

Suomen Rugbyliitto

2023 COMPETITION REGULATIONS



Foreword

These regulations have been written to be as comprehensive as possible, but it is inevitable that situations will arise that are not covered by the precise wording of this document. Where possible, solutions to these events should be inferred from the current regulations as outlined and/or by common practice. It is also important to remember that SRL is a member of external organisation's whose regulations may also apply to the governance of Finnish rugby.

It is hoped that following these regulations will give Finnish rugby the balance it needs between development and growth of rugby up and down the country on one hand, and the need for well-governed competition on the other.

Abbreviations

FRRA	Finland Rugby Referees Association
NLCM	National league and competitions manager
NT	National team
SRL	Suomen Rugbyliitto (Finnish Rugby Federation)
XVs	Fifteen-a-side
7s	Seven-a-side

Table of Contents

1	Administration	1
1.1	Ethical principles	1
1.1.1	Fair Play and the spirit of the game	1
1.1.2	Anti-Doping	1
1.1.3	Participating in betting and ban on game-manipulation	2
1.1.4	Ban on substance abuse	3
1.2	Team eligibility	3
1.2.1	Entering competitions	3
1.2.2	Combined teams	3
1.2.3	Team sheets	3
1.3	Player eligibility	4
1.3.1	Licenses and insurances	4
1.3.2	Age restrictions	5
1.3.3	Investigation of eligibility and sanctions	6
1.4	Disciplinary matters	7
1.4.1	Principles	7
1.4.2	General obligations	7
1.4.3	Disciplinary panel	8
1.4.3.1	Formation and composition of the disciplinary panel	8
1.4.3.2	Use of video	8
1.4.3.3	Publication of reports	9
1.4.4	Red cards	9
1.4.5	Yellow cards	10
1.4.6	Citation	10
1.4.6.1	Foreword	10
1.4.6.2	Intention to cite	10
1.4.6.3	The citation	11
1.4.7	Incidents occurring outside of SRL competition	12
1.4.8	Lengths and type of suspension	12
1.4.9	Right of appeal	14
1.5	Interpretation, amendments and appeals	14
1.5.1	Interpretation of the regulations	14
1.5.2	Appealing regulatory decisions	14
1.5.3	Amending the regulations	14

2	XV Competitions	16
2.1	Foreword	16
2.2	Match structure	16
2.2.1	Squad size	16
2.2.2	Replacements	17
2.3	Format	17
2.3.1	Regular season	17
2.3.2	League points	18
2.3.3	Playoffs	18
2.3.3.1	Semi-finals	18
2.3.3.2	Finals	19
2.3.3.3	Drawn playoff matches	19
2.3.4	Promotion and relegation	20
2.3.4.1	Promotion and relegation in men's competitions	20
2.3.4.2	Promotion and relegation in women's competitions	21
2.4	Forfeiting, abandoning or rescheduling matches	21
2.4.1	Forfeits	21
2.4.2	Cancelling, rescheduling or delaying a match	21
2.4.3	Abandoning a match in progress	22
2.4.4	Withdrawal from a league	23
2.5	Eligibility and loan players	23
2.5.1	General	23
2.5.2	Loan players	24
2.5.3	Fielding National Team players	25
2.5.4	Playing in multiple matches during one weekend	26
2.6	Responsibilities of the home team	26
2.6.1	Pitch and match day requirements	26
2.6.2	Informing the visitors, match officials and SRL	27
2.6.3	Non-appointed match officials	28
2.6.3.1	No match official appointed	28
2.6.3.2	No assistant referees appointed	28
3	7s competitions	29
3.1	Foreword	29
3.2	Match structure	29
3.2.1	Squad size	29
3.2.2	Replacements	29

3.3	Format	29
3.3.1	General	29
3.3.2	Championship format	30
3.3.3	Scoring	30
3.3.3.1	Scoring within an individual match	30
3.3.3.2	Scoring within an individual tournament	30
3.3.3.3	Scoring the 7s series	31
3.3.4	Playoffs	32
3.4	Forfeits and abandoning a tournament	32
3.4.1	Forfeits	32
3.4.2	Abandoning a tournament in progress	32
3.4.3	Withdrawal from a tournament	32
3.5	Eligibility and loan players	33
3.5.1	General	33
3.5.2	Loan players	34
3.5.3	Fielding more than one side and combined teams	34
3.5.4	National teams in men's 7s series in 2023	34
4	Contacts	36
	Appendix 1: XV MATCH DAY REQUIREMENTS	37
	Appendix 2: SANCTIONS FOR FOUL PLAY	40
	Appendix 3: FRRA TIE BREAK PROTOCOL	42
	Appendix 4: GUIDE TO HOSTING A 7S TOURNAMENT	44

1 Administration

1.1 Ethical principles

1.1.1 Fair Play and the spirit of the game

All parties involved in Finnish rugby will follow the spirit and values of rugby in their actions and behaviour, both on and off the rugby field and at any time where they may be construed as representing or being associated with rugby in Finland. The SRL competitions follow the Fair Play ideals and goals of the Finnish Olympic Committee. By taking part in SRL competitions, a person commits to the ethical principles of the sport and the general principles of Fair Play, which include the respect and equal treatment of other people, honesty, openness, integrity, democracy, advancement of health and wellbeing, responsible upbringing and sustainability, and respect of the environment. Any individual or organisation deemed to have breached this general code of conduct or who has been found to have brought the game into disrepute may be subject to sanction by the SRL.

1.1.2 Anti-Doping

The Finnish Rugby Federation commits to following the current Finnish Anti-Doping Code and accepts that the disciplinary jurisdiction is held by the disciplinary body mentioned in the Finnish Anti-Doping Code

All who participate in SRL competitions agree to commit to follow both the Finnish Anti-Doping Code and World Rugby Anti-Doping Regulations. The responsibility of a club is to monitor that all of its players, coaches and other personnel follow the anti-doping code.

Participating clubs accept that the Finnish Anti-Doping Agency has full rights to perform doping tests in SRL competitions and that competition bans based on the guidelines of the aforementioned bodies may be imposed on those found to have breached these anti-doping codes.

1.1.3 Participating in betting and ban on game-manipulation

Any person belonging to the board, steering group, section or similar body of a club, or an employee or other personnel in a club, may not themselves or via an intermediary take part or influence betting in such competitions or series in which the club takes part.

A player, coach or other member of a team, as defined by competition regulations for rugby, may not themselves or via an intermediary take part or influence betting in such competitions or series in which the team takes part.

A match official, assistant referee, touch judge, match commissioner, announcer or other officiating party may not themselves or via an intermediary take part or influence betting in such competitions or series in which they take part.

Any official whose duty includes processing matters relating to eligibility of players or other members of teams may not themselves or via an intermediary take part or influence betting in such competitions or series in which the eligibility may have importance.

Employees of SRL may not themselves or via an intermediary take part or influence betting in national rugby competitions. Influencing betting includes publicizing such information, regardless of the means of publication, that may affect betting (“insider information”) before official publication of the information.

Agreeing on the score of the match before or during the game or otherwise fixing or attempting to fix the score, regardless of whether the score is for full time or extra time, is forbidden.

Any person participating in the activities of SRL, a club or a team must inform the SRL and the club if they have been proposed and agreement or fixing of a game or otherwise been contacted in such a purpose.

1.1.4 Ban on substance abuse

It is forbidden for all participating players, coaches and other team members as well as for the referees and other officials to use or be under influence of alcohol, illegal drugs and snus on the pitch or in its immediate vicinity during a game or a training session. The clubs must ensure that in sports related situations, such as victory celebrations and in statements by players and coaches, the use of alcohol, illegal drugs or tobacco products or their connection to the sport is not positively portrayed to the youth.

1.2 Team eligibility

1.2.1 Entering competitions

To enter teams into SRL competitions, the club must be a member of SRL, or otherwise have explicit permission from the SRL to enter the competitions.

1.2.2 Combined teams

Combined teams consisting of representatives of one or more clubs, may enter SRL competitions if they have explicit permission to do so from the NLCM. In such cases, the name of the team must be such that it is clearly differentiated from any single existing club.

1.2.3 Team sheets

Each club will ensure completion of their team sheet in full. All players and pitch-side personnel need to have their license numbers on the team sheet. Team sheets need to be delivered to the match official at least 15 minutes before kick-off. Failure to do so will result in the kick-off being delayed and, when kick-off does occur, the non-offending team will be awarded a penalty on the halfway mark. If non-submission of the team sheet delays the scheduled kick-off by more than fifteen minutes, then the non-offending team will be entitled to claim a forfeit win if they choose to do so.

By naming a player on the team sheet, the club acknowledges that the information provided is correct and that all players are fully SRL-licensed, have health-insurance that

covers them in the event of injury sustained in the match, have successfully obtained valid certification from the WR Rugby Ready and Concussion Management for the General Public courses, and are eligible to play under SRL regulations. Players in the team sheet also commit to following Anti-Doping legislation as set out by SUEK and followed by SRL Anti-Doping program. All individuals listed on the team sheet shall comply with SRL's Guidelines against game-manipulation.

Clubs should take special note of and comply with the different regulations regarding the use of loan players in each competition and division. Teams must clearly indicate on the team sheet if they are fielding players licensed to other clubs.

In XV competitions, teams must clearly note their front-row and front-row replacement players on the team sheet.

Team sheets must be sent to teamsheets@finland.rugby at least one day before the XV competition match or 7s competition tournament begins (i.e. before 23:59 on Friday if the match will be played on Saturday) for the purpose of administration and any potential disciplinary matters. In case any changes are made to the team sheet after it has been sent by email by the club, the match official must send the same updated team sheet to teamsheets@finland.rugby for the purpose of administration and any potential disciplinary matters.

1.3 Player eligibility

1.3.1 Licenses and insurances

Unless otherwise stated in these regulations or explicit permission has been granted by the NLCM, a club may only field players licensed to them in SRL competitions.

All players fielded in any SRL competition must be fully licensed and insured for the match in question. By entering the field of play, a player acknowledges that they have a valid license and the required level of insurance. By naming a player on the team sheet, a club acknowledges that they have checked and validated this claim. Any player or club

unclear of what constitutes a valid license or necessary level of insurance should contact the SRL technical director. The SRL, members of the SRL board, the NLCM or match officials cannot be held accountable for any legal or medical repercussions if a player and/or club disregard this regulation and/or for the consequences of participating in any rugby activities.

If a player wishes to change their club after already purchasing a license, they may send a request to the NLCM to have their license transferred. Such requests will only be granted where a valid need for the transfer can be shown (i.e. a player has moved to a new city, as opposed to simply desiring to play for a new team, or a player wishes to transfer teams between seasons). In situations where a player holds two valid licenses, the license that was first purchased will be considered the sole valid license until its expiration.

1.3.2 Age restrictions

A player is considered an adult on their 18th birthday. An adult may play senior rugby in all SRL competitions. Male players who have reached their 17th birthday and female players that have reached their 16th birthday may play with adults provided that they are considered competent to do so by their club, the relevant club coach has provided a written summary of the player that clearly highlights their ability to play senior rugby, and the club has obtained written permission from the player's parent(s) or guardian(s) for them to participate. Such written assessment and approval must be sent to the NLCM and the SRL before the player takes part in competitions.

When playing or training with adults, a player who has not reached their 18th birthday (male or female) may not play or train in the front row of the scrum, regardless of any permission granted.

No players of an age below those outlined above may play senior rugby, regardless of any other mitigating circumstances. In all cases where documentation is necessary it is the responsibility of the player's club to organise, collect, and archive such paperwork.

1.3.3 Investigation of eligibility and sanctions

Any request that SRL checks a player's eligibility must be sent to the NLCM by 23:59 of the day in which the match was played. The request to investigate eligibility must clearly be referring to a specific player or players. The request may be submitted by the opposition club via the club's official @finland.rugby email address or by a match official appointed to the match in question. No sanctions will be imposed if this process has not been followed.

If a club is found to have fielded an ineligible player, provided that the procedure outlined above has been followed, the non-offending team will be given the option of either accepting the result of the match as played or claiming a forfeit win.

Repeated or deliberate offenses may result in additional sanctions against the club at the discretion of the SRL disciplinary panel. An ineligible player may also be subject to a personal sanction if the SRL disciplinary panel considers they knew, or should have known, that they were ineligible. The entry-level suspension for this form of offense is a one-week ban (see Appendix 2 for further details of the time period for bans).

In addition to the above, SRL reserves the right to independently check, randomly or otherwise, the eligibility of all players involved in any match at any time and to impose relevant sanctions, if clubs or player(s) have been found to be in breach.

1.4 Disciplinary matters

1.4.1 Principles

World Rugby Regulation 17* provides the foundation for the procedures for the handling of the following disciplinary matters:

1. When a player is sent off (“red card”)
2. When a player is cited for an act or acts of foul play
3. Where a player has been cautioned and suspended (“yellow card”) three times in the same season

All red cards, citing requests and accumulated yellow cards will be automatically referred to the disciplinary panel.

Other disciplinary issues outside World Rugby Regulation 17 will be handled according to the SRL disciplinary code (for example, see regulation 1.1).

1.4.2 General obligations

Participating clubs are responsible and accountable for the conduct of their players, team members and other persons in attendance in any official capacity during SRL competitions and must ensure that their conduct is of the highest standard in accordance with the World Rugby code of conduct† and that matches are played in accordance with disciplined and sporting behaviour.

Each participating club and team member agrees to be bound by and comply with the provisions and requirements of the SRL regulations, competition regulations and disciplinary code and any decisions made based on them.

* World Rugby Regulation 17 (Discipline - foul play):
<https://www.world.rugby/organisation/governance/regulations/reg-17>

† World Rugby Regulation 18 Appendix 1:
<https://www.world.rugby/organisation/governance/regulations/reg-18#APPENDIX1CODEOFCONDUCT>

1.4.3 Disciplinary panel

1.4.3.1 Formation and composition of the disciplinary panel

A disciplinary panel is formed when a disciplinary case calls for it and is specific to a single case and will have jurisdiction in accordance to these competition regulations.

The panel will consist of the disciplinary officer, and two other members who are either:

1. Minimum qualified level 2 match officials or equivalent, with at least three years of experience in SRL competition
2. A Rugby Europe qualified match commissioner

It is the responsibility and right of the disciplinary officer to form the panel. No member of the disciplinary panel shall have taken any official part in the match where the citing took place, nor have any conflict of interest. If the disciplinary officer played any official part in the match in question or has a conflict of interest, then they must recuse themselves and appoint a suitable alternative.

Disciplinary matters outside of the competition regulations and World Rugby Regulation 17 will be handled in accordance with the SRL regulations and disciplinary code in a separate disciplinary body. In addition, in serious ethical disciplinary cases the jurisdiction will be with the ethical judicial board of sport (in Finnish “urheilun eettinen kurinpitolautakunta”)

1.4.3.2 Use of video

When reviewing video evidence against the specific player(s), the disciplinary panel may only consider evidence from one minute before the incident and only until the incident and any immediate reaction to it has finished. Any additional players found to have committed foul play during this period may be cited by the disciplinary panel. If the disciplinary panel elects to make any additional citing(s), proceedings against those additional player(s) will begin, and clubs will be given two days from the notification of citing to submit any evidence that they wish the disciplinary panel to consider when hearing that case.

1.4.3.3 *Publication of reports*

The disciplinary panel will write a report on all incidents referred to it, clearly outlining the basis behind the decision and the length of suspension awarded.

The publication of reports allows for SRL compliance with World Rugby Regulation 17.4.6*.

Disciplinary reports under World Rugby Regulation 17 will be made publicly available for all and these reports are available at SRL website†. Disciplinary reports under any other World Rugby Regulation will be made available to all when asked from the SRL.

1.4.4 *Red cards*

A player being shown a red card must leave the playing area including the technical area. All red cards received during a match will automatically be referred to a disciplinary panel.

The team which the player sent off belongs to must have submitted all the evidence they wish the disciplinary panel to consider to the disciplinary officer by the end of the second day after the match (i.e. before 23:59 on Monday if the match was played on Saturday). The submission is done via email to discipline@finland.rugby. The email must originate from the club's official @finland.rugby email address. If a video of the match was taken by the club (or club member, or affiliated individual) then an **unedited** version of the video must be submitted by this deadline. Clubs that do not submit such video in their possession may be subject to separate sanction unless a valid reason for its delay is provided.

Once the deadline for submission of material has passed, the disciplinary officer will form a disciplinary panel.

* World Rugby Regulation 17 (Discipline - foul play):
<https://www.world.rugby/organisation/governance/regulations/reg-17>

† <https://www.finland.rugby/page/kurinpito-87924>

Any player that receives a red card in a 7s tournament will be suspended from the next two matches in that tournament. If there is only one match left in such tournament, the player receiving the red card will be prevented from playing in the next match in the next 7s tournament they participate in. Any player, who receives a direct red card, may also be subject to subsequent disciplinary procedures based on the red card report submitted by the officiating match official.

1.4.5 Yellow cards

All yellow cards received during a XV match or 7s tournament will automatically be referred to the disciplinary officer for record-keeping purposes. The purpose of this is to track all disciplinary matters and to create a record of player disciplinary history. Should a citing take place in relation to a yellow card, the usual citing procedure shall be followed.

Any player that receives three yellow cards in a 7s tournament will be suspended from the next match in that tournament. If there are no matches left in such tournament, the player receiving the third yellow card will be prevented from playing in the next match in the next 7s tournament they participate in.

1.4.6 Citation

1.4.6.1 Foreword

Citing requests will only be accepted from either of the two clubs on the field when the incident occurred. There are two relevant deadlines that clubs must be aware of: announcing the intention to cite and submitting the citation. Both steps must be followed by the club submitting the citation for it to be considered by the disciplinary officer.

1.4.6.2 Intention to cite

Any club wishing to initiate a citing must send an intention to cite to the disciplinary officer by 23:59 of the day of the match. The email must originate from the club's official @finland.rugby email address. A copy must also be sent to the official @finland.rugby

email address (cc'd) of the club to which the player being cited is registered. This email must include:

1. Details about the match in which the incident occurred
2. The identity of the player(s) being cited
3. Specific reason for requesting disciplinary action be taken against the player being cited referencing the applicable law*
4. A receipt demonstrating a successful deposit of 200 € to the SRL account (amount to be refunded should the citing complaint be upheld, i.e. if the citing is accepted and referred to the disciplinary panel and the disciplinary panel agrees with the citing)

If the above details are not provided, then the citation will be immediately dismissed by the disciplinary officer and the deposit shall be forfeited to the SRL.

1.4.6.3 The citation

Both the team requesting the citation and the team of the cited player must have submitted all evidence that they wish the disciplinary panel to consider by the end of the second day after the match (i.e. before 23:59 on Monday if the match was played on Saturday). This typically consists of player statements and video/photographic evidence. If the club that sent the initial citation request does not meet this deadline then the citing procedure will be terminated.

The video/photographic evidence taken by a club (or club member, or affiliated individual) must be submitted **unedited**. If a club indicates that they have video evidence, but fail to submit it in time, a 50 € fine payable to the SRL may be imposed for every day the video is not submitted (subject to a maximum of 250 €) without a valid reason for the delay in the video being submitted.

Once the deadline for submission of material has passed, the disciplinary officer will form a disciplinary panel.

* Sanctions in Appendix 2 to these competition regulations may be of assistance in determining relevant offence.

1.4.7 Incidents occurring outside of SRL competition

In the event that a red/ yellow card or grounds for a citing occur outside of an SRL competition, the disciplinary panel may also convene provided that the incident in question occurred in Finland. In such cases, the regulations with regard to timings and other fixed procedures will be applied with more flexibility in the reasonable discretion of the disciplinary officer, but all parties will be expected to act in a timely manner.

In the event that a player is found guilty of the alleged offence, a ban will only be imposed if the severity of the offence is deemed to be high-end or if the type of offence is sensitive in nature.

1.4.8 Lengths and type of suspension

Imposed lengths of suspension where red cards are upheld or awarded retrospectively will be determined by using the World Rugby model modified to Finland, given that the Finnish season is typically much shorter than average. These guidelines are viewable in Appendix 2.

Any player receiving 3 yellow cards in the season, including playoff matches, will receive an automatic 1-week ban, carried over to the following season where appropriate.

All suspensions will be given in weeks and will bar the player under suspension from competing in any competition during this time. The suspension period will begin the day before the next match any team of the player's club is due to play for which the player would be eligible. A player waiting for a suspension period to start may not represent any other club in competition during this time. The relevant dates will be included in the report of the disciplinary panel. Suspensions may carry across seasons if necessary.

With respect to cancelled or postponed matches, the following application of playing suspensions shall be applied:

Match schedule	Disciplinary panel action	Sanction
Match schedule unknown/unclear on date of suspension – e.g. league suspended and return to play date not yet known	Disciplinary panel should express the sanction in weeks (e.g. a 3 week suspension), note that the schedule is unknown and require an update from the player/his club/Union and tournament organiser once matches scheduled.	Sanction applies as normal when play resumes (e.g. the first 3 matches on return to play).
Match schedule known on date of suspension but matches subsequently postponed/cancelled	Disciplinary panel should express the sanction as clearly as possible (i.e. set out the scheduled matches) but noting that where any of the scheduled matches are cancelled/postponed, the panel must be notified and the sanction will be adjusted accordingly.	<p>Match postponed: sanction adjusted to apply to the matches that are played next in time rather than to the postponed matches.</p> <p>Match cancelled and points awarded: match was scheduled to take place at time of sanction and for the purposes of the tournament in question, has “taken place” in that points were awarded. The match can therefore count towards the player’s suspension.</p> <p>Match cancelled but no points awarded (e.g. standalone warm-up match): match was scheduled to take place at time of sanction but has not “taken place” for the purposes of the team, tournament or otherwise so cannot count towards player’s suspension.</p>

The disciplinary panel has the authority and autonomy to evaluate how suspensions should be managed in exceptional circumstances. These include but are not limited to suspensions carrying across seasons, and suspensions incurred in XV's competitions affecting 7s and vice versa.

Suspensions incurred within SRL competition also apply to international fixtures.

1.4.9 Right of appeal

The disciplinary panel will not accept new evidence or re-hear the same incident unless exceptional new evidence is brought to light with a clear reason why it was not provided by the deadline. Barring the introduction of such evidence, the disciplinary panel's decision is final although further appeals may be made to the governing body of sport in Finland and be heard under the rules of that association.

1.5 Interpretation, amendments and appeals

1.5.1 Interpretation of the regulations

In case of ambiguities in this document, or disagreement about the interpretation of these regulations, the NLCM will be the sole adjudicator whose interpretation is final.

The request for interpretation must be submitted in writing to the NLCM using the official @finland.rugby email addresses.

1.5.2 Appealing regulatory decisions

Only clubs registered to the SRL, FRRA and SRL board members may lodge a complaint about regulatory decisions made based on these regulations.

All appeals will be handled case by case. After a complaint has been lodged, a panel will be formed by the NLCM to review the case. The panel will consist of the NLCM, assigned SRL board member and possible other parties such as the FRRA.

The complaint must be submitted in writing to the NLCM using the official @finland.rugby email addresses.

1.5.3 Amending the regulations

NLCM may make amendments to these regulations, such as clarifications and addition of current common practices.

Amendments to these regulations may be proposed by the NLCM, clubs registered to the SRL, FRRA, SRL board members, and the disciplinary officer. Proposed amendments will first be discussed at an SRL board meeting. SRL board may:

- reject the proposal
- return the proposal for further refinement
- accept the proposal to be added to the competition regulations
- accept the proposal to be discussed and voted on at an SRL general meeting

Proposed amendments may be further refined with the help of the NLCM and/or SRL into a format compatible with these regulations and to check for contradictions with any other existing regulation.

The amendment proposals must be submitted in writing to the NLCM using the official @finland.rugby email addresses.

2 XV Competitions

2.1 Foreword

This section pertains to Men's Finnish Championship, Women's Finnish Championship, Men's Division 1, Men's Division 2 and Women's Division 1. Unless otherwise stated later in this section, the separate XV competitions referred to herein follow the same regulations.

Men's Division 2 and Women's Division 1 are not bound to these regulations as strictly as the other competitions in order to maximise the number of matches in these divisions. If both teams in any match are happy for any part of these regulations to be waived, then sides may be permitted to do so at the discretion of the NLCM, provided it does not create a safety risk.

2.2 Match structure

2.2.1 *Squad size*

Unless otherwise stated, every match shall be played XV-a-side and teams may name up to 23 players in their match day squad provided that World Rugby Law 3.8* is adhered to.

Teams may request the opposition to play a match with less than 15 players. However, there is no obligation on any team to agree to play a match with less than 15 players. If a team has 11 or less eligible players available for a XV-a-side match, then the opposing team will be given the option to declare a win by forfeit without the match being played. This option must be enforced before kick-off. If both teams have 11 or less players, then the match may be abandoned, and the score will be recorded as a 0 – 0 draw if the teams are unable to arrange a mutually agreed date for the match to be played.

* World Rugby Law 3 (Team): <https://www.world.rugby/the-game/laws/law/3>

2.2.2 Replacements

Replacements in a match are made in adherence to World Rugby Law 3*. In all divisions (Championship, Division 1 and Division 2), a team can make 8 rolling tactical replacements in a match irrespective of the number of replacement players on the match day team sheet, as long as the team's total of interchanges does not exceed 12.

2.3 Format

2.3.1 Regular season

NLCM prepares the official season schedule before the start of XV season. Clubs may agree on changes to the schedule until a set date. All clubs affected by the changes must be in agreement. Notification of the agreed upon changes must be made to the NLCM by e-mail from one of the clubs' official @finland.rugby email address with a copy sent to the official @finland.rugby email address (cc'd) of all the affected clubs.

Men's Finnish Championship and Women's Finnish Championship will follow a round-robin league-style format where each team will play other teams in the division twice: once home and once away. At the end of the regular season, the top three teams will advance to the playoffs.

Men's Division 1 will follow a round-robin league-style format where each team will play other teams in the division twice: once home and once away. At the end of the regular season, the top two teams will advance to the playoffs.

Women's Division 1 will follow a round-robin league-style format where each team will play other teams in the division twice: once home and once away. At the end of the regular season, no playoffs will be played.

Men's Division 2 format is decided by the participating teams before the season. In 2023, the teams are divided into two pools, North and South, with three teams in each. First

* World Rugby Law 3 (Team): <https://www.world.rugby/the-game/laws/law/3>

the pools will follow a round-robin league-style format where each team will play other teams twice: once home and once away. At the end of the regular season, placements are determined by final games where winners, second placed and third placed of the pools will play each other twice: once home and once away.

2.3.2 League points

During regular season, teams will receive 4 points for a win, 2 points for a draw, and 0 points for a loss. Teams will also score a bonus point for scoring four or more tries in a match or by losing a match by seven points or less. A losing team may earn two bonus points from one match. If two or more teams are tied on league points at the end of the regular season before any playoff matches are to be played, then the rankings will be decided as follows:

1. Points difference at the end of the season
2. The results in matches played between the tied teams during the season
3. The number of tries scored by each of the tied teams throughout the season
4. The number of red cards received throughout the season
5. The number of yellow cards received throughout the season
6. A coin toss (or other random method supervised by the NLCM)

2.3.3 Playoffs

2.3.3.1 Semi-finals

In Men's Finnish Championship and Women's Finnish Championship, the playoffs will be contested between the top three teams of the regular season. The first-ranked team will advance directly to the final, whereas the second-ranked side will host the third-ranked side in a single-leg semi-final. The winner of the semi-final will then play the final against the first-ranked team.

In Men's Division 1, the playoffs will be contested between the top two teams of the regular season. The first-ranked team will play the second-ranked side in a final.

In Women's Division 1, no playoffs will be played.

In Men's Division 2, format is decided by the participating teams.

2.3.3.2 Finals

All finals will be played in a predetermined venue on 'Finals Day'. If there is a promotion and relegation playoff match between divisions, the promotion and relegation playoff match will be played on the 'Finals Day' and the potential final of the lower division will be played before the 'Finals Day'.

Home side in a final match will be considered to be the team that finished higher than the other during the regular season (applicable only in competitions in which the two teams were scheduled to play against each other). However, the exception to this is that the higher ranked side will also be awarded the benefit of first choice of match day kit colours in case both teams might wear similar colours.

Home side in the promotion and relegation playoff match will be considered to be the Championship team.

2.3.3.3 Drawn playoff matches

If a playoff match finishes in a draw then a mandatory 10 minutes of extra-time will be played. In such case, all 10 minutes must be played, plus any additional stoppage-time incurred during this period. Whichever team scores the most points during this period will be declared the winner of the match. If the scores are still tied, then an additional 10 minutes of sudden death extra-time will be played with the first team to score being the winner. If neither team scores during this period then the winner of the match will be determined by a drop goal competition, the details of which shall be enforced by the match official using the FRRA tie break protocol*.

* Appendix 3

2.3.4 Promotion and relegation

2.3.4.1 Promotion and relegation in men's competitions

All divisions in the men's competitions will be subject to promotion and relegation.

Promotion and relegation for the Championship and Division 1 is decided by a playoff match between the team finishing bottom of the Championship and the team finishing top of Division 1. However, if the team winning the Division 1 final is not eligible or does not want to be promoted to the Championship, then the team which lost the Division 1 final will be offered the chance to contest the playoff match and be promoted in the place of the team which won the Division 1 final. If the team which lost the Division 1 final confirms it is not willing to replace the team which won the Division 1 final, the playoff match will be cancelled and no promotion or relegation will occur.

Promotion and relegation between Division 1 and Division 2 will be automatic with no separate playoff match and, unless they decline promotion, the team finishing top of Division 2 will replace the team finishing bottom of Division 1.

A club which would be entitled to promotion must confirm to the NLCM via e-mail within 2 months of the end of the season that it will take its place in the higher division the following season. If a club declines promotion, its place in the higher division may be offered to a club in the same division which would be willing to be promoted and, in the reasonable opinion of the NLCM, has the player numbers and performance to compete in the higher division.

Teams are eligible for promotion unless:

1. The team is a club's 2nd XV team and promotion would result in the 2nd XV team being placed in the same division as the club's 1st XV team
2. The team has forfeited a match at any point during the season

If a team has cancelled two or more matches in a season or they request that 3 matches or more are played with less than 15 players, such team will be automatically relegated to the division below for the next season irrespective of such team's final league position. In such case, the promoted team from the lower division will replace that relegated team rather than the team that finished bottom in the higher division.

2.3.4.2 Promotion and relegation in women's competitions

Women's competitions are not subject to promotion and relegation due to Women's Division 1 being a development league. Any promotion or relegation will be handled separately case by case by the discretion of the NLCM and SRL.

2.4 Forfeiting, abandoning or rescheduling matches

2.4.1 Forfeits

In the case of a forfeit, the non-forfeiting team will be awarded a 24 – 0 win and the team that forfeited will be deducted one league point. No bonus points will be awarded for a forfeit win.

Forfeit fee is 250 € payable to SRL. Other consequences for forfeiting may be outlined elsewhere in these regulations.

2.4.2 Cancelling, rescheduling or delaying a match

If any side reschedules the date of a match after the set date for season schedule changes, they will be liable to pay a fine of 250 € payable to the SRL.

If any side cancels a match after the set date for season schedule changes and more than 2 weeks prior the match, the opposing side will be awarded a forfeit win and the cancelling side will not be charged the forfeit fee.

In force majeure cases (e.g. city cancelling the pitch reservation), no fee will need to be paid if the match needs to be cancelled less than 2 weeks before the match. In such cases, costs incurred to the FRRA or the opposition will be handled case by case.

If a team is unable to fulfil a fixture then they must notify their opposition, all appointed match officials, FRRA, the NLCM and the Technical Director as soon as possible. If a team does not turn up for a scheduled match or does not notify their opponents of cancellation at least five days prior to kick-off (i.e. before 23:59 on Monday if the match is to be played on Saturday), then said club will be responsible for reimbursing the costs of the opposing team related to the cancellation. Such costs include, but are not limited to, pitch reservation and travel.

A team which cancels a scheduled match without an agreement from the opposing team to postpone the scheduled match to an alternative date will forfeit such match.

If a team is unable to arrive in time for the scheduled kick-off due to factors outside of their control (as agreed by the NLCM) then there is no forfeit provided that they contact the opposing team once the delay is realised, give the reason for the delay, and keep them informed of their estimated time of arrival. If possible, the match should be played after the delayed team's arrival, otherwise a replay will be organised on a date mutually agreed by both teams. If no new date can be found, the result will be recorded as a draw.

2.4.3 Abandoning a match in progress

If a match is abandoned while in progress, then the outcome is dependent on when and why it was abandoned. If play is halted after the first half or if the point difference is 30 or more, the match score stands. If play is halted during the first half and the point difference is 29 or less, there are three options depending on the circumstances:

1. If the play is halted due to circumstances out of the teams' control (as adjudged by the match official or NLCM), the teams can agree that the score stands or the match is ordered to be played again

2. If the play is halted due to mutual agreement of the teams, the teams can agree that the score stands or the match is ordered to be played again
3. If the play is halted due to one side's decision to abandon the match, the other side gets to choose that the score stands or that they will receive a forfeit win

2.4.4 Withdrawal from a league

If a team chooses to withdraw from a competition after the set date for season schedule changes, they may apply for permission to do so from the NLCM. If granted, they will immediately be removed from the calendar and the results of any previously scheduled matches will be erased. If the withdrawal would have significant bearings on a league table toward the end of the regular season, an alternative scenario may be enforced by the NLCM. Any team that withdraws from any competition during a season will not be entitled to a refund of any fees previously paid (e.g. FRRA fees).

Players of that withdrawn team will be eligible to play for other clubs, provided that eligibility and loan player regulations are adhered to. Such players will be considered registered to the first club that they represent for the remainder of the season.

2.5 Eligibility and loan players

2.5.1 General

Championship teams may field players registered to their club without restriction.

Men's Division 1 and Men's Division 2 teams that are the only male team representing their club in an SRL XV competition may field players licensed to them without restriction. Restrictions regarding men's second teams in XV competition are outlined later in this section.

Women's Division 1 teams may field players licensed to their club without restriction. Teams may additionally field players licensed to any other SRL-registered club with restrictions to fielding national team players outlined later in this section. If players are

fielded from other clubs, there is no need to be an official combined team with a name differentiated from other clubs.

Male and female players that are registered to an SRL-registered club with no team competing in men's or women's XV competitions covered by these regulations, respectively, may also represent a club to which they are not registered. Any player making use of this exemption will be considered registered to the first club they play for in the XV competition by default and may therefore not represent another club unless permitted to do so under the relevant XV competition regulations outlined in this document. Any such player wishing to be considered registered to a different club should contact the NLCM.

Clubs are expected to use the loan player system in the spirit of the game and with the intention of all clubs fulfilling fixtures and playing as much rugby as possible to further the development of rugby in Finland.

Any issues or disputes regarding player eligibility and loan players are to be referred to and resolved by the NCLM.

2.5.2 Loan players

This section pertains to Men's Finnish Championship, Women's Finnish Championship, Men's Division 1 and Men's Division 2.

In Men's Division 2, the NLCM will be more accommodating in the use of loan players than for the higher divisions in order to maximise the number of matches played in the division.

Any club may name up to five male and eight female players from another club or clubs to be designated loan players available to the specific other club to which they are registered as loan players. These players may not play as loan players for a team in the same division as the team they usually play for. In any individual men's match, a

maximum of three of these named loan players may be named in the team sheet as a player. In any individual women's match, a maximum of five of these named loan players may be named in the team sheet as a player. However, named loan players can be named in the team sheet as a player in playoff matches only if the loan player has been named in the team sheet as a player in at least two regular season matches.

If a team agrees to any opposing team fielding more than the maximum 3 loan players to avoid a match being cancelled, then clubs may agree to waive this maximum in relation to any specific match. In such circumstances the relevant clubs should notify the NCLM accordingly confirming the number and identity of all loan players it has been agreed in the relevant match. However, there is no obligation on any team to agree to the use of extra loan players by the opposing team.

Loan players will be notified by the club to which they will be loaned. Notification must be made to both the technical director and the NLCM by e-mail from the club's official @finland.rugby email address.

Loan players cannot play for another club in the same division on any occasion unless written consent from the NLCM has been obtained in advance in exceptional circumstances.

2.5.3 Fielding National Team players

In men's competitions, players who have played for a national team in the previous 24 months cannot play in a match in the division below compared to the division in which they primarily play. However, there is no restriction on such national team players playing in a match in the division above.

In women's competitions, a team may field national team players licensed to their club without restriction. A player who has played 2 or more times for a national team in the

previous 24 months cannot play in a match in Women's Division 1 for teams of clubs they are not licensed to.

A player is considered to have played for a national team if they have been chosen for the XV match day squad and have been fielded in official or friendly matches between nations as an official national team. Being chosen for a 7s tournament squad for a national team counts as one playing event in this context.

Exceptions to the national team ruling above will only be granted by the NLCM if it can be proven that the player currently is not of a Championship standard, such as returning from long injury. If this exception is applied, the team fielding the player must notify the opponents prior to kick-off, note this on the match report card and obtain the opposing captain's signature to show that the opponents have been notified.

Any disagreements on a player's eligibility under this exception above should be mediated by the match official or the NLCM prior to kick-off. If no agreement can be reached before kick-off, the player will not be considered eligible to play.

2.5.4 Playing in multiple matches during one weekend

A player may be named in more than one team sheet as a player during one weekend, e.g. if they play for their club's first and second XV, or they play for another club as a loan. However, such a player may not be fielded for more than around 80 minutes in total, i.e. one full match.

2.6 Responsibilities of the home team

2.6.1 Pitch and match day requirements

The home club is responsible for reserving a pitch that conforms as close as possible to the standards set by World Rugby. A pitch below this standard may also be used if they have either been accepted by SRL or is accepted by the match official (provided it is safe to play on). Any disputes on match day should be settled by the match official. If the

pitch is below the standard required to play on, then the home team will forfeit the match. Disputes in advance of match day should be mediated by the NLCM.

In Men's Championship, Women's Championship and Men's Division 1, clubs should also conform to the match day requirements set out in Appendix 1 (goal posts, goal post protection, pitch flags, benches for substitutes, and technical zones). From 2023 onwards, the requirements are checked prior to the match by nominated match commissioners.

2.6.2 Informing the visitors, match officials and SRL

The home club is responsible for informing the NLCM of the preliminary kick-off times and venues of the home matches at least 2 weeks prior to the start of the XV season.

Changes can be made to the preliminary kick-off times and venues until 2 weeks prior to a match with no fee. In case changes happen to the preliminary kick-off times and venues, the changes need to be informed to the visiting team, the nominated match official(s), the NLCM, and FRRA.

Changes can be made to the preliminary kick-off times and venues also less than 2 weeks prior to a match but then the home team will be charged a 250 € fee payable to the SRL. In case changes are made less than 2 weeks prior to a match, the changes also need to be approved by the visiting team. Also, the FRRA's appointment of the match officials need to be confirmed from the FRRA. Information of the changes need to be informed to the visiting team, the nominated match official(s), the NLCM, and FRRA.

If the information is not provided by the home club or if the schedule changes are not handled in a timely manner, then the visiting team may be awarded a forfeit win by the NLCM. Repeated or deliberate negligence regarding informing other parties may result in additional sanctions against the club at the discretion of the NLCM and SRL.

2.6.3 Non-appointed match officials

2.6.3.1 No match official appointed

In the event that no match official has been appointed by FRRA, it is the responsibility of both clubs to provide a suitable alternative. Such a match official may be a member of either club. In the event that more than one match official is nominated, and teams cannot agree on which should officiate, the dispute should be settled by the NLCM, a senior FRRA representative, or suitable alternative. If no match official is provided, then teams will be given the opportunity to postpone the match to a mutually agreed date. If no date can be found, the match will be marked as a draw.

The home team will be responsible for collecting the team sheets from both clubs and forwarding them to teamsheets@finland.rugby within two hours of the final whistle.

2.6.3.2 No assistant referees appointed

If one assistant referee has been appointed by FRRA, it is the responsibility of the home side to provide one assistant referee or touch judge. If the home side cannot find an assistant referee or a touch judge, then the away side will be given the opportunity to provide one. If neither side can find an assistant referee or a touch judge, then the match will be played with just the one FRRA appointed assistant referee.

If no assistant referees have been appointed by FRRA, it is the responsibility of both clubs to provide one assistant referee or touch judge per side. If the sides cannot find assistant referees or touch judges, then the match will be played without assistant referees or touch judges.

3 7s competitions

3.1 Foreword

This section pertains to men's 7s series and women's 7s series. Unless otherwise stated later in this section, the separate 7s competitions referred to herein follow the same regulations.

The individual tournaments in the 7s series are hosted by clubs. A guide for hosting the 7s tournaments is set out in Appendix 4.

3.2 Match structure

3.2.1 Squad size

Unless otherwise stated, every match shall be played 7-a-side and teams may name up to 12 players in their tournament day squad.

3.2.2 Replacements

A team can make a total of 5 replacements in a match irrespective of the number of replacement players on the match day team sheet.

3.3 Format

3.3.1 General

Clubs can enter teams to the 7s series. Clubs can also enter teams to individual tournaments if there is an open position.

The number and location of tournaments within the 7s series will be decided in advance of the season. There is no minimum or maximum number of tournaments that teams registered in the 7s series must compete in to be included in the series.

The men's or women's 7s rugby coordinator will be responsible for deciding the number of pools and the draw for each men's or women's 7s rugby tournament, respectively. The

host club together with the 7s rugby coordinator will be responsible for determining the order of play in the tournament hosted by them.

Any disputes on match day should be settled by the match official. Disputes in advance of match day should be mediated by the NLCM.

3.3.2 Championship format

In Men's and Women's 7s Finnish Championship, teams will collect series points based on their rankings at each Championship tournament and the team with the most cumulative points over the series will win the Men's and the Women's 7s Finnish Championship, respectively.

3.3.3 Scoring

3.3.3.1 Scoring within an individual match

If the tournament venue has goal posts, scoring will follow the Sevens variations of World Rugby Law 8*.

If the tournament venue is missing goal posts, scoring methods and points value of scoring are:

- 7 points from a try scored in the middle of the in-goal area, width of this area is the same as the football field's goal box (18.32 m)
- 5 points from a try scored on other areas of the in-goal area
- No conversions, penalty goals or dropped goals

3.3.3.2 Scoring within an individual tournament

During the pool phase of a tournament, teams will receive four points for a win, two points for a draw, and zero points for a loss. There will be no bonus point system. After

* World Rugby Law 8 (Scoring) – Sevens variations:
<https://www.world.rugby/the-game/laws/variations/8/sevens/>

the pool phase of a tournament, playoff matches may be played to determine the final rankings within the tournament.

If two teams are tied on points during the tournament (e.g. before playoffs) then the rankings will be decided as follows:

1. The points difference throughout the tournament
2. The results in matches played between the tied teams during the tournament
3. The number of tries scored by each of the tied teams throughout the tournament
4. The number of red cards received throughout the tournament
5. A coin toss (or other random method supervised by the NLCM)

If more than two teams are tied, then the above criteria are used until one team is 'the winner'. The criterion then starts again from number 1 for the remaining teams.

3.3.3.3 Scoring the 7s series

In Men's and Women's 7s Finnish Championship, teams will score ten points for a Championship tournament win, eight points for coming second, six points for coming third, four points for coming fourth, three points for coming fifth, two points for coming sixth, one point for coming seventh, and zero points for finishing eighth and lower. Where an insufficient number of playoff matches are held to make these distinctions, teams may be tied for a place and be awarded the corresponding points, e.g. if 5th and 6th places are not contested both teams will score three points.

If two teams are tied on series points, then the rankings will be decided as follows:

1. The results in matches played between the tied teams during the tournaments
2. The number of tries scored by each of the tied teams throughout the tournaments
3. The number of red cards received throughout the tournaments
4. A coin toss (or other random method supervised by the NLCM)

If more than two teams are tied, then the above criteria are used until one team is 'the winner'. The criterion then starts again from number 1 for the remaining teams.

3.3.4 Playoffs

Playoff matches may be played after the pool phase of a tournament to determine the final rankings within the tournament.

If a playoff match finishes in a draw, sudden-death extra time will be played until a winner is determined. Extra time will be in periods of five minutes. After each period the teams will change ends. The team that first kicked off will do so again in the first period of extra time, and subsequent kick-offs will alternate between the two sides. In extra time, the team which scores first will immediately be declared the winner without further delay.

3.4 Forfeits and abandoning a tournament

3.4.1 Forfeits

In the case of a forfeit, the non-forfeiting team will be awarded a 21 – 0 win. No financial penalty will be imposed and no competition point will be deducted. A team that forfeits a match may continue to play in the rest of the tournament.

3.4.2 Abandoning a tournament in progress

If a team abandons a tournament in progress, all of their remaining matches will be forfeited. In such case, tournament organisers will be responsible for assessing the impact of abandonment to the tournament schedule and make adjustments, as the time constraints placed on tournament events require flexibility.

3.4.3 Withdrawal from a tournament

A team is not obligated to attend all tournaments within a series.

Teams that are due to compete at a tournament but withdraw within 2 weeks of the event (i.e. after 23:59 on Saturday 2 weeks prior the tournament to be played on Saturday), will be liable to pay a fee of 60 € payable to the SRL.

Any team that withdraws from a 7s tournament during the season will not be entitled to a refund of any fees previously paid (e.g. 7s series registration fees).

If a team chooses to withdraw from a tournament, that team's position will be left open for another team registered in 7s competition to attend in said tournament. The visiting team will not get league points from the tournament.

3.5 Eligibility and loan players

3.5.1 General

In men's 7s series, teams that are the only male team representing their club in an SRL 7s competition may field players registered to their club without restriction. Restrictions regarding second teams in 7s competition are outlined later in this section. Male players that are registered to an SRL-registered club with no team competing in men's 7s competitions covered by these regulations may also represent a club to which they are not registered. Any player making use of this exemption will be considered registered to the first club they play for in the 7s competition by default and may therefore not represent another club unless permitted to do so under the relevant 7s competition regulations outlined in this document. Any such player wishing to be considered registered to a different club should contact the NLCM.

In women's 7s series, teams that are the only female team representing their club in an SRL 7s competition may field players licensed to any club without restriction. If a club has more than one team in an SRL 7s competition, the teams may use players licensed to other SRL-registered clubs without restriction and players licensed to their own club with restrictions outlined later in this section. If players are fielded from other clubs, there is no need to be an official combined team with a name differentiated from other clubs.

3.5.2 Loan players

Once a player has been named to a team's tournament day squad, they may not represent any other team during the same event. However, the exception to this is that if a team has incurred injuries that would jeopardise their ability to field a competitive team (this may extend beyond the starting XII), they may loan players from other teams attending the same tournament or event. A player can change teams only once during a tournament or event and will not be permitted to return to their original team or be loaned to any other team for the rest of the tournament or event. A team must get permission from the captain of the opposition for every individual match where a loan player is to be fielded.

When a player is loaned to another club, it needs to be taken into account that one player can only play a maximum amount of 6 matches in one day due to player safety reasons.

The purpose of the loan player regulation is that teams struggling for numbers can still field a side, not to help clubs put out a stronger team and it is hoped that teams respect this aim.

3.5.3 Fielding more than one side and combined teams

Clubs may field up to two teams in each tournament. One of these teams may be a combined team, such as a regional or collaborative squad, but not both.

If two teams are entered by a club, these will be considered distinct and separate from each other throughout the 7s series. A player who has played for one such team may therefore not play for their club's other 7s team without being governed by the above rules on loaning players during an event.

3.5.4 National teams in men's 7s series in 2023

In 2023, men's national teams have been given permission to participate in the men's 7s series.

Teams that are representing national teams may not win the Men's 7s Finnish Championship title and the 7s Finnish Championship title will go to the highest ranking team not representing a national side.

The national teams may field players registered to any club without restriction. Players representing other teams in the 7s series may also represent the national team but will need an explicit permission from SRL to do so. Unlike loan players, the players representing their own club and the national team may be fielded in any matches by either team during the tournament as long as the maximum amount of 6 matches in one day is not exceeded due to player safety reasons.

4 Contacts

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Porvoo@	Saimaa@	Seinajoki@	Tampere@
TRA@	Turku@	Vaasa@	Warriors@

Appendix 1: XV MATCH DAY REQUIREMENTS

Suomen Rugbyliitto implemented league improvements in competitions for 2020 onwards. For the XV season in 2022, the addition to last year is a commentator for Championship level matches. For the XV season in 2023, the scoreboard and commentator were left out of the mandatory requirements as well as the previously planned pitch side cafe. In 2023, Match Commissioner system was first introduced to check the match day requirements.

The purpose is to find ways to improve the standard of our leagues as we try to market ourselves to potential sponsors and partners along with a view to getting some or all of our leagues sponsored, we need to up our game and levels of responsibility so that we look more attractive to potential sponsors and partners.

SRL's Match Day Guide:

- In English: <https://drive.google.com/file/d/1VJLaqrseB0HaRj7hDxERcE4gip9vFoAw/view?usp=sharing>
- In Finnish: <https://drive.google.com/file/d/13hKchoieKGkCCPEGIZD79dLqw9SFIANB/view?usp=sharing>

All teams / clubs participating in the men's and women's Championship and Men's Division 1 series in XV competitions must have the following items in place during match days:

- **Goal posts**
- **Proper goal post protection**
- **14 pitch flags**
- **Benches** – for substitutes
- **Technical Zones** – where only those on the team sheet are allowed

Nominated match commissioners will, during the pre-match procedures, note whether the home team has fulfilled the requirements. The match commissioner will mark down on the match report card if any of the criteria is missing. Each criteria missing incurs 1 point. Result of the pre-match check is sent to the NLCM. Points are registered on the data sheet seen by those responsible for leagues and competitions. Once a limit of 3 points has accrued the team loses a league point.

Example of the match officials' checklist:

Item	Criteria fulfilled	Date
Goal posts		
Post Protectors		
Pitch flags		
Benches		
Technical Zones		
TOTAL		

One exception to fulfilling the criteria is the goal posts. If the goal posts do not meet the criteria, e.g. they are seated on the dead ball line or use feet to stand upright, they can be approved if documentation is provided from the city confirming valid reason for not complying. The posts must however be stable, proper goal posts and equipped with post protectors.

Goal Posts

These are of the correct variety and dimensions and should be inserted into the ground on the try line with no risk of them falling over (e.g. football goal posts with extensions are not sufficient).

If feet are needed to keep the posts upright, the feet must be sufficiently covered (e.g. a thin layer of astro turf is not sufficient).

Post protectors

Of the approved variety and securely wrapped to the post (e.g. mattresses wrapped around the posts is not sufficient).

Pitch marking flags

There must be 14 flags (dead ball, try line, 22, halfway, 22, try line, dead ball) of the correct variety – as in safe to be placed in the correct position with no risk of metal bases causing injury. The pitch flags do need to be approved as safe but they do not need to have padded posts or hinged shafts.

Benches

Enough seating area, a bench or a substitute box, for the team substitutes. Should no benches be available then all substitutes are required to sit in the stands.

Technical Zones

A box as close as possible to 10 m wide by 3 m deep, marked in pitch paint or by cones. The box should be situated 2 m from the pitch and in between the 10-metre line and 22-metre line starting from the 10-metre line. All those on the team sheet should reside in the technical zone.

Appendix 2: SANCTIONS FOR FOUL PLAY

Note: Any act of foul play which results in contact with the head and/or the neck shall result in at least a mid-range sanction.¹⁰

The World Rugby Coaching Intervention Programme is not applicable to SRL competitions.

Sanctions are given in weeks/ matches. A week is as defined in World Rugby Regulation 17.

In respect of offences not referred to in Appendix 2 below, appropriate sanctions may be imposed at the discretion of the relevant Judicial Officer, Disciplinary Committee, Appeal Officer and/or Appeal Committee (as the case may be).

Notwithstanding the Sanctions in Appendix 2 and/or the provisions of World Rugby Regulation 17.19¹¹ in cases where the player's actions constitute mid-range or top end offending for any type of offence which had the potential to result and, in fact, did result in serious/gross consequences to the health of the victim, the Judicial Officers and/or Disciplinary Committees may impose any period of suspension including a suspension for life.

¹⁰ The note does not apply to the following:

- (i) Laws whose low-end entry points already take into account head contact being a potential feature or consequence of such breach reaching the red-card threshold: 9.12 (biting, contact with eye(s)/eye area, striking with head and tripping), 9.18 and 9.27 (hair pulling).
- (ii) Where the Disciplinary Committee or Judicial Officer having completed steps 1-3 of Regulation 17.17-17.20 inclusive, and having taken into account the application of the Coaching Intervention Programme where relevant, considers that the sanction would be wholly disproportionate to the offending player's fault and the consequences thereof.

¹¹ World Rugby Regulation 17 (Discipline - foul play): <https://www.world.rugby/organisation/governance/regulations/reg-17>

Law	Description	LOW	MID	HIGH	MAX
9.11	Players must not do anything that is reckless or dangerous to others	1	2	3	52
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: BITING	4	6	8	208
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: INTENTIONAL CONTACT WITH EYE(S)*	4	6	8	208
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: RECKLESS CONTACT WITH EYE(S)*	2	4	6	208
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: CONTACT WITH EYE AREA*	1	3	4	52
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: PUNCHING OR STRIKING WITH HAND OR ARM (INCL. STIFF ARM TACKLE)	1	2	3	52
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: STRIKING WITH THE ELBOW	1	2	3	52
9.12	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: STRIKING WITH THE SHOULDER	1	2	3	52
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: STRIKING WITH HEAD	2	3	5	104
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: STRIKING WITH KNEE	1	3	4	52
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: STAMPING OR TRAMPLING	1	2	4	52
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: TRIPPING	1	1	3	52
	A player must not physically abuse anyone. Physical abuse includes, but is not limited to: KICKING	1	3	4	52
	A player must not verbally abuse anyone. Verbal abuse includes, but is not limited to, abuse based on: religion, colour, national or ethnic origin, sexual orientation.	2	4	6	52
9.13	A player must not tackle an opponent early, late or dangerously. Dangerous tackling includes, but is not limited to, tackling or attempting to tackle an opponent above the line of the shoulders even if the tackle starts below the line of the shoulders.	1	2	3	52
9.14	A player must not tackle an opponent who is not in possession of the ball.	1	2	3	52
9.15	Except in a scrum, ruck or maul, a player who is not in possession of the ball must not hold, push, charge or obstruct an opponent not in possession of the ball.	1	1	2	52
9.16	A player must not charge or knock down an opponent carrying the ball without attempting to grasp that player.	1	2	3	52
9.17	A player must not tackle, charge, pull, push or grasp an opponent whose feet are off the ground.	1	3	4	52
9.18	A player must not lift an opponent off the ground and drop or drive that player so that their head and/or upper body make contact with the ground.	2	3	5	52
	Dangerous play in a scrum. The front row of a scrum must not form at a distance from its opponents and rush against them.	1	1	3	52
9.19	Dangerous play in a scrum. A front-row player must not pull an opponent.	1	1	3	52
	Dangerous play in a scrum. A front-row player must not intentionally lift an opponent off their feet or force the opponent upwards out of the scrum.	1	1	3	52
	Dangerous play in a scrum. A front-row player must not intentionally collapse a scrum.	1	1	3	52
	Dangerous play in a ruck or maul. A player must not charge into a ruck or maul. Charging includes any contact made without binding onto another player in the ruck or maul.	1	2	3	52
9.20	Dangerous play in a ruck or maul. A player must not make contact with an opponent above the line of the shoulders.	1	1	3	52
	Dangerous play in a ruck or maul. A player must not intentionally collapse a ruck or a maul.	1	1	3	52
9.25	A player must not intentionally charge or obstruct an opponent who has just kicked the ball.	1	2	3	52
	A player must not do anything that is against the spirit of good sportsmanship including but not limited to: HAIR PULLING OR GRABBING	1	1	2	52
	A player must not do anything that is against the spirit of good sportsmanship including but not limited to: SPITTING AT ANYONE	1	3	4	52
9.27	A player must not do anything that is against the spirit of good sportsmanship including but not limited to: GRABBING, TWISTING OR SQUEEZING THE GENITALS (AND/OR BREASTS IN THE CASE OF FEMALE PLAYERS)	4	6	8	208
	A player must not do anything that is against the spirit of good sportsmanship including but not limited to: OTHER	1	3	4	52
	A player must not disrespect the authority of a Match Official.	1	1	2	52
	A player must not verbally abuse a Match Official. Verbal abuse includes, but is not limited to, abuse based on: religion, colour, national or ethnic origin, sexual orientation.	2	4	6	52
9.28	A player must not make physical contact with Match Officials.	2	4	6	52
	A player must not use threatening actions or words towards Match Officials	4	8	16	260
	A player must not physically abuse Match Officials	8	16	32	Life

* The “eye” involves all tissues including the eye lids within and covering the orbital cavity and the “eye area” is anywhere in close proximity to the eye.

Appendix 3: FRRRA TIE BREAK PROTOCOL

FRRRA tie break protocol is a penalty shoot-out between the two teams and it shall take place as follows:

- 1) All players and Match Officials will remain on the playing enclosure. The referee will call the captains of the two teams to the centre of the pitch and will conduct a coin toss. The winner of the coin toss then may either choose which team kicks first (in which case the loser chooses the end at which all kicks will be taken) or choose the end at which all kicks will be taken (in which case the loser chooses which team kicks first).
- 2) Each team captain must nominate 5 players to participate in the kicking competition. Only the 5 players nominated by the captains and present on the playing enclosure at the time of the completion of the extra time may take part in the kicking competition. No injured, substituted or dismissed player may take part at any time. The order in which the players kick does not have to be predetermined.
- 3) The Match Officials and team members will assemble on the halfway line. Team members must remain behind the halfway line in the side of the playing area not used for the kicking competition. No one except the referee, two assistant referees or touch judges and two ball boys/girls is allowed in the part of the playing area being used for the competition.
- 4) The five players from each team will place kick from three different points, all on the 22-meter line, as follows:
 - a. First point: directly in front of the posts
 - b. Second point: on the 15-meter line on the left-hand side facing the posts
 - c. Third point: on the 15-meter line on the right-hand side facing the posts
- 5) The referee will start the competition by calling the first player selected from the team kicking first to the first kicking point. Once the player has taken the kick, the referee calls a player from the opposing team to kick from the same point.
- 6) The next two players (one from each team) will kick from the second point in turn. This will continue until all five players from each team have kicked (the next players kicking respectively from the third point, first area and finally the second point), or until one team is unable to equal the score of the other team within the remaining number of kicks.

- 7) If there are an equal number of successful kicks once each team has completed its five kicks, the competition continues on a “sudden death” basis, following the same order of kickers used in the first five kicks.
- 8) The competition will continue two kicks at a time (one from each side), going progressively through the three kicking areas stated above (and repeating the process if necessary) until one player succeeds with a kick and the player from the other side taking the same kick misses it. Once this occurs, the team of the player who succeeded with the kick will be declared the winner. Each of these additional kicks shall be taken by the same 5 players in rotation.

Throughout the kicking competition:

- a) Once a player has been handed the ball by the referee on the kicking point, they must take the kick within one minute. Should they take longer, the referee shall declare the kick void and therefore a miss.
- b) After each kick, the referee records the number of the player and whether or not the attempt was successful.
- c) Whether or not a goal is scored from each attempt is the sole decision of the referee, who may at sole discretion rely on the assistance of assistant referees or touch judges. The Match Official’s decision shall be final and binding.
- d) Once a player has completed their kick, they shall return to stand with their team behind the halfway line in the side of the playing area not used.

Appendix 4: GUIDE TO HOSTING A 7S TOURNAMENT

SRL's guide to hosting domestic 7s tournaments in Finnish rugby:

https://www.s50static.com/cms/uploads/files/235097b7b3a4b5cf3cbfadcc53c02090268801_.pdf