



**Breaking News - Return dates for full contact rugby**

Clubs can re-instate scrums and mauls in training from Monday 19 July and in matches from, and not before, Saturday 7 August. The new season is set to start as normal for the whole community game.

We are thrilled that clubs and players will be able to return to full contact rugby. As always, player welfare is our main priority and we need to manage the return to scrums and mauls as safely as possible. Read on for the step-by-step plan.

**Return to Rugby**

**This edition includes:**

1. Adult Rugby Roadmap – return to full contact friendly matches from Saturday 7 August for clubs that wish

2. Age Grade Rugby - Summer Activity Guide continuation - adapted contact laws in friendlies from Saturday 7 August

3. Key priorities for clubs and coaches including scrummaging guides

4. Off-field guidance from 19 July

5. Pitch Up For Rugby – 50 days to go promotion

6. Warrior Camps – bring new players to your club

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**Adult Rugby Roadmap – return to full contact dates**

**When can clubs return to full contact rugby? (10s and 15-a-side)**

We have carefully considered the preparation period required after a long lay-off. We have taken advice from medics, coaches, directors of rugby and players within the community game to create the below pathway:

**Adult Rugby**

The updated rugby roadmap for adult rugby is here.

**Monday 19 July**

Scrums and mauls can be re-instated in training only.

A minimum 3-week preparation period of training sessions follows ahead of match play.

Coaches are reminded that they are responsible for working with all players to assess their physical readiness and technical competence before returning to scrummaging. Players may be at different levels of fitness and conditioning. See below guidance for returning to scrummaging safely.

Coaches must be satisfied that players have undertaken sufficient technical preparation, skill refinement and reconditioning work before returning to full contact match play.

Internal training games are allowed between Monday 19 July and Saturday 7 August. Training games should include an incremental approach to scrummaging and coaches should rotate players every 20 minutes. Clubs should not return to match intensity full contact 15 a-side training games immediately.

**Saturday 7 August**

Full contact 15-a-side and 10-a-side rugby matches, with scrums and mauls, may resume against other clubs from, and not before, Saturday 7 August.

It is the choice of clubs and players whether they wish to compete in full contact matches from Saturday 7 August. There is no pressure to do so.

Teams that do not yet feel ready for full contact 15s have the option of playing 7s, 10s, XRugby or 15-a-side rugby with uncontested scrums.

**Saturday 4 September**

Full contact 15-a-side league rugby commences for Men’s Levels 3 and 4, and for 14-team men’s leagues in Levels 5 and below.

**Saturday 18 September**

Full contact 15-a-side league rugby commences for 12 and 10 league men’s teams in London & SE.

**Saturday 25 September**

Full contact 15-a-side league rugby commences for 12 and 10 league men’s teams in North, Midlands & SW.

**25/26 September**

Full contact 15-a-side- rugby commences for majority of women’s competitions.

**Global Law Trials**

The Global Law trial laws for next season have been released by World Rugby and are on their website. Detailed work is underway to ensure they can be properly communicated to the Game in due course.

**Sevens**

For the avoidance of doubt, Sevens fixtures can return with full laws from Monday 19 July.



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**Age Grade Rugby - Summer Activity Guide continuation**

The Age Grade Summer Activity Framework remains in place for the June to August off-season period.

After the disruptions of the pandemic, this enables players to continue to re-engage with rugby throughout the summer months if they wish, and to safely build their readiness to play full contact rugby from Saturday 4 September.

To support this, the Summer Activity Framework already includes provision for friendly matches to be played under adapted contact laws during August. These can start from 7 August, following a period of development in training sessions from Monday 19 July.

This enables scrums and mauls to be reintroduced in a controlled way in friendlies and helps players who have not yet played them, particularly at U14-U16, the chance to experience these key elements of full contact rugby.

More detailed communication will follow on adapted contact laws for Age Grade friendlies.

**Monday 19 July**

From Monday 19 July, scrum and maul progressions can be included in the defined training times shown in the framework.

XRugby can continue to be played through the rest of July in friendlies (without scrum or mauls).

**Saturday 7 August – Saturday 4 September**

[Adapted contact laws](http://links.emails.rfumail.com/els/v2/v77ys4eP3VQq/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/) may begin in Age Grade friendlies from Saturday 7 August.

XRugby and non-contact can also continue in friendly matches.

**Saturday 4 September**

Full contact 15-a-side matches permitted.

Timings for RFU national age grade competitions remain as previously communicated:

W/c 13 Sept - U18s Schools Cup

W/c 27 Sept - U15s Schools Cup

W/c 4 Oct - U18 Boys Age Grade Cup

W/c 11 Oct- U18s/U15s Girls Age Grade Cup

[**Summer Activity Guide**](http://links.emails.rfumail.com/els/v2/2ggkBVp03_sW/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)



**Key priorities for clubs and coaches – including scrum guidance**

Among the excitement of being allowed to scrum and maul again, we want to make sure that all players return safely.

Coaches are responsible for working with all players to assess and develop their physical readiness.

This is especially true for front 5 players given the period of time the game has been operating without scrum and maul.

**Returning to scrummaging**

Return to scrummaging should be introduced incrementally with the initial emphasis on individual scrum specific conditioning and technique work.

When players are ready, they can move to 1 v 1 building to 5 v 5 before finally practising 8 v 8 in a controlled environment.

We recommend keeping the number of match intensity scrums to a minimum. Instead the focus should be on individual and unit body position/posture and building time in players respective positions.

For coaches looking for hints and tips we have a **three stage Return to Scrummaging guide available:**

1. [Crouch](http://links.emails.rfumail.com/els/v2/m33Rf_2vKRhD/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)

2. [Bind](http://links.emails.rfumail.com/els/v2/V22kF98YjdHq/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)

3. [Set](http://links.emails.rfumail.com/els/v2/ZNNaMbPY2Nfk/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)

As part of the ongoing support to getting players back to rugby safely, we have the following webinars that we hope match officials, coaches, players and club officials will find useful.

**#SCRUMTOGETHER**

[Scrum Together - Episode 1](http://links.emails.rfumail.com/els/v2/Lmm9tP3aK9SZ/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)

[Scrum Together - Episode 2](http://links.emails.rfumail.com/els/v2/q443F28bx0Cx/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)

**Mauling** - Players will also need to be reintroduced to mauling incrementally. The focus should be on individual body technique first before ‘live’ mauling is introduced.

**Activate** - All Age Grade players are encouraged to follow the Activate Injury prevention exercise programme [here](http://links.emails.rfumail.com/els/v2/ymmNtP-k2RSN/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/) with coaching sessions planned and delivered around the FITT principles (Frequency, Intensity, Time, and Type) [here](http://links.emails.rfumail.com/els/v2/emmgtN93dVJd/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/).

**Safeguarding** - Ahead of pre-season training and the new season starting, clubs must have safeguarding procedures in place. More information is available [here](http://links.emails.rfumail.com/els/v2/YwwAC~y02bMV/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/).

[Click here](http://links.emails.rfumail.com/els/v2/6NNaM6~w3LhN/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/) for the RFU Safeguarding Children policy.

If you have any questions, or if you need any safeguarding advice or support, please contact us by emailing [safeguarding@rfu.com](mailto:safeguarding@rfu.com) .

**Insurance** - Will be in place as long as clubs and coaches follow RFU guidelines and government guidelines. Please be aware that you may not be covered if you begin full contact rugby before the dates specified above, or do not follow the guidelines communicated.

Further information on insurance cover can be found [here](http://links.emails.rfumail.com/els/v2/pZZ9FL7jAYJj/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/).



**Off-field guidance from Monday 19 July**

Our Club Support Helpdesk FAQs are being updated with how new guidance will affect rugby clubs from Monday 19 July.

Test and Trace remains in place at least until 18 August, when further government guidance will be available.

There will inevitably be a rise in cases of Covid-19 as measures relax. We must therefore manage any risks as best we can by remaining vigilant, supporting the vaccination effort and reminding members to self-isolate if they have a positive Covid test.

It is imperative that players understand the importance of not playing or training if they are symptomatic, both because of the transmission risk but also because of the potential risks of exercising when suffering from a viral illness.

Please remind all members that the symptoms for the Delta variant are broader than the original classic three symptoms of a cough, a high temperature or a loss or change to your sense of smell or taste. Symptoms can also include, but are not limited to; headaches, a sore throat, a runny nose.

We should all be prepared to adapt should a spike in cases or the emergence of a new variant require us to do so.

[**Club Support Helpdesk**](http://links.emails.rfumail.com/els/v2/400PsP9V-qSr/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)



**Pitch Up For Rugby – even more to celebrate**

With rugby set to resume as normal next season, there’s even more reason to join us in a national celebration of rugby from Monday 4 September!

After the good news about restrictions lifting, we’ve extended the deadline for clubs to register their interest in taking part on the link below.

This Friday, 16 July, marks 50 days to go until Pitch Up For Rugby starts.

Below you will find content to help promote this milestone on your channels, to help build excitement for the new season.

On Friday, we will email players, coaches, officials, volunteers to raise awareness of 4-12 September and encourage them to Pitch Up For Rugby and support their local clubs.

We will share further videos, promotional assets and toolkits over the summer to make it as simple as possible for clubs to take part.

• Pitch Up For Rugby on pitch image – [download JPEG](http://links.emails.rfumail.com/els/v2/RLLyTwvAEVSb/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)

• Editable copy for club websites and social channels [here](http://links.emails.rfumail.com/els/v2/_33wfjrbaDs_/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)

[**Register**](http://links.emails.rfumail.com/els/v2/gmmqt2jdNwCK/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)



**Inner Warrior as part of Pitch Up For Rugby**

Why not host a Warrior Camp as part of Pitch Up For Rugby from 4-12 September?

September's Warrior Camps will focus on recruiting women to the game, while August camps building up to the new season will have a focus on the girls’ age groups, aligned to the Summer Activity Framework.

Warrior Camps are free rugby taster sessions for women and girls, focussing on having fun, increasing fitness, learning new skills and meeting new people.

[**Register**](http://links.emails.rfumail.com/els/v2/KPPxFP46ELSN/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)

[**More Information**](http://links.emails.rfumail.com/els/v2/XyyPcrVpGXSZ/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)



**News round up**

Travel Funding reminder

A reminder that the deadline to apply for travel funding is Friday 23 July. Below is a document in which you can find the criteria and application form.

[Read more](http://links.emails.rfumail.com/els/v2/8YYXM6NbW~hx/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)



**Webinars & videos on demand**

**First Aid & Immediate Care Provision**

A reminder you can watch our update and discussion about First Aid/Immediate Care Provision. It covers the new FA/IC guidelines for 21-22 season and other areas within FA/IC provision including the first aid risk assessment, facilities and equipment and first aid training.

[First Aid](http://links.emails.rfumail.com/els/v2/dkkLBjA3Y0sk/U0RKMkFURUthZEhUTDQwakZHQ0xKeExjMmdQZkZKNHlMQkhaSENZeUxhYm93QmVZdFNaOThEWEVNNDlkTk5OZWUvbFN6a1J3ZEhMYnVrNlZ6RDcya3lIbmdCc1Y0NEFxa1psL0tsamlXK0E9S0/)

