



## NRF – Disciplinary Guidelines



## NRF Disciplinary Guidelines

1. All players, coaches, parents and spectators involved in rugby in Norway are reminded that failing to comply with the NRF Code of Conduct may result in a disciplinary sanction.
2. The NRF will put in place Disciplinary Panels according to NIF and the IRB regulations, in order to ensure that all the cases and disciplinary actions taken will be according to the domestic and international laws and regulations, and that the process is fair to everyone.
3. Players, coaches, parents and spectators are reminded, that their actions and behaviours, not only during a game, but also in their daily life, may be object to disciplinary sanctions, as long as these actions fail to comply with the NRF Code of Conduct.
4. It will be up to the Disciplinary Panels to decide the length of the sanction according to the reports given by Match Officials and/or evidences provided by clubs. The Disciplinary Panels will take into consideration the Low End, Mid Range and Top End criteria adjusting the sanction to the offense committed. In all cases the right processes will be put in place to ensure that players, coaches, parents and/or spectators involved have a fair treatment according to NIF and the International Sport Federations for each of the NRF Sports.
5. When a sanction in weeks has been given, the individual or individuals sanctioned is banned from participating in any official competition organized by the NRF including friendly or league fixtures in any of the different sports enclosed within the NRF, for the total of playing weeks (not calendar weeks) stated in the sanction, starting the first playing week after the sanction has been communicated.
6. In it's efforts to become a "*Rent Forbund*" within NIF, the NRF will not tolerate or allow the use of any illegal substance nor misconduct or behaviour contrary to the spirit of rugby and/or interest of the game caused by alcohol abuse. Everyone involved in the NRF at any level are reminded that in order to keep the identity of the game and preserve it's values and principles, failing to comply with this policy will result in disciplinary sanctions in the cases where the use of substances and/or misconduct or behaviour is made noticed publicly.
7. All clubs within the NRF are welcome to implement their own guidelines and panels using the NRF Code of Conduct and NRF Disciplinary Sanctions as a reference.



## 1. Formation of the Disciplinary Panel

- (1) The Disciplinary Panel will be formed on the Board's request after the AGM for a period of a year (until the next AGM)
- (2) The Panel can consist of a minimum of 3 members, ideally with representatives from all the stakeholders of the Federation.
- (3) The Panel will have one leader and a minimum of 2 Panel Members, all with full voting rights. The Leader of the Panel is in charge of communications with the NRF General Secretary and all of the interested parties.
- (4) When a citation is made and evidence has been submitted in accordance with the process stated in section 1 of this document, "Citing Process" the Head of the Panel will assemble the panel no later than 24 hours after the evidence submission deadline (f.i. if the match was played on Saturday, the deadline for submission of evidence is Monday midnight, and therefore Tuesday midnight is the deadline for the Panel assembly) The Disciplinary Panel will not evaluate issues involving yellow and red cards. Yellow and red card sanctions will follow the guidelines in point 2 of the "Appendix 1 - Disciplinary Sanctions" of this document, unless requested by an Official.
- (5) The Panel must reach a decision within 72 hours after they have been assembled.
- (6) A decision is reached when there is a minimum of two thirds agreement within the Panel. The decision must be in compliance with "Appendix 1- Disciplinary Sanctions" of this document.
- (7) The Head of the panel will deliver the Panel's decision to the NRF General Secretary no later than 24 hours after the decision has been made by the Panel.
- (8) Upon receiving the decision, the General Secretary will, as soon as possible, convey the Panel's decision to all the parties involved. At this point, the sanction is effective.

## 2. Citing Process

The purpose of the citing process is to inform about incidents of misconduct and behaviours contrary to the Laws of the Game and the Values of Rugby, that have not been noticed and/or sanctioned by the referee. The citing process must not be used for any other purpose as the one mentioned above, and any Official with the power to cite, is kindly asked to proceed in a professional fashion and in observance with the Values of Norwegian Game.

- (1) Only NRF Officials and Club representatives at the highest level can cite.
  - a. NRF Officials are: Qualified Match Officials, Match Commissioners, Tournament Commissioners, NRF Head of Referees, and NRF Board Members.



- b. Club representatives with power to cite are: Club Presidents, Club General Secretary, Club Board Members responsible of the disciplinary issues in the Club.
- (2) Any club wishing to cite must send a preliminary intention to cite to the General Secretary, the Head of the Disciplinary Panel and the club of the player that they wish to cite by midnight of the day of the match. All emails must clearly be referring to a specific incident.
- (3) By midnight of second day after the game (i.e. Monday night if the game was played on Saturday) both the team requesting the citing and the team of the cited player must have submitted all the evidence they wish the disciplinary panel to consider to the Head of the disciplinary panel copying the NRF General Secretary. If a video of the match was taken by a club (or club member, or affiliated individual) then an unedited version of the video must be submitted by this deadline\*. If no evidence is submitted by midnight of the second day after the game the citing request will be disregarded.
- (4) The NRF disciplinary panel will determine the length of suspension by applying the IRB model modified to suit Norwegian conditions, as set out in Appendix 1 to this document.

\*When reviewing video evidence, the disciplinary panel may only consider evidence from 1 minute before the alleged incident and only until the incident and any immediate reaction to it as finished. Any other players found to have committed foul play during this period may be cited by the disciplinary panel. If this is the case, proceedings against that/those player(s) will begin at point two above, with clubs given two days from notification to submit any evidence that they wish the disciplinary committee to consider.

### 3. Formation of the Appealing Panel

- (1) Upon receiving the intention to appeal, the Head of the Disciplinary Panel will assess the appeal. The Head of the Panel can decide to either form a new independent panel, or to forward the appeal to NIF existing appelutvalg depending on the gravity of the situation. This panels will be the last instance for appealing, and their ruling will be final.
- (2) The independent panel will be form by at least 3 competent people, who were not involved with any of the parties of the citation, neither with the Disciplinary Panel's decision.
- (3) Once the independent panel (hereinafter Appealing Panel) have been assembled, they will have 72 hours to reach a decision by a majority of two thirds.
- (4) The Appealing Panel will deliver their decision to the NRF General Secretary no later than 24 hours after the decision has been reached.
- (5) Upon receiving the decision, the General Secretary will, as soon as possible, convey the Panel's decision to all the parties involved. At this point, the sanction is effective.



## 4. Appealing Process

- (1) Any sanctioned individual and/or his/her club may send a preliminary intention to appeal the decision of the disciplinary panel to the General Secretary and Head of the disciplinary panel by midnight of the day after the sanction was notified to the club. (i.e. Thursday night, if the sanction was notified to the club on Wednesday)
- (2) There will be no right to appeal against decisions made regarding double yellow cards, or red cards during a match.
- (3) By midnight of third day after the club was notified of the sanction (i.e. Friday night, if the sanction was notified to the club on Wednesday) a deposit of 3000 kroner has to be made to the NRF bank account, and prove of that deposit sent to the General Secretary. If no prove of the deposit has been sent to the General Secretary, the case will be disregarded, and no appeal process will be taken.
- (4) By midnight of the day after the deposit has been made, the NRF will form an Appealing Committee or send the appeal to NIF appellutvalg.
- (5) If the Appealing Panel rules against the decision made by the Disciplinary Panel, the amount of 2000kr will be transferred back and the sanction will be changed. Otherwise the sanction will prevail and no money will be transferred back. The Appealing Panel in extreme cases may decide to set aside the sanction and return all the money the appealing part.



## NRF Disciplinary Sanctions , Appendix 1

1. Recommended sanctions for offenses within the playing enclosure during a match, following IRB Regulation 17, Appendix 1. The NRF has adapted these sanctions to equivalents in Norway, due to the singularities of our competitions and respecting the Low End, Mid Range and Top End criteria.

**Table 1. Recommended sanctions for offenses within the playing enclosure.**

Law #	Description	Entry point based on scale of seriousness (LE=low end; MR=mid-range; TE=top end)		Entry point based on scale of seriousness (LE=low end; MR=mid-range; TE=top end)	
		IRB sanctions (for reference)	Maximum sanction	NRF sanctions (typically IRB/3)	Maximum sanction
10.4(s) 10.4(m)	Verbal Abuse of Match Officials	LE - 6 weeks MR - 12 weeks TE 18+weeks	52 weeks	LE - 2 weeks MR - 4 weeks TE 6+weeks	52 weeks
10.4(s) 10.4(m)	Physical Abuse of Match Officials	LE - 24 weeks MR - 48 weeks TE 96+ weeks	Life	LE - 8 weeks MR - 16 weeks TE 32+ weeks	Life
10.4(s) 10.4(m)	Threatening Actions or Words at Match Officials	LE - 12 weeks MR - 24 weeks TE 48+ weeks	260 weeks	LE - 4 weeks MR - 8 weeks TE 16+ weeks	260 weeks
10.4(a)	Striking another Player with a hand, arm or fist	LE - 2 weeks MR-5weeks TE 8+ weeks	52 weeks	LE - 1 weeks MR-2weeks TE 3+ weeks	52 weeks
10.4(a)	Striking another Player with the elbow	LE - 2 weeks MR-5weeks TE 9+ weeks	52 weeks	LE - 1 weeks MR-2weeks TE 3+ weeks	52 weeks
10.4(a)	Striking with knee	LE - 3 weeks MR-8weeks TE 12+ weeks	52 weeks	LE - 1 weeks MR-3weeks TE 4+ weeks	52 weeks
10.4(a)	Striking with head	LE - 4 weeks MR-8weeks TE 12+ weeks	104 weeks	LE - 2 weeks MR-3 weeks TE 4+ weeks	104 weeks
10.4(b)	Stamping on an Opponent	LE - 2 weeks MR-5weeks TE 9+ weeks	52 weeks	LE - 2 weeks MR-5weeks TE 9+ weeks	52 weeks
10.4(b)	Trampling on an Opponent	LE - 2 weeks MR-5weeks TE 9+ weeks	52 weeks	LE - 1 weeks MR-2weeks TE 3+ weeks	52 weeks
10.4(c)	Kicking an Opponent	LE - 4 weeks MR-8weeks TE 12+ weeks	52 weeks	LE - 2 weeks MR-3weeks TE 4+ weeks	52 weeks
10.4(d)	Tripping an Opponent with the foot/leg	LE - 2 weeks MR-4weeks TE 7+weeks	52 weeks	LE - 1 weeks MR-2weeks TE 3+weeks	52 weeks



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		IRB sanctions (for reference)		NRF sanctions (typically IRB/3)	
10.4(e)	Dangerous tackling of an Opponent including early or late and including the action known as the “stiff arm tackle”	LE - 2 weeks MR-6weeks TE 10+ weeks	52 weeks	LE - 1 weeks MR-2weeks TE 3+ weeks	52 weeks
10.4(e)	Dangerous tackling of an Opponent including a tackle or attempted tackle above the line of the shoulders even if the tackle starts below the line of the shoulders	LE - 2 weeks MR - 6 weeks TE - 10+ weeks	52 weeks	LE - 1 weeks MR - 2 weeks TE - 3+ weeks	52 weeks
10.4(f)	Holding, pushing or obstructing an Opponent not holding the ball, by a Player who is not in possession of the ball, except in a scrum, ruck or maul	LE - 2 weeks MR - 4 weeks TE 6+ weeks	52 weeks	LE - 1 weeks MR - 2 weeks TE 3+ weeks	52 weeks
10.4(f) 10.4(k)	Dangerous charging or obstructing or grabbing of Opponent without the ball, including shouldering	LE - 3 weeks MR - 5 weeks TE 9+weeks	52 weeks	LE - 1 weeks MR - 2 weeks TE 3+weeks	52 weeks
10.4(g)	Dangerous charging or knocking down an Opponent with the ball, including shouldering	LE - 2 weeks MR - 5 weeks TE 9+ weeks	52 weeks	LE - 1 weeks MR - 2 weeks TE 3+ weeks	52 weeks



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		IRB sanctions (for reference)		NRF sanctions (typically IRB/3)	
10.4(h)	A player must not charge into a ruck or maul. Charging includes any contact made without use of the arms, or without grasping a player	LE - 3 weeks MR - 5 weeks TE - 9+ weeks	52 weeks	LE - 1 weeks MR - 2 weeks TE - 3+ weeks	52 weeks
10.4(i)	Tackling, tapping, pushing or pulling an Opponent jumping for the ball in a lineout or in open play	LE - 3 weeks MR - 6 weeks TE - 10+ weeks	52 weeks	LE - 1 weeks MR - 2 weeks TE - 3+ weeks	52 weeks
10.4(j)	Lifting a Player from the ground and either dropping or driving that Player's head and/or upper body into the ground whilst the Player's feet are off the ground	LE - 3 weeks MR - 6 weeks TE - 10+ weeks	52 weeks	LE - 1 weeks MR - 2 weeks TE - 3+ weeks	52 weeks
10.4(k)	Causing a scrum, ruck or maul to collapse	LE - 2 weeks MR - 4 weeks TE 8+ weeks	52 weeks	LE - 1 weeks MR - 2 weeks TE 3+ weeks	52 weeks
10.4(m)	Testicle grabbing or twisting or squeezing	LE - 12 weeks MR - 18 weeks TE 24+ weeks	208 weeks	LE - 4 weeks MR - 6 weeks TE 8+ weeks	208 weeks
10.4(m)	Biting	LE - 12 weeks MR - 18 weeks TE 24+ weeks	208 weeks	LE - 4 weeks MR - 6 weeks TE 8+ weeks	208 weeks
10.4(m)	Contact with Eyes or the Eye Area	LE - 12 weeks MR - 18 weeks TE 24+ weeks	156 weeks	LE - 4 weeks MR - 6 weeks TE 8+ weeks	156 weeks
10.4(m)	Spitting at Players	LE - 4 weeks MR - 7 weeks TE 11+ weeks	52 weeks	LE - 2 weeks MR - 3 weeks TE 4+ weeks	52 weeks
10.4(m)	Verbal abuse of Players based on Religion, Race, Colour, or National or Ethnic Origin or otherwise	LE - 4 weeks MR - 8 weeks TE 13+ weeks	52 weeks	LE - 4 weeks MR - 8 weeks TE 13+ weeks	52 weeks



## NRF Disciplinary Guidelines

2. Suspension policy applicable for yellow and red cards in any official NRF competition:

**Table 2. Policy for sanctions regarding yellow and red cards.**

Discipline	Event	Disciplinary measures
Rugby Union XV, Rugby League.	Player or coach with 2 yellow card in one match	Minimum of 1 week suspension starting the week after.
Rugby Union XV, Rugby League.	Player or coach with 1 red card in one match	Minimum of 2 weeks suspension starting the week after.
Rugby Union 7-a-side	Player or coach with 2 yellow card in one match	Minimum of 1 week suspension starting the week after. The player will not be allowed to participate in any more games in the tournament.
Rugby Union 7-a-side	Player or coach with 3 yellow card in one tournament	Minimum of 1 week suspension starting the week after the.
Rugby Union 7-a-side	Player or coach with 1 red card in one match	Minimum of 2 week suspension starting the week after the, The player will not be allowed to participate in any more games in the tournament.

3. In the event of incidents occurring before or after the game, on the game enclosure or it's surroundings, and when they are properly reported by a Match Official, the Disciplinary Panel will follow this recommendations. Sanctions also include incidents occurring during the pre and after match functions (i.e. warm up, third half, etc...) and any media and social media channel (i.e. TV, Radio, Twitter or Facebook comments, etc...)

**Table 3. Recommended sanctions for incidents occurring before and after the game.**

Description	Entry point based on scale of seriousness (LE=low end; MR=mid-range; TE=top end)	Maximum sanction
Interrupting a game by entering the game enclosure	LE - 1 weeks MR - 2 weeks TE - 4+ weeks	8 weeks
Verbal abuse of teammate, opposition player, Match Official or spectator	LE - 2 weeks MR - 4 weeks TE - 6+ weeks	52 weeks
Threatening behaviour towards a teammate, opposition player, match official or spectator	LE - 4 weeks MR - 8 weeks TE 16+weeks	260 weeks

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**Table 3. Recommended sanctions for incidents occurring before and after the game.**

Description	Entry point based on scale of seriousness (LE=low end; MR=mid-range; TE=top end)	Maximum sanction
Racial abuse on religion, colour or national or ethnic origin	LE - 4 weeks MR - 8 weeks TE 13+ weeks	52 weeks
Acts of misconduct or misbehavior while representing Norway as player, coach, support staff or Official	LE - 10 weeks MR - 14 weeks TE 18+ weeks	52 weeks
Physical abuse and/or striking of teammate, opposition player, Match Official or spectator.	LE - 8 weeks MR - 16 weeks TE 32+ weeks	Life
Any other act, misconduct or behavior contrary to the spirit and/or interest of the game	LE - 4 weeks MR - 8 weeks TE 13+ weeks	52 weeks

4. The use of illegal substances is strictly prohibited to everyone involved in the NRF. Players, coaches, support staff, admin staff, spectators or anyone else involved in Rugby in Norway, can be banned from the NRF and from the participation in any NRF event for using them. In cases when the use of illegal substances is made public by Antidopping Norge, the NRF will follow Antidopping Norge regulations and sanctions. In cases when illegal substances and/or alcohol abuse leading to misconduct is reported by any other Public Authority, Club or Official, the NRF Disciplinary Committee will follow the guidelines below.

**Table 4. Sanctions due to the use of illegal substances and/or abuse of alcohol leading to misconduct and/or behavior contrary to the spirit and/or interest of the game.**

Description	Entry point based on scale of seriousness (LE=low end; MR=mid-range; TE=top end)	Maximum sanction
Use of illegal drugs by a player, coach, Match Official or spectator or any other member of the NRF	LE - 10 weeks MR - 18 weeks TE 22+ weeks	Life
Abuse of alcohol by a player, coach, Match Official or spectator leading to misconduct and/or behavior contrary to the spirit and/or interest of the game	LE - 2 weeks MR - 5 weeks TE 8+ weeks	16 weeks