

				FROM 19TH JULY	FROM 7TH AUGUST	
PHASED RETURN	A 	D1 	D2 	E1 	E2 	F 
	INDIVIDUAL TRAINING WITH ONE OTHER PERSON	READY4 RUGBY & SOME CONTACT TRAINING	ADAPTED LAW MATCHES	FULL CONTACT TRAINING	FULL CONTACT ADULT MATCHES	ALL RESTRICTIONS LIFTED
	UNTIL 29TH MARCH	FROM 29TH MARCH	FROM 26TH APRIL	FROM 19TH JULY	FROM 7TH AUGUST	STEP 4 OF GOVERNMENT ROADMAP REACHED - 19TH JULY
						STAGE F WILL RUN ALONG SIDE STAGE E1 & E2
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) A 3 WEEK PREPARATION PERIOD OF TRAINING SESSIONS AHEAD OF ADULT MATCHES RESUMING. AGE GRADE TRAINING TO FOLLOW SUMMER ACTIVITY FRAMEWORK	ADULT FULL CONTACT MATCHES AGE GRADE MATCHES PERMITTED UNDER ADAPTED LAW VARIATIONS	ALL RESTRICTIONS LIFTED

PLEASE NOTE

All adult and age grade competitions anticipated to start in September as normal, under full laws. Full details on **Age Grade Summer Activity Framework** and **Return to Scrummaging** are [available here](#)