

Return to Rugby

Level 3 guidelines




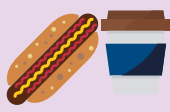
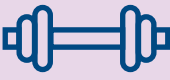

As of 2 November 2020 (updated 5 November 2020)

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 
RUGBY ACTIVITY 	<ul style="list-style-type: none"> Youth (17 and under on day of activity) - Modified contact and touch training activities permitted: <ul style="list-style-type: none"> 1v1 tackle (+1 player from each team) training (practical or small sided game). 1v1 scrum training (practice only). Lineout throw, jump, catch training (practice only). All traditional rugby equipment can be used and shared (with regular cleaning). Adult (18 and above on day of activity) - Individual training (physically distanced) only: <ul style="list-style-type: none"> Players must not encroach within 2m of each other. Ball transfer (e.g. passing activities) is permitted (with regular cleaning). No use of tackle shields, scrum machines/sleds etc. Youth and Adult <ul style="list-style-type: none"> Max 30 people in bubble including coaches: <ul style="list-style-type: none"> P5/U10 and below - max 30 people per 1/4 pitch. P6/U11 and above - max 30 people per 1/2 pitch. Multiple training bubbles permitted (e.g. 2 x bubbles of 30 per full size pitch). Coaches must remain 2m from players. 	<ul style="list-style-type: none"> No unrestricted full contact training activities (all ages) No maul activities (all ages) No modified contact rugby (adult 18+ only) No touch rugby (adult 18+ only) No competitive match play until January 2021 at the earliest (all age groups). No club v club / school v school activity.
CATERING & HOSPITALITY 	<ul style="list-style-type: none"> Food for consumption on premises (time restrictions may apply). Max 6 people from 2 households outdoors or in hospitality settings. Takeaways permitted for alcohol and food. 	<ul style="list-style-type: none"> No alcohol sales indoor or outdoors. Time restrictions may apply to permitted areas.
RUGBY FACILITIES 	<ul style="list-style-type: none"> Individual exercise only (except for 17 and under), including gyms - click here. Changing rooms can open in line with existing guidance - click here. 	<ul style="list-style-type: none"> Socialising rules apply. No indoor group contact activity (all ages). No spectators.
TRAVEL & TRANSPORT 	<ul style="list-style-type: none"> Avoid car sharing with people outside extended household wherever possible. Avoid non-essential use of public transport. No non-essential travel into or out of the level 3 area. Youth participants can travel to and from Level 3 areas (but not level 4) to take part in rugby activity. Parents may transport their children for sport into a Level 3 area however must not congregate or attempt to spectate. 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. 	

For enquiries, please contact rugbydevelopmentadmin@sru.org.uk



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