



2025 Sydney Women's Rugby Union Competition Notes

Sydney Women's Premier Grade (XV a side)

MATCH TIMINGS

Division 1 matches will have two 35-minute halves with a five-minute half time.

Division 2 match duration times will be determined by the number of players participating and will be conducted under the Game On Principles.

There is no injury/stoppage time except in Finals matches if so advised.

GAME ON PRINCIPLES

Game On ensures that games can proceed even if a team has fewer than fifteen (15) players. Agreement for the number of players must be reached between teams and the referee before the game commences. Teams are encouraged to communicate team number issues with the opposition in the days prior to the match. Playing numbers (10-15) are determined by agreement. If no agreement, then the playing numbers will match the number of players of the team with the fewest players. Teams who reduce numbers may maintain replacements but only with the opposition's agreement.

Match Duration under Game On Principles unless prior agreement:

- 10 a side: 2 x 20 min halves
- 11 a side: 2 x 25 min halves
- 12 a side: 2 x 30 min halves
- 13 a side: 2 x 30 min halves
- 14 a side: 2 x 35 min halves
- 15 a side: 2 x 35 min halves

Scrum formation for reduced numbers:

- 14 a side: 7F, 7B, 3/4 formation
- 13 a side: 7F, 6B, 3/4 formation
- 12 a side: 6F, 5B, 3/2/1 formation
- 11 a side: 6F, 5B, 3/2/1 formation
- 10 a side: 5F, 5B, 3/2 formation.

Scrum may still be contested with differing formations assuming there are three (3) qualified front rowers. With reduced team numbers there is no requirement to have additional front rowers as named replacements.

MATCH FORFEIT

If a Division 1 team is unable to field twelve (12) players within ten (10) minutes of advertised start time or at any time during the match, then the match is deemed a forfeit.

If a Division 2 team is unable to field ten (10) players within ten (10) minutes of advertised start time or at any time during the match, then the match is deemed a forfeit.

MATCH ABANDONED

If a referee makes the decision to abandon a match (rf Law 5.10) the match will be replayed ONLY if the match has not started, or the first half has not been completed. At all other times of the abandonment, the score will stand.

If a match is abandoned due to actions contrary to the Competition Rules, then Judicial action may ensue.

SCRUMS

Law 3.8 applies to all matches. All teams must have sufficient front row players to play at hooker and prop who are suitably trained and experienced, to ensure that on the first occasion that a replacement hooker or prop is required, the team can continue to play safely with contested scrums.

Contravention of this rule will mean that Law 3.17 shall apply, namely:

- a) 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.
- b) 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.
- c) 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/SUBSTITUTIONS

A maximum number of eight (8) reserves may be nominated as replacements/substitutions as per Law 3. Up to eight (8) 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 are:

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

If a player is replaced as a result of a suspected concussion (i.e. 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

If a player has a blood injury and is temporarily replaced. This temporary replacement does NOT count as a substitution provided that the player resumes playing within 15 minutes. If the 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 player is then considered injured. Should a team use up its maximum number of interchanges while one of their players has been temporarily replaced for blood, and the 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

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

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

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

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. 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 (8) 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.