



2024 Sydney Women's Rugby Union Competition Notes

Sydney Women's Premier Grade (XV a side)

TIMINGS

All matches will have two 35 min halves with a five minute half time.

There is no time off in regular competition matches. In finals, injury time will be added to playing time.

MATCH FORFEIT

If a team cannot field a minimum of twelve (12) players for any reason either within 10 minutes of the designated start time of the match or during the match then the match is deemed a forfeit.

UNCONTESTED SCRUMS

Teams must have five players who can play in the front row to ensure that on the first occasion that a replacement hooker is required, and on the first occasion that a replacement prop forward is required, the team can continue to play safely with contested scrums.

Should a team not be able to meet this obligation for any reason during a game, or should a team not have three suitably trained front row players to commence a game with contested scrums, then the team concerned must play with one player fewer than would otherwise be allowed.

If, subsequently, a qualified front rower becomes available so that scrums can be contested then that player will be allowed onto the field and the team may return to the appropriate complement of players.

If neither team has suitably trained front row players to start a game with contested scrums, the above arrangements do not apply to the game, even if qualified front rowers subsequently become available.

Law 3.15 applies where a team commenced the game with contested scrums and 15 players – if uncontested scrums are called as a result of a sending off, temporary suspension or injury, scrums must continue with eight players from both sides.

REPLACEMENT OF PLAYERS

A team is permitted a maximum of eight (8) reserves. Up to eight interchanges per team per match will be allowed for all teams. Replacement cards (numbered 1-8) should be handed to the referee or assistant referee by the player as they take the field.

An interchange shall include any time one player replaces another player, including for injury. Within the allowed eight interchanges, there is no restriction on the number of times an individual player can be substituted or return to the field (i.e. rolling replacements).

Exceptions

(a) Injury as a result of suspected concussion or foul play

(i) If a player is replaced as a result of a suspected concussion (the referee displays a blue card) or as a result of foul play (which is acknowledged by the referee and the player is replaced immediately after the incident) that replacement does NOT count as an interchange.

(b) Temporary Replacement – Blood Injury

(i) If a player has a blood injury and is temporarily replaced by another player that does NOT count as an interchange.

(ii) If the blood player returns to the field of play within fifteen (15) minutes actual time and the temporary replacement leaves the field that does NOT count as an interchange.

(iii) If the blood player does not return to the field of play within the permitted time, the replacement becomes permanent and that IS counted as an interchange. The blood player is considered injured.

(iv) Should a team use up its maximum number of interchanges while one of their players has been temporarily replaced for blood, and the blood player cannot return to the field within the permitted time, the temporary replacement will be required to leave the field at the conclusion of the permitted time i.e. the team plays one short.

(c) Temporary Suspension – Yellow Card

(i) When a player is temporarily suspended (yellow card) and leaves the field of play that is NOT an interchange.

(d) Temporary Suspension – Yellow Card – Front Row Player

(i) When a scrum is ordered during the temporary suspension of a front-row player (Player A), and as a result a player (Player B) is required to leave the field to allow another front-row player (Player C) to come on, that does NOT count as an interchange.

(ii) If, at the end of the period of temporary suspension, Player A resumes and Player C leaves the field that does NOT count as an interchange.

(iii) Player B returning to the field of play is also NOT an interchange.

(iv) If, however, the team opts to leave Player C on at the end of the temporary suspension period instead of Player A returning, that IS an interchange.

(v) Player B returning to the field of play to replace another player during the period of temporary suspension IS an interchange.

(e) Send Off – Red Card

(i) When a player is sent from the field of play (red card) that is NOT an interchange.

(f) Send Off – Red Card – Front Row Player

- (i) When a scrum is ordered after the sending off of a front-row player (Player A), and as a result a player (Player B) is required to leave the field to allow another front-row player (Player C) to come on, that does NOT count as an interchange.
- (ii) Player B returning to the field of play to substitute another player IS an interchange.

Any player substituted due to injury (except temporarily for blood) may not for any reason return to that match or any subsequent matches played on that day. At matches where there is no doctor available, the Referee remains responsible for establishing if a player is leaving the field of play due to being so injured that it would be unwise for her to continue playing.

After eight interchanges have been made, no other interchanges will be allowed for any reason, except for an injury to a front-row player where a suitably trained front-row replacement is available to ensure the game can continue with contested scrums. In this situation only, an additional interchange may be made.

Any substitute who takes the field immediately following the awarding of a penalty kick to her team or after a try has been scored shall not be permitted to kick at goal until after the relevant kick has been taken.

10-a-side competition

LAW

Sydney Women's Rugby Union 10-a-side competition games will be played using World Rugby 10-a-side law variations and Under 19 law variations.

TIMINGS

All matches will have two 20 min halves with a five minute half time (unless the two teams agree to vary this).

There is no time off in regular competition matches. In finals, injury time will be added to playing time.

RESTARTS

Note that 10-a-side variations mimic 7-a-side variations in this respect, with the scoring team taking the restart kick, and Free Kicks instead of scrums for incorrectly taken restarts.

MATCH FORFEIT

If a team cannot field a minimum of seven (7) players for any reason either within 10 minutes of the designated start time of the match or during the match then the match is deemed a forfeit.

UNCONTESTED SCRUMS

There is no sanction for calling for uncontested scrums, however it should be recorded in the match day app.

Note U19 laws apply so no pushing beyond 1.5m or deliberately wheeling the scrum. The scrum must be reset if it wheels past 45 degrees and no one is at fault.

REPLACEMENT OF PLAYERS

A team is permitted a maximum of eight (8) reserves. Up to eight interchanges per team per match will be allowed for all teams. Replacement cards (numbered 1-8) should be handed to the referee or assistant referee by the player as they take the field.

An interchange shall include any time one player replaces another player, including for injury. Within the allowed eight interchanges, there is no restriction on the number of times an individual player can be substituted or return to the field (i.e. rolling replacements).

Exceptions

(d) Injury as a result of suspected concussion or foul play

(ii) If a player is replaced as a result of a suspected concussion (the referee displays a blue card) or as a result of foul play (which is acknowledged by the referee and the player is replaced immediately after the incident) that replacement does NOT count as an interchange.

(e) Temporary Replacement – Blood Injury

(vi) If a player has a blood injury and is temporarily replaced by another player that does NOT count as an interchange.

(vii) If the blood player returns to the field of play within fifteen (15) minutes actual time and the temporary replacement leaves the field that does NOT count as an interchange.

(viii) If the blood player does not return to the field of play within the permitted time, the replacement becomes permanent and that IS counted as an interchange. The blood player is considered injured.

(ix) Should a team use up its maximum number of interchanges while one of their players has been temporarily replaced for blood, and the blood player cannot return to the field within the permitted time, the temporary replacement will be required to leave the field at the conclusion of the permitted time i.e. the team plays one short.

(f) Temporary Suspension – Yellow Card

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(d) Temporary Suspension – Yellow Card – Front Row Player

(i) When a scrum is ordered during the temporary suspension of a front-row player (Player A), and as a result a player (Player B) is required to leave the field to allow another front-row player (Player C) to come on, that does NOT count as an interchange.

(ii) If, at the end of the period of temporary suspension, Player A resumes and Player C leaves the field that does NOT count as an interchange.

(iii) Player B returning to the field of play is also NOT an interchange.

(iv) If, however, the team opts to leave Player C on at the end of the temporary suspension period instead of Player A returning, that IS an interchange.

(x) Player B returning to the field of play to replace another player during the period of temporary suspension IS an interchange.

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(ii) Player B returning to the field of play to substitute another player IS an interchange.

Any player substituted due to injury (except temporarily for blood) may not for any reason return to that match or any subsequent matches played on that day. At matches where there is no doctor available, the Referee remains responsible for establishing if a player is leaving the field of play due to being so injured that it would be unwise for her to continue playing.

After eight interchanges have been made, no other interchanges will be allowed for any reason, except for an injury to a front-row player where a suitably trained front-row replacement is available to ensure the game can continue with contested scrums. In this situation only, an additional interchange may be made.

Any substitute who takes the field immediately following the awarding of a penalty kick to her team or after a try has been scored shall not be permitted to kick at goal until after the relevant kick has been taken.