory medical personnel and equipment requirements	Written Warning	\$100	\$500
4	Failure to meet Jersey, Game Sheet or Score Reporting Administration requirements	Written Warning	\$100	\$500
5	Participation by a player or coach who is unregistered or without transfer approval in a sanctioned match	Forfeiture of Match and the club is fined \$500 for each unregistered/unapproved participant		
6	Participation by a player who does not meet established eligibility requirements in a sanctioned match	Forfeiture of match and the club is fined \$100 for each ineligible player		
7	Participating in a rugby activity under a false name	30 day Suspension	60 day Suspension	120 day Suspension
8	Failure to Field a Front row at the start of a game	Forfeited Match and match points		
9	Cancellation of fixtures less than the required 21 Days Notice	\$800	\$800 and 5 point Deduction	Ejected from the League
10	Failure to honour Fixtures	\$800	\$800 and 5 point Deduction	Ejected from the League
Note:	Under Section 14. League Competition Points (h) Two (2) further points may be deducted from a Team that fails to comply with any provision of these Regulations			

Appendix C – World Rugby 15s Squad Matchday Squad Rules:

Squad size	Minimum number of front row players in the squad	Must be able to replace at the first time of asking
15 or fewer	3	-
16, 17 or 18	4	Either a prop or a hooker
19, 20, 21 or 22	5	Both a prop and a hooker
23	6	Loose-head prop, tight-head prop and hooker

Notes:

1. For SRU Development League the squad size can be up to 25 players. In this situation the Minimum Front row players in the Squad remains at 6.
 - a. The intent of allowing a larger squad size for Development League is to encourage more player on field participation based on rolling substitutions
2. For 7s we allow squads of 14, however each match must only select 12 players, with the 2 remaining players sitting away from the technical area and not involved.

Appendix D - Match Day Commissioner

SINGAPORE RUGBY UNION NATIONAL LEAGUE

MATCH-DAY COMMISSIONER

PRE-MATCH

1. MDC to arrive ½ an hr before match time
2. Check FOP (flags/rope/post pads)
3. Check ambulance arrival
4. Identify tech zone area (table/chairs)
5. Team Managers to produce team registration to MDC
6. Match briefing 12.45pm (MDC, team managers, Match official & assistant referee)
7. Prepare Match sheet

WALKOVER PROTOCOLS

- Insufficient number of players to start a match
- 13 players minimum to start a match but team must have 5 in scrum

DURING THE MATCH

1. Match start
2. Record match start time
3. Record substitutes (Substitutes must go through 4th Official)
4. Record time of score and try/conversion/penalty
5. Record match end time
6. Complete match sheet fields

POST MATCH

1. Final score from referee
2. Referee, team managers & MDC to sign off completed match sheet
3. Send completed match sheet to Richmond) (Re-scheduled match & any other reports)

EXTRAS

1. If there is lightning warning before match time MDC will monitor risk and update in 0.5hrs
2. If there is lightning warning during match time MDC will monitor risk and update in 0.5hrs
 - For a full match time a minimum of 40 mins of match time must be played (re-schedule)
 - If risk is high (40mins of continuous heavy rain and lightning (re-schedule)
3. If the game is called off before it starts, the MDC shall work with the league co-ordinator and the 2 team managers to set a new date for the replay of the game within 48hrs from the game being called off.

IMPORTANT NOTES

1. Haze (nea.gov.sg)
2. Lightning Warning (nea.gov.sg)
3. **HOTLINE- 1800-225 5632 & Weather 6542 7788**
4. Haze stoppage @ 100 PSI
5. Notice will be sent out 3 hrs before kick-off for Haze only
6. Lightning warning- match resume, decision will be made by the MDC only to the Referees & Team Managers
7. Referee manager (Low Feng Hua 81009236)
8. **AOB (competitions@sru.org.sg – Low Feng Hua 81009236.)**

Appendix E – Under Age Player & Dispensation Matrix

SINGAPORE RUGBY UNION NATIONAL LEAGUE

Under Age Player & Dispensation Matrix

Age as of 1st Oct	Dispensation Required to play	Eligible to play Front Row
16	Not allowed to play	Not allowed to play
17	Yes	No
18	No	Yes (With Dispensation)
19	No	Yes

Appendix F: SRU designated league registration System & Software

<https://live.sru.assemblesports.io/tabs/explore>

SRU currently uses Assemble Sports for managing all tournaments. The Tournament manager will issue details before each tournament.

Appendix G – List of Suggested Sports Doctors

1. Dr. Dinesh Sirisena (KTPH)
2. Dr. Lai Kah Weng (Private)
3. Dr. Ng Chung Sien (CGH)
4. Dr. Derek Park (KTPH)
5. Dr. Mark Chong (NUH)
6. Dr. Alan Cheung (Private)
7. Dr. Lim Jit Kheng (Private)
8. Dr. Cormac (Private)
9. Dr. Lim Chin Tat (Private)
10. Dr. Jo Probert (KTPH)
11. Dr. Scott Xu (CGH)