



England
Rugby

Restarting Competitive Grassroots Rugby: Return to Rugby Roadmap

STAGE BY STAGE

GUIDANCE

September 2020

The following information provides an overview of the key components in stages A-D of the Return to Rugby Roadmap.

Before running any rugby activity, clubs should ensure they are aware of any local lockdown restrictions and/or changes in RFU and Government guidance which may affect which stage they are in and what activity can be undertaken.

All Activity (in all stages) should include appropriate social distancing, strong personal hygiene maintenance, and follow the latest RFU & government guidance.

Stage A

- Socially distanced activity only
- Maximum of 2 people in a session
- No equipment sharing permitted

**Individual Training with
One Other Person**



Stage B

- Maximum 6 players in a group per ¼ pitch
- All players and coaches must remain socially distanced at all times
- Only essential equipment sharing (ball)
- No contact activity permitted
- No touch Rugby activity permitted.
- No Tag Rugby permitted
- Maximum 15 minutes activity before a break to clean and sanitise.

Small Group Training



**More Information is available in the
[Return to Rugby Roadmap: Stage B Webinar](#)**

Stage C

- Maximum 20 players per half pitch
- Only Touch Rugby and Ready 4 Rugby activity permitted for the game zone
- All non-game activity must still remain socially distanced
- Intra club fixtures only permitted
- No contact rugby activity permitted
- No Tag rugby permitted

**Non-Contact Training &
Intra Club Matches**



**More Information is available in the
[Return to Rugby Roadmap: Stage C Webinar](#)**

Stage D

- Maximum 20 players per half pitch
- Only Touch Rugby and Ready 4 Rugby activity permitted for the game zone
- 15 minutes specific adapted contact skill zone activity permitted per session
- Inter club fixtures permitted
- No contact training games permitted
- No scrum activity permitted
- No maul activity permitted
- No opposed lineouts permitted
- No Tag rugby activity permitted

**Adapted Contact
Training & Non-Contact**



**More Information is available in the
[Return to Rugby Roadmap: Stage D Webinar](#)**