

PHASED RETURN

CURRENT STATUS



INDIVIDUAL TRAINING WITH ONE OTHER PERSON

UNTIL 29TH MARCH



READY4 RUGBY & SOME CONTACT TRAINING

FROM 29TH MARCH



ADAPTED LAW MATCHES

FROM 26TH APRIL



FULL CONTACT TRAINING

PROVISIONALLY WHEN STEP 3 OF GOVERNMENT ROADMAP REACHED (NOT BEFORE)



FULL CONTACT MATCHES

2 WEEKS AFTER STAGE E1 REACHED



ALL RESTRICTIONS LIFTED

NOT BEFORE STEP 4 OF GOVERNMENT ROADMAP REACHED (COULD BE LATER)

PERMITTED ACTIVITY

CURRENT LOCKDOWN RESTRICTIONS REMAIN

INDIVIDUALS ALLOWED TO EXERCISE WITH ONE OTHER FROM ANOTHER HOUSEHOLD

SCHOOLS & COLLEGES ABLE TO PLAY TO STAGE D1 INTERNALLY FROM 8TH MARCH

CONTACT TRAINING (EXCLUDING SCRUM & MAUL)

READY4RUGBY, O2 TOUCH & TAG MATCHES AGAINST OTHER CLUBS

CONTACT TRAINING (STILL EXCLUDING SCRUM & MAUL)

ADULT & AGE GRADE MATCHES, WITH ADAPTED LAWS (NO SCRUM & MAUL)

FULL CONTACT TRAINING (INCLUDING SCRUM & MAUL)

ADULT FULL CONTACT MATCHES *

SOME OFF FIELD RESTRICTIONS LIKELY TO STILL APPLY

ALL RESTRICTIONS LIFTED

PLEASE NOTE

- *Age Grade out of season activity (after 31st May) permitted in line with revised RFU training and playing guidance to follow
- Progression to the next set of Age Grade rules, along with any dispensations for 17 year olds to play adult rugby, are suspended until 1st January 2022
- All adult and age grade competitions anticipated to start in September as normal, under full laws
- References to contact rugby includes 15s, 10s and 7s
- Stages B & C in previous roadmaps are no longer currently relevant due to changes in Government restrictions