



Norges Rugbyforbund
Turneringsutvalg

2014

Reglament for the NRF Rugby Union National Competitions

This policy applies to all 7-a-side and XV-a-side competitions.

1. Definitions:

- a. "**Club**": A club registered with NIF & NRF.
- b. "**Team**": A group of players with or without a coach and/or other technical staff entered in any of the competitions by one single Club. Clubs can have more than one Team in a competition, but each Team must be linked to at least one Club. A Team can be made with players from different clubs, as long as all those players have paid the membership for the Club they are playing for in a given competition.
- c. "**Player**": A person whom has paid the membership fee of the Club he/she is playing for during the natural year the competition is taking place. In addition he/she has to pay a license fee to the NRF in order to participate in any NRF competition. A player will only be allowed to enter one official NRF competition with one Club. (i.e. a player can pay 3 memberships to 3 different clubs and participate in the 7s, Rugby League and XV tournaments, but he/she won't be allowed to play for more than one club in a 7s competition, unless he/she is a borrowed player).
 - i. "**Substitute player**": A player starting the game off the field, not included in the line up, that can be used as a replacement for another player from the same team during the match
- d. "**Coach**": A person with a NRF license to be a qualified coach in rugby.
- e. "**Team Manager**": A member of a club, responsible to inform the Match Commissioner or Match Officials about players substitutions, write the team list for his team and give it to the Match Commissioner or Match Official making sure that all the information contained in it is correct. A Team Manager, can manage more than one Team in the same Club. A Team Manager cannot manage Teams from different clubs.

- f. **“Technical Staff”**: Person/persons assisting the team such as assistant coaches with no license, medical staff, physios, analyst, etc...
- g. **“Match Official”**: A qualified person licensed by the NRF to officiate rugby matches in Norway, whether as main match official or as a touch judge. Under this term will be included visiting match officials from other countries or Federations, officially invited by the NRF to officiate any match. Match Official can cite players or club representatives for any breach in the NRF Code of Conduct.
- h. **“Match Commissioner”**: Any member of a club, designated by a club hosting a XV's match or tournament or the NRF, responsible for making sure the field is up to the standards required for the match to be played. He/she will be also responsible for collecting the “Team List” from each Club and hand them to the Match Officials within the timeline stipulated for each competition.
- i. **“Tournament Commissioner”**: Like a Match Commissioner, but in charged of a 7-a-side tournament.
- j. **“Team List”**: An NRF document that the team managers must deliver to the Match/Tournament Commissioner or Match Officials (when Commissioner is not available). The exact regulations of the team list are described for each competition on this document. In friendly games, the Team List must be deliver between one hour before kick off, and 30 minutes after the end of the match. Intended mistakes on the “Team List” may result in a forfeit.
- k. **“Line up players”**: Maximum number of players allowed at the same time on a match on the field.
- l. **“Number of players”**: Maximum number of players that a team is allowed to write on the Team List for a match, on any given competition.
- m. **“Forfeit limit number”**: Minimum number of players that a Team must have on the Team List in order not to forfeit a match.
- n. **“Home team must play number”**: Minimum amount of players that a visiting Team must have on the Team List in order to play the match. With less than the minimum Home team must play number, the home team can refuse to play the

match. With more than the minimum home team must play number, the Home team must play the match.

- o. **“Forfeit”**: Condition that applies when a team does not fulfil the minimum requirements to be able to play a match at the official time for the kick off. A forfeit will imply that the forfeiting team will automatically lose the game with a result of 40-0 if at the stipulated time for kick off, a team does not reach the “forfeit limit number” required for each competition (see fig. 1). If a team forfeiting a game, still plays the match, the final official result will be 40-0 regardless the final result of the match played.

Competition Type	Numbers of Players	Line up players	Forfeit Limit	Home Team Must Play
XV	23	15	12	9
7s	12	7	6	6

Fig. 1 – Number of players per competition, and the minimums.

- p. **“Borrowed player”**: A borrowed player will be a player playing for a club without having paid the membership to become an active member of that particular club. Borrowing players will be allowed in any case in friendly games as long as there is an agreement between both clubs, and the Match Official designated for the match or tournament. In official NRF National Competitions, borrowing players will be regulated for each particular case.

2. NRF Official XV-a-side Tournament Regulations

The regulations contained in this document are to be used for all the XV-a-side official National NRF competitions, for women, men, senior and juniors playing XV-a-side rugby. For regional tournaments and friendly games, the regional association or the hosting club will set the rules to be followed (always within IRB regulations).

NRF National XV-a-side regulations

a. Except when mentioned, IRB rules for XV-a-side rugby will always apply.

b. Match Officials

- i. The NRF Head of Referees will appoint a Match Official to each match. If a Match Official is not appointed, the host club is in charged to assign a person to referee the game.
- ii. The visiting club, will have one refusal right for a referee assigned by the host club for a match.
- iii. When a Match Official is not assigned by the NRF to be Assistant Referee, the host club and the visiting club will be required to provide a person to act as a Touch Judge. In case the visiting team cannot provide one person, the host team will provide both Touch Judges.

C. Teams

- i. A team is composed by up to 23 Players, one team manager or none, one coach or none and up to a maximum number of 5 technical staff.
- ii. The minimum amount of players needed not to forfeit a match or to play a game is:

Competition Type	Numbers of Players	Line up players	Forfeit Limit	Home Team Must Play
XV	23	15	12	9

- iii. A team must have at least 2 players trained to play as props and at least 1 player trained to play as hooker at kick off time. If a team fails to have this 3 players at kick of time, they may borrow players from the opposition team until having 3 players suitable and trained to play in the front row. The borrowed players, will play the whole length of the game for only one club.
- iv. A team must deliver the Official NRF Team List for XV (see appendix 1) within 1 hour before kick off and 30 minutes after the end of the match. If a team fails to deliver the official NRF Team List to the Match Commissioner and/or the Match Official of the match within the stipulated time, the team will forfeit the game. If both teams in a match fail to deliver the Official Team List within the stipulated time, both team will automatically forfeit the match.
- v. No player under 17 years of age at the time of the match will be allowed to participate in the Senior competition. Players 17 years of age willing to participate in a senior XV game, must have a parental authorisation, a document from a doctor stating that the player is fit to play rugby, and a medical insurance that covers the player to practice rugby. Without these documents, the players will be removed from the "Team List". The documents will be valid only for a natural year. Players will have to have their documents up to the calendar year.
- vi. No player under 18 years of age at the time of the match will be allowed to play front row. Only players who already have 18 years of age at the time of the match will be allowed.

d. Borrowing players

- i. Teams will be allowed to borrow players if:
 - 1. Paragraph C Team, section iii. of this document applies.
 - 2. If a visiting club has less than 15 players at kick off time, the host club can lend as many players as the visiting club may need until reaching 15 players on the field. The players borrowed can only play for one club during the whole length of the match.
 - 3. If due to injury, a club has 14 or less players fit to play on the field, they may ask the opponents to borrow as many players needed until

having 15 players fit on the field. The players borrowed, cannot return to play for their home club for the remaining length of the match.

4. Borrowing players will be allowed during the regular season, or pool-phase of the season. However, it will not be allowed during play-off phases or finals, unless a written permission is given by the NRF.
5. If a club borrows players during a play-off phase or a final without the Official NRF written permission, the Club borrowing players will automatically forfeit the match, whether the match is played or not.

e. Substitutions

- i. IRB rules apply.
- ii. Team Managers will inform the Match Commissioner before any substitution is made.
- iii. The Match Official will be the only one with the power of allowing a player to come on the field.
- iv. In case of a friendly game, the coaches of both clubs and the Match Official may agree on a number of substitution during the game different from the one in the IRB regulations.

f. Game day requirements

Each team hosting a XV-a-side match is required to have:

- i. An IRB approved field, with adequate markings, rugby goals, post protectors and flags according to IRB standards. The Match Official designated for the match will have the final word in order to allow the game to be played or not, in any case.
- ii. Separate changing rooms for each team and the Match Officials, with shower facilities.
- iii. A Match Commissioner.

In addition:

- v. It is recommended that the host club will have a Medical Officer on site during the whole length of the match. This person can be a medical practitioner, nurse, physiotherapist, paramedic, or any other individual in charge of liaison with the medical local authorities in case of an emergency.
- vi. It is recommended that the host club will have a fully equipped med kit available to both clubs and the Medical Officer. An AED is also recommended.

g. Game points

- i. Victory = 4 points
- ii. Tie = 2 points
- iii. Defeat = 0 point
- iv. Bonus attack (scoring 3 or more tries in one match) = 1 point
- v. Bonus defense (when a team gets 2 or less tries against in a match) = 1 point

f. Disciplinary issues

- i. The procedures for all disciplinary actions are enclosed in the NRF Disciplinary Document available on the NRF Website.
- ii. Only NRF Officials and clubs can cite following the regulations of the NRF Disciplinary document.