

RCM & UAERF Competition Rules

Section A

General Rules & Regulations

1. Application:

1.1 These Rules & Regulations are applicable to all Clubs, teams, players and members who participate in RCM Manage competitions within the UAE and West Asia.

1.2 The RCM and the UAERF reserve the right to update, modify and change these rules and regulations without notice.

2. Competitions:

2.1 UAERF is solely responsible for sanctioning all Rugby Competitions, leagues, Friendlies and Tournaments;

2.2 The RCM is solely responsible for organising and administering these sanctioned competitions, leagues and friendlies;

2.3 The RCM will be solely responsible for interpreting and administering these regulations, within these competitions, leagues and friendlies;

2.4 The RCM in conjunction with the MOA, will appoint Match Officials for all matches, league, friendly and otherwise, where possible.

2.5 The sanctioned competitions the RCM will be responsible for as per 2.2 & 2.3 are, but not limited to: all age groups from u9 through to open, for Males & Females, in all divisions.

3. Effective Registration:

3.1 A player needs to be registered with the RCM & UAERF in order to play in any match, a Club may not select a player that is not registered.

3.2 Registration is done online, through the Platform of Choice of the RCM. Registration is completed immediately. All players are required to be registered before participating in a match.

3.3 All contact rugby Players are required to have player Accident insurance as detailed in regulation 10.

3.4 The RCM & UAERF require the following information in order for a player to be fully registered:

- i. Full Name
- ii. Date of Birth
- iii. Nationality
- iv. National ID Number
- v. Email Address
- vi. Telephone Number

3.5 Where a player is new to the UAE but has previously played in another Union/Federation's Jurisdiction, that player will need to submit a clearance letter to the RCM prior to being registered.

3.6 All players will need to be a Resident of the GCC country in which their club is based in order to be eligible to participate / play.

3.7 To be considered a Resident of that country, the player must at the point of registration have a Valid Residency Permit or National ID; If the player has an application in process the club is required to provide a copy of the written application, to the RCM, for a temporary exemption, to be updated when the application is completed.

3.8 Where a club's Team has been represented in any match by a player or replacement player that does not hold an effective registration, and is therefore in breach of regulation 2, that team shall be treated to have forfeit that match and all relevant forfeiture penalties shall apply, in addition a penalty of 5 league competition points, per non-registered player, shall be deducted from the club's league competition points

3.9 A repeat of offense of regulation 3.8 within a season shall see a club disqualified from that competition for the remainder of the season

3.10 No player may hold effective registration with more than one club at a time.

3.11 If a club is dissolved/folds/disbands all players registered to that club immediately lose effective registration and may be registered by another club, without completing a player transfer.

3.12 No player may be paid to play, they may not receive a bonus/financial reward for playing/winning/scoring. No player may be contracted or contractually obligated to play. All players must be amateurs.

4. Player Transfers:

4.1 If a Player is aged 17 or older, They can only choose to transfer their effective registration from one club to another during the summer or the winter Transfer Window, unless 3.11 and 4.5 are applicable

4.2 Summer Transfer Window: 1st July – 31st Aug.

4.3 Winter Transfer Window: 17th December – 31st December.

4.4 A club may only reject a player's transfer request during a Transfer Window if the player has unpaid membership fees/Subs, to the limit of:

4.4.1 Summer Transfer window: The player's most recent previous season's membership fees

4.4.2 Winter Transfer Window: The current season's membership fees and the player's most recent previous seasons' membership fees.

4.4.3 No other remuneration/benefit/payment/loan in kind may be held against a player transfer.

4.5 A player may request a transfer outside of the Summer or Winter Transfer Window only if the current club and new club are in mutual agreement;

4.5.1 If a player has played for the current club in the current season, the only allowance for transfer is relocation into or out of Abu Dhabi Emirate.

4.5.2 If a player has not played for the current club in the current season, has no outstanding subs/fees, and the current club can release the player at their discretion.

4.6 In order to complete a transfer:

4.6.1 The player will request the transfer from their current/Old Club; If accepted this request should then be sent to the New club and the RCM for approval electronically through the Platform of Choice of the RCM, or manually using the UAERF/RCM player transfer form.

4.7 If a player is 16years old or younger a transfer form is not required, they are free to transfer at their choice.

5. Loss of Effective Registration:

5.1 A player will cease to have effective registration with a club:

5.1.1 Having had effective registration canceled or suspended by the RCM or the UAERF for any reason; or

5.1.2 Failing to comply with 3.10; or

5.1.3 Where the UAERF was not provided with the WR clearance for a player transferring from another Union or federation; or

5.1.4 Where a player has not participated in an RCM administered match or competition for a club for one (1) complete season, subject to regulation 4.5;

5.2 A player without effective registration may register with any club at any time

6. False or Misleading Information:

6.1 Where during the process of Effective Registration of a Player, a Club or Player supplies incorrect or misleading information to the UAERF and/or RCM, in any e mail, document or Player Registration Form, or any signature on the Player Registration Form or other document is not the original signature of the person purporting to have signed the document, the application for Effective Registration will be void and any Effective Registration will be invalidated from the date such Effective Registration would have come into effect but for the incorrect, false or misleading information, and each Match in which the Player participated shall be considered Forfeited, and the relevant penalties shall be levied against the offending Club.

7. Team Sheet:

7.1 All teams are Required to submit their selected starting team and substitutes, their "squad" either through the Platform of choice of the RCM or on a manual team sheet, no later than 60 minutes prior to Kick Off.

7.2 The referee has a right at any time to request a player confirm their identity corresponds to the team sheet through any photographic ID.

8. Match Scheduling:

8.1 The RCM will create the season schedule, specifying the number of rounds and their respective dates.

8.1.1 For Senior Competitions the RCM Working group will determine the match schedule for the season, with the rounds prescribed by the RCM.

8.1.2 for Junior competitions, the RCM Working group will determine the match schedule for the season with the rounds prescribed by the RCM

8.2 Standard Kick-off times for matches will be allocated based on the following times:

8.2.1 Men's Premiership: Saturdays at 19:00 pm

8.2.2 Men's Division 1: Saturdays at 17:00 pm

8.2.3 Men's Division 2: as agreed between teams

8.2.4 Women's 7's League: from 14:00 pm

8.2.5 M&Y: Saturdays from 08:00am to 11:00

8.3 Where a club wishes to play at an alternate time or date to the schedule based on 8.2, there is flexibility to do so:

8.3.1 Home or away club may propose an alternate date and time for the match to be played

8.3.2 The opposition has a right to accept or deny the alternative.

8.3.3 If an RCM MO is required; agreement to an alternate date/time must be provided to RCM 14-days or more prior to original fixture Kick-off

8.3.4 If no RCM MO is required; agreement to an alternate date/time must be provided to RCM 5-days or more prior to original fixture Kick-off

8.3.5 Mid week, Night time, early morning, all times are an option provided teams agree within 8.3.3 & 8.3.4 as per above.

8.3.6 Agreement to an alternative date and/or time shall not be unreasonably withheld however if clubs/teams cannot agree within the timescales set out in 8.3.3 & 8.3.4 above the club/team that is unable to fulfill the original fixture will be considered to have Forfeit that match.

8.3.7 Where a club/team feels agreement has been unreasonably withheld by the opposition they may write to the RCM for adjudication; The RCM will adjudicate and have the final say on any matter relating to fixtures, postponements and forfeitures, at its sole discretion.

8.4 Match Locations:

8.4.1 Once the schedule is created, the Home Club will be responsible for confirming the venue of their home matches/tournament;

8.4.2 A Home Club may change venue, but not time or date, provided it is not a material change (e.g. Abu Dhabi vs Dubai), with a minimum of 96-hours notice to the opposition and RCM.

8.4.3 If a Team wishes to change the venue, in a material manner, they will need to comply with 8.3.

8.5 Matches may be postponed/rescheduled with late notice, contrary to 8.3 & 8.4, as a result of an Act of God, epidemic, terrorism or government act, or at the discretion of the MOA or Match Manager, where he/she considers weather conditions or player safety is a significant concern.

8.5.1 If a match has started and then is abandoned as per 8.5:

8.5.1.1 before Half Time: the match will be replayed at a later date as per 8.3

8.5.1.2 after Half Time: the score at the moment of abandonment will be considered the final score.

8.5.2 Where a match was abandoned or postponed prior to starting, as per 8.5 and the two teams cannot find a date, or a date is not available to replay the game, that game will be scored 0-0 with 2 league points attributed to either team.

9. First Aid:

9.1 It is the duty of EVERY team to have their own qualified First response/First Aid personnel present at the pitch side of every match.

9.2 This person(s) must hold a current & relevant qualification which is recognized by WR or the DHA/HAA/MOD or an equivalent nationally recognized awarding body, in addition;

- 9.3** This person(s) must have World Rugby Level 1 FAIR at a minimum.
- 9.4** The home Club/team must have a nominated “Lead Medical Responder” who will be the lead on all medical emergencies, this person can also be the teams First aider as per 9.1.
- 9.5** The home Club/team must have Unhindered access to a working/operational AED, which may be located in an accessible building in close proximity to the pitch. (Battery to be checked prior to every match).
- 9.6** The home Club/team must have the ability to safely and lawfully remove any injured player from the field of play and, within a reasonable period of time, transfer to an appropriate medical facility if required. A stretcher or board may be used to safely remove a player; it is advised that one be available on the pitch side.
- 9.7** If a Club cannot provide the personnel and/or the equipment in 9.1-9.6, then a government registered ambulance must be present with clear and quick access to the field of play.
- 9.8** If an away club cannot provide the personnel in 9.1-9.3, they may request that the Home team help them provide that cover, and if such cover is not available (via the Home team) the responsibility remains with the away team to secure the required personnel.
- 9.9** Regulation 9 applies to all contact rugby matches, Men’s , Women’s and M&Y, whether a league or friendly match.
- 9.10** For all Tournaments, Multi Match competitions, for Men, Women or M&Y, the total amount of equipment listed in 9.5 should be adequate to cover the number of pitches in use, it should be located evenly between the fields with equal ease of access to all pitches.
- 9.11** If the First Aid cover and/or its equipment has to leave the field of the player, the match manager or referee has the right to abandon a match as per 8.5
- 9.12** If the First Aid Cover and/or its equipment is not present at the start of the match, the referee has the right to cancel the match and mark it as forfeit by the home team.
- 9.13** Where there is a requirement during a match for first aid assistance the referee should do no more than allow the player to leave the field to receive treatment or allow the person(s) as per 9.1-9.3, onto the field to administer the treatment. The First aid person(s) may enter the field of play to administer treatment without notice to the referee, when safe to do so, when a player appears to be seriously injured and play has continued.

10. Player Accident Insurance:

- 10.1** All players in all RCM Competitions require player accident Insurance.
- 10.2** The minimum & recommended requirements of the insurance are set and published by the RCM below:
- 10.2.1** Minimum:
- 100,000aed single incident cover
 - Direct Billing at least at 1 location per emirate where rugby is played
 - GCC wide coverage
- 10.2.2** Suggested:
- 100,000aed single incident cover
 - direct billing at Multiple locations per emirate where rugby is played
 - Physiotherapy included in injury recovery
 - Global Coverage

10.3 It is recommended that all clubs take the policy of choice of the RCM.

10.4 Failure to have Player Accident Insurance in place that meets the requirements of 10.2 is a fundamental breach of player safety requirements and will result in immediate suspension of a Club's activities until Rectified.

11. Match Management:

11.1 Where possible the MOA will appoint an impartial Match manager to manage a match, the pitch and the surroundings.

11.2 Should a Match Manager not be appointed, the Home Team will provide a manager who in liaison with the MOA appointed Referee will manage the match, the pitch and the surroundings.

11.3 The match manager will be responsible to:

11.3.1 Ensure that the Pitch is correctly marked as per World Rugby Regulations

11.3.2 Spectators are separated from the pitch by a physical barrier, and side lines are clear.

11.3.3 That First Aid cover satisfies all the requirements of Regulation 9.

11.3.4 The both teams and their supporters comply with RCM, UAERF and WR rules and regulations with regards to sideline behavior.

11.4 Should a Manager feel that a pitch or club fails with regards to 11.3, they have rights to not start the match, or stop a match that is in process.

11.5 It is the responsibility of all clubs to manage the behavior of their managers, coaches, players and spectators. Behavior which is considered to be outside of the Values set by the UAERF and WR. Should be reported to the RCM & UAERF within 48 hours of the match. Where such behavior is excessive, the match manager must stop the match and request the offending person(s) to vacate the area completely, and the match not begin again until they have left the area. In this circumstance the offending club, by association or otherwise, will face disciplinary actions as decided by the RCM & UAERF.

11.6 The RCM and UAERF reserves the right to sanction Clubs, teams, Players or individuals related to clubs in any way whatsoever should they be found in breach of Regulation 11, at their sole discretion.

12. Sponsorships:

12.1 Clubs and Teams are encouraged to attain sponsors and may offer their sponsors all or any part of their kit for advertising

12.2 Clubs and Teams may offer pitch side advertising to their sponsors, through the use of, but not limited to Banners, Flags, Signs and Gazebos, which must be positioned safely and in accordance with WR regulations.

12.3 Clubs may offer on-pitch advertising to their sponsors, however they will be responsible to obtain permission from the pitch owner.

13. Drawn Matches:

13.1 League matches Drawn in League stages will be marked as draw unless specified with the specific competition rules (Section B).

13.2 League matches Drawn in Knockout / Finals stages will:

13.2.1 Play extra time of 2 halves of 10-minutes for 15-a-side and 3-minutes for 7-a-side, for

Seniors, For Juniors a single half will be played, for a time set in advance of play.

13.2.2 The referee will do a coin toss to determine Kick off vs Direction of play.

13.2.3 Golden Point will apply i.e. The first team to score points during extra time wins the match.

13.2.4 If the match is still Drawn after both periods of extra time have been played, then the team with most tries during normal time is the winner;

13.2.5 If the match is still drawn, then the team that scored first will be the winner.

14. Age Differential Playing:

14.1 To play in senior Men's or Women's competition a player must be an Adult or at least 17-years old at the time of playing, with a completed dispensation form signed by Parent / Legal Guardian; Coach; Club Chairman or Director of Rugby for the Club, kept on file by the club.

14.2 Front row players must be at least 18-years old, at the time of playing, to play in senior competition.

14.3 In order for a player who is 16 years old to play in Open Men's or Women's rugby, a UAERF sanctioned dispensation form is required. This is the same form for 14.1 but is sent to the UAERF Head Coach for approval at his/her sole discretion.

14.4 In all categories of M&Y no player may play down an age group.

14.5 At the club's request a M&Y player may "play up" one year (as opposed to age grades); In order to do so the player will need a completed dispensation form; signed by Parent/Legal Guardian; Coach; Club Chairman or Director of Rugby; To be kept on file by the club.

14.6 At the club's request a M&Y player may, by exception, "play up" two years (as opposed to age grades); In order to do so the player will need a completed dispensation form; signed by Parent/Legal Guardian; Coach; Medical professional; Club Chairman; To be kept on file by the club.

14.7 No player is allowed to "play up" more than two years.

14.8 RCM Contact Rugby Age groups & Format/Playing Squad size:

14.8.1 U9s-U18s – see MY Law Variations

14.8.2 Senior Men's -15s/22 ; WAP 15s/23

14.8.3 Senior Women - 7s/12 or 15s/22

14.8.4 Men's Vets (35years+) as per WR variations

14.8.5 Women's Vets (35years+) as per WR variation

14.8.6 Men's Super Vets (40years+) as per WR variation

15. Penalties and Sanctions:

15.1 Should a team forfeit, or be considered to have forfeited a match, that team will receive zero competition points, the opposing team will receive 5 competition points, in seniors, or 4 competition points in Juniors, and 40 match points for seniors (to be adjusted if necessary) and 40 match points for juniors. The forfeiting team will be liable for any reasonable and unavoidable costs incurred as a result for the forfeit.

15.2 RCM reserves the right to levy an additional financial penalty to a club for repeated forfeitures.

15.3 Late or non-submission of team sheets as specified in section A: 7 will, on first offense receive a written warning, on 2nd offense a deduction of 5 league points, on 3rd offense a disqualification from league.

15.4 Playing an ineligible player, through registration or age group or starting 15 rule, will result in a forfeit of that match, and a deduction of 5 competition points per player. A repeat offense on the same player will result in that player being disqualified from competition for the remainder of the season.

15.4 Where a team has forfeit more than 1 game in a league they will not be allowed to play in a final (Quarter, Semi or Grand Final) ahead of a team with less forfeits.

15.6 If any club, team or player breaks or disregards these rules and regulations, and the penalty or sanction is not expressly specified, the RCM reserves the right to sanction with their sole discretion.

16. UAERF & RCM Code of conduct:

16.1 All members (Including legal guardians of junior players), players, Coaches, managers, Administrators and referees of UAERF affiliated clubs are expected to uphold the Code of Conduct as set out by the UAERF, the same code of conduct has been adopted by the RCM: [Code Of Conduct](#)

16.2 Failure to uphold this code of conduct will result in a hearing as specified in the document. The decision made by the Sub-Committee will be binding and enforced by the RCM.

17. UAERF & RCM Disciplinary Regulations:

17.1 All RCM member clubs and their players and members are subject to the processes and protocols as set by World Rugby and UAERF

17.2 Red Card Process:

17.2.1 Club to provide full name of Player and email address within 24hours of end of game.

17.2.2 MO to submit a report through WTR within 48hours of the end of the game.

17.2.3 JO to contact the player within 72hours of receiving a report to arrange hearing at a time of mutual agreement.

17.3 All players upon receiving a red card are placed under suspension until the hearing is completed at which point further sanctioning may be applied as per the Judicial Officers instructions.

17.4 RCM bears the costs of the JO Process up to a limit of 3 Red Cards per club per season, any further Red Cards will be billed to the club directly.

18. RCM Membership and Requirements

18.1 All clubs wishing to compete in the RCM governed leagues will be required to be full members of the RCM.

18.2 In order to be a member, the club has to be approved to join the RCM at the RCM AGM, and then ratified by UAERF.

18.3 New clubs will have to present their club profile, their desired competition and detail their player profile that allows them to play in that competition.

18.4 New applicants are required to be UAERF affiliated clubs.

18.5 No new club should come at the cost of another club.

18.6 A new club needs to add to and grow the game and bring more players into the game, as such all new members must provide a player register reflective of the leagues they wish to enter.

18.7 A new club will need to present:

18.7.1 A trade license with Rugby Football as an activity

18.7.2 A bank account in the name of that trade license

18.7.3 A Group Player Accident Insurance policy, or a commitment to join the RCM recommended policy

18.7.4 A Public Liability Insurance policy, or a commitment to join the RCM group policy.

18.7.5 A player register reflective of their desired competitive league entry

18.8 All clubs will be required to pay membership fees based on their number of players:

For the 2026/2027 Season:

18.8.1 u9 to u16 : AED80.0 per player

18.8.2 u18 to open: AED100.0 per player

18.8.3 Failure to pay membership, or to incorrectly provide players details can result in blocks for voting or depending on severity having your membership removed.

SECTION B

Specific Competition Rules

1. Senior Men: Number of players:

1.1 The maximum Squad size for any match is 22 players (23 Players for WAP) and must include a minimum of 5 front row players. The minimum is 18 players as per below.

1.2 Where a team cannot provide 5 Front players, so the Maximum Squad decreases:

1.2.1 5 Front Rowers = 22 players maximum squad size (23 for WAP); or

1.2.2 4 Front Rowers = 21 players maximum squad size (22 for WAP); or

1.2.3 3 Front Rowers = 20 players maximum squad size (21 for WAP).

1.3 Where a team cannot provide 3 front rowers:

1.3.1 Notice of the need to play uncontested scrums must be submitted to the opposition;

1.3.2 Notice must be provided to the opposition by the proceeding Monday at 20:00pm at the latest;

1.3.3 Any team with less than 3 Front Rowers, must play all Front rowers available despite it being uncontested scrums

1.3.4 Any team with less than 3 Front Rowers' maximum squad size is 18 players.

1.3.5 In the event of a team having to play uncontested scrums, the opposition may maintain a 22 player maximum squad size, but does not have to play any Front Rowers at their own discretion.

1.3.6 Where Notice of the need to play uncontested scrums is not provided in time as per 1.3.2, the opposition at its sole discretion may choose to accept uncontested scrums at late notice, or reject the request and the other team will consider to have forfeited the match as per regulation.

1.3.7 Matches in Division 2 are allowed to have smaller squad sizes, and rolling substitutions are permitted, as are variations in match size: 15s vs 10s.

1.3.8 Where a Club has 2 or more teams, Priority must be given to the highest team, IE: a Front row player must move to provide cover. However at the players discretion, or the Coach's a player may be declared unable to fulfill the higher level of cover. Player safety is paramount. This player is then ineligible to play unless cover is found for the higher match.

1.3.9 If the higher match goes ahead in a reduced manner (1.2.1-1.2.3) or uncontested (1.3) so a player deemed ineligible by 1.3.8 may play in the lower division.

1.3.10 If the Higher match is forfeited as per 1.3.6, so a player deemed ineligible in 1.3.8 becomes eligible to play for the lower division.

1.3.11 Where a Team starts with less than 1 reserve prop and 1 reserve hooker, and the squad size has decreased accordingly, and then suffers an injury to a front row player, who cannot be replaced by another recognised front row player, then they will drop to 14 men on the field, and play uncontested scrums; Where the team can replace that player with a recognised front row player, but out of position (ie hooker in a prop or vice versa), then they may maintain 15 men on the field, but play uncontested scrums.

1.3.12 A Tactically substituted player may not return to the game in West Asia Premiership, UAE Premiership or Division 1 leagues, unless as a Front row replacement, Blood replacement, Head injury replacement or to replace a player injured through foul play.

1.3.13 Substitution cards, for WAP, UAEPR, Div1, or any game not utilising rolling subs, the Referee will give each team manager a card per substitution allowed as per the limits of Section A 1.2. This could be a playing card or any card that the referee chooses. The card has to be given to the referee/4th official/Match manager in order to allow a substitution.

2. Senior Men: Restrictions on playing in lower Divisions:

2.1 Where a club has 2 teams: should their 1st team have a bye round or a player be available for any reason, merit or otherwise, whilst their 2nd team have a match – no player from the previous 1st team starting 15 or on recent international duty may play in that round. (Starting 15 Rule), excluding the 3 starting Front Row Players.

2.2 Where a club has 3 teams: 2.1 applies, in addition: should their 2nd team have a bye round, whilst their 3rd team have a match, no player from the previous 2nd team starting 15 may play in that round.

2.3 Where a Front Row player provided cover in 1.3.8, so they are excluded from the starting 15 rule.

2.4 Front Row players may freely move between Premiership and Division 1, provided they remain playing in the front row.

2.5 Front Row players may only move between Division 1 and Division 2 in compliance with 2.1 and 2.2.

2.5 In a Semi or Grand Final, where a player was called up to play in a higher team, and that was the 1 and only time in the season that player played in the higher team, they are exempt from the starting 15 rule

3. Senior Men: Finals Eligibility:

3.1 For a player to participate in the Men's WAP & Premiership Finals (Semi and Grand), that player must have played a minimum of three RCM league matches within that season.

3.1.1 Players that have been registered with the club for multiple seasons, but have not played frequently, may apply for an exemption to play in the final, where they have played less than 3 games in that season.

3.1.2 These players may not have played for another club in the previous period, if so they will be required to have played 3 games.

3.2 For a player to participate in the Division 1 or Division 2 Finals (Semi and Grand), that player must comply with 2.1 and have started in 50% of Division-1 or Division 2 league matches scheduled that season, or be returning from injury.

3.3 Where a player has provided cover to the premiership team, where the premier player has been selected for National Matches or through injury cover (IE not merit) and has therefore not started 50% of the division 1 matches, an application for exemption can be made to the RCM, whose sole discretion may provide exemption to play.

3.4 Where a player joins a club mid-season, 3.1 applies and 3.2 applies to 50% of the matches scheduled between joining and the Semi Final of that season.

3.5 A team who plays a player that does comply with 3.1 or 3.2, or does not have exemption per 3.3, will be considered to have forfeited that Final

3.5.1 Where a Semi Final is forfeited as per 3.5, the opposition will progress to the final.

3.5.2 Where a Grand Final is forfeited as per 3.5, the opposition will be considered the Winner.

4. Senior Men: WAP & Premiership:

4.1 The competition will be in a league format, with Semi Finals and Final.

4.2 Teams play each other at Home & Away.

4.3.1 The top 4 teams, by way of competition points, at the end of the league stage will progress to the semi-finals, where 1st place plays 4th place & 2nd place plays 3rd. 1st and 2nd place teams will host their respective semi-final, the winners of these games will progress to the final.

4.3.2 Top Bottom 4 teams, by way of competition points, at the end of the league stage progress to the lower 4 semi finals, where 5th place will play 8th, and 6th play 7th. Where there are only 3 teams in the Bottom 4, 5th will play 7th, and the winner of that game and 6th Place will progress to the Final.

4.4 Competition points are awarded:

- i. 4 points for a win
- ii. 2 points for a draw
- iii. 0 points for a loss
- iv. 1 point for scoring 4 or more tries
- v. 1 point for a loss within 7 points.

4.5 Where 2 teams are equal on competition points, their position will be determined by:

- i. The with highest Points difference; if still equal:
- ii. The team with the most points for; if still equal:
- iii. The team with the highest number of tries scored; if still equal:
- iv. The aggregate score between the 2 teams; if still equal:
- v. A coin toss.

4.6 Matches will be 2 halves of 40 mins each way.

4.7 A maximum of 7 substitutions may be made

4.8 The Final will be Hosted by the RCM at a time and date and a venue of its choosing.

4.9 In order to field a Premiership Team a Club will be required to have a second team playing in Division 1 or Division 2 to support the premiership playing load.

4.10 Promotion to premiership from Div1 is at the option of the club, however still requires 4.9 to be satisfied and the club will need to show evidence of ability to field 2 teams (50+ players) alongside the financial ability to cover the burden of a Premiership team (Coaches, Equipment, additional field rentals, and so so). Promotion will be subject to approval by vote, by the other premiership teams.

4.11 The maximum Squad size for any match is 23 players and must include a minimum of 5 front row players. The minimum is 18 players as per Section B 1.2.

5. Senior Men: Division 1:

5.1 The competition will be in a league format, with quarter finals (top8) and then top 4 and bottom 4 Semi Finals and Finals.

5.2 Teams play each other once.

5.3 Teams will play an equal number of home and away matches in a season, where possible.

5.4 The top 8 teams, by way of competition points, at the end of the league stage will

progress to the Quarter final stage, where 1st place plays 8th place & 2nd place plays 7th & 3rd plays 6th & 4th plays 5th; 1st to 4th placed teams will host their respective quarter finals.

5.5 The winners of the quarter finals will progress to the semi final stage where the winner of 1v8 plays winner 4v5 (SF1) & the winner of 2v7 plays winner of 3v8 (SF2). The loser of 1v8 plays loser 4v5 (SF3) & the loser of 2v7 plays loser of 3v8 (SF4). (the highest ranked team by competition points at the end of the league stage will host the semi final).

5.6 the winner of SF1 will play the winner of SF2 in the Grand Final; the winner of SF3 will play the winner of SF4 in the Plate Final

5.7 Competition points are awarded:

- i. 4 points for a win
- ii. 2 points for a draw
- iii. 0 points for a loss
- iv. 1 point for scoring 4 or more tries
- v. 1 point for a loss within 7 points.

5.8 Where 2 teams are equal on competition points, their position will be determined by:

- i. The with highest Points difference; if still equal:
- ii. The team with the most points for; if still equal:
- iii. The team with the highest number of tries scored; if still equal:
- iv. The aggregate score between the 2 teams; if still equal:
- v. A coin toss.

5.9 Matches will be 2 halves of 40 mins each way.

5.10 A maximum of 7 substitutions may be made

5.11 The Final will be Hosted by the RCM at a time and date and a venue of its choosing.

5.12 In order to field a Division 1 team, a Club is not required to have a Division 2 registered and playing, however it is advised to have that support where possible.

6. Senior Men: Division 2:

6.1 The competition will be in a league format, with Semi Final and Final.

6.2 Teams will play each other at least once in the season, depending on entries and club/RCM agreement.

6.3.1 The top 4 teams, by way of competition points, at the end of the league stage will progress to the Cup semi final, where 1st place plays 4th place (SF1) & 2nd place plays 3rd (SF2). 1st and 2nd place teams will host their respective semi finals.

6.3.2 Depending on the number of teams entered; if 6 or 7, the teams in position 5 & 6 by way of competition points will progress to a 5th Place final (5th hosts), this will not be a part of the RCM finals Day.

6.3.2 Depending on number of teams entered; if 8 or 9, the teams in position 5, 6, 7, 8 by way of competition points will progress to semi final stages where 5th plays 8th (SF3) and 6th plays 7th (SF4) (5th & 6th place will host Semi Finals), the winners will play in a "final" where the higher team by league points will host, not part of RCM finals day

6.3.3 the winner of SF1 will play the winner of SF2 in the Grand Final; the winner of SF3 will play the winner of SF4 in the Plate Final

6.4 Competition points are awarded:

- i. 4 points for a win

- ii. 2 points for a draw
- iii. 0 points for a loss
- iv. 1 point for scoring 4 or more tries
- v. 1 point for a loss within 7 points.

6.5 Rolling subs are allowed.

6.6 Should a team wish to play with less than 15 players, notice needs to be provided to the opposition 5 days or more prior to Kick Off. Once agreed on the format; 7's, 10's, 12's. Notice needs to be given to the RCM 5 days or more prior to kick off.

6.7 Where a match is less than 15 players, a reduced playing time may be agreed and multiple periods of play. Eg: 10's @ 3x15min periods. Notice of this needs to be provided as per 6.6 and agreed in advance

6.8 In the spirit of rugby, teams are allowed to "lend" players to another team in order to get a match to be played.

7. U18 Boys:

7.1 The competition will be in a league format, with Semi Final (Where 6 or less teams entered) and Final.

7.2 Teams will play each other at least once in the season, depending on entries and club/RCM agreement.

7.3 Teams will play an equal number of home and away matches in a season, where possible.

7.4 The top 4 teams, by way of competition points, at the end of the league stage will progress to the semi final, where 1st place plays 4th place & 2nd place plays 3rd. 1st and 2nd place teams will host their respective semi finals.

7.5 Competition points are awarded:

- i. 4 points for a win
- ii. 2 points for a draw
- iii. 0 points for a loss
- iv. 1 point for scoring 4 or more tries
- v. 1 point for a loss within 7 points.

7.6 Where 2 teams are equal on competition points, their position will be determined by:

- i. The with highest Points difference; if still equal:
- ii. The team with the most points for; if still equal:
- iii. The team with the highest number of tries scored; if still equal:
- iv. The aggregate score between the 2 teams; if still equal:
- v. A coin toss.

7.7 Matches will be 2 halves of 35 mins each way.

7.8 A maximum of 7 substitutions may be made

7.9 The Final will be Hosted by the RCM at a time and date and a venue of its choosing

7.10 In order to play in this competition the players age must be 17years 364 days old on the 31st aug, or younger.

7.11 Where a player is 18years old, but younger than 18years 364 days old on the 31st aug, and the player is enrolled at a Secondary/High School in the UAE, an exception will be made for them to play. Written documentation is to be provided to the RCM to prove enrolment.

7.12 Should a team wish to play with less than 15 players, notice needs to be provided to the opposition 5 days or more prior to Kick Off. Once agreed on the format; 7's, 10's, 12's. Notice needs to be given to the RCM 5 days or more prior to kick off.

7.13 Where a match is less than 15 players, a reduced playing time may be agreed and multiple periods of play. Eg: 10's @ 3x15min periods. Notice of this needs to be provided as per 7.12, and agreed in advance.

7.14 In the spirit of rugby, teams are allowed to "lend" players to another team in order to get a match to be played

8. Senior Women's: 7s League:

8.1 The competition will be a number of rounds of tournaments that create a series.

8.2 Every club that enters must host a round in the series, Clubs need to select the round they will host at the start of the season , 1 month prior to the first tournament. RCM will confirm the dates of the rounds prior to this point.

8.3 Newly formed clubs are exempt for 1 season from hosting, should they choose not to.

8.4 Each tournament is divided into a A-League; B-League; C-League as follows:

8.4.1 Where 8 or less teams enter a tournament, 2 pools will be created. A = top 4 current ranked teams; B = next 4 (or less) ranked teams.

8.4.2 Where 9 to 12 teams enter a tournament, 2 pools will be created. A = top half of current ranked teams, B = Lower half of current ranked teams. Where there is an odd number of entries, the extra team will be in the A pool.

8.4.3 Where 13-18 Teams enter a tournament, 3 pools will be created. A = top third of current ranked teams, B= Middle third of current ranked teams, C = bottom third of current ranked teams. Where there is an odd number/uneven 3 way split, the extra team(s) will be in A and then B pools.

8.5 Pool Points:

8.5.1 Teams play within their pools at each tournament on a round robin basis, where a Win = 3 points; a Draw = 2 points; a Loss = 1 point.

8.5.2 If at the end of the pool stage, 2 teams are on equal points:

8.5.2.1 The team that won their head-to-head match will go ahead; if still drawn:

8.5.2.2 The team with the Highest Points difference in the pool matches; if still drawn:

8.5.2.3 The team that Most Tries scored in the pool matches; if still drawn:

8.5.2.4 Toss a coin.

8.5.3 Once the Pool rankings are determined, the teams progress to Knock Out Stages. Knock out stages will vary from tournament to tournament depending on entries, but a format that separates each team into their exact position must be used. Ie: 1st to 18th Position.

8.5.4 The final Position as determined by the Knockout Stages results in the following Series Points:

Tournament Position	Points Awarded
Tournament Winner	22 points
2nd Place	20 points
3rd Place	18 points
4th Place	16 points
5th Place	14 points

6th Place	14 points
7th Place	12 points
8th Place	10 points
9th Place	8 points
10th Place	6 points
11th Place	6 points
12th Place	4 points
13th Place	3 points
14th Place	2 points
15th Place	1 point
16th Place	1 point

8.5.5 At the following tournament, where possible based on entries, the bottom Team of Pool A, and the Top team of Pool B will relegate/promote. And the same for the bottom Team of Pool B and top team of Pool C.

8.5.6 The Series A league winner is the team at the end of the Final Series Tournament with the most series points.

8.5.7 The Series B league winner is the team in 5th position on series points after the final series tournament.

8.5.8 Where teams are equal on series points, the tie breaker follows: Highest Points difference; failing which it goes to greatest tries scored; failing which it goes to aggregate score in head-to-head matches; failing which it goes to a coin toss.

8.6 All matches will be 2 halves of 7 minutes, with no extra time in pool matches.

8.7 In Knockout stages, if teams are drawn, 2 extra halves of 3 minutes will be played, without a pause between swapping sides. Golden point(s) will apply. Referee will toss a coin to determine who Kicks off and the direction of play. If still drawn, the winner will be determined by coin toss.

8.8 If any team should not want to participate in a series tournament, they must notify the RCM and the Host Club no later than 8pm on the proceeding Monday prior to Kick off. Failure to do so may incur a fine and sanctioning as set by the RCM.

8.9 Host Club is responsible for

8.9.1 Booking a suitable venue to host the tournament

8.9.2 Submitting details of number of matches to be played to Head of Womans, who will request Match Officials

8.9.3 Confirming Kick off time, 14 days prior to Kick off. Assumption is 14:00 pm

8.9.4 Confirming the schedule 4 days prior to Kick off (Tuesday).

8.9.5 Providing First Aid Cover as per Section A: Regulation 9, as the host.

8.9.6 Providing the results of the Tournament to the Woman's Head within 24 hours of the tournament being completed.

8.10 All clubs/teams are responsible to comply with Section A: Regulation 9.

8.11 In order to compete in a Final Tournament all players must have played in 2 tournaments throughout that season. Where a player is returning from injury, or is playing up from u18 into Womans, an application for exemption can be made to the RCM.

8.12 Minimum Squad size is 7 players per team ; Maximum squad size is 12 players per team

; where a club enters 2 teams, players 8 to 12 for the A team may also be in the starting team for their B team.

9. U14 & U16 & U18 Girls Competitions:

9.1 In order to play in the U18 competition the female player's age must be 17 years 364 days old on the 31st August preceding the start of the season, or younger, in accordance with regulation 14.

9.1.1 Where a player is 18 years old, but younger than 18 years 364 days old on the 31st Aug, and the player is enrolled in full-time education at a Secondary/High School in the UAE, an exception will be made for them to play (application to RCM for exception is required).

9.2 In order to play in the U16 Competition the female player's age must be 15 years 364 days on the 31st August preceding the start of the season, or younger, in accordance with regulation 14.

9.3 These will be League Competitions, where accumulated competition points will determine league positions, Competition points are awarded:

- i. 4 points for a win
- ii. 2 points for a draw
- iii. 0 points for a loss
- iv. 1 point for scoring 4 or more tries (u16 & u18 only)
- v. 1 point for a loss within 7 points. (u16 & u18 only)

9.3.1 Where 2 teams are equal on competition points, their position will be determined by:

- i. The team with highest Points difference; if still equal:
- ii. The team with the most points for; if still equal:
- iii. The team with the highest number of tries scored; if still equal:
- iv. The aggregate score between the 2 teams; if still equal:
- v. A coin toss.

9.4 Green Bib Players - some new to contact rugby players may wear a green Bib. In that case these players are deemed non contact, and when approaching a tackle situation will have to go down, place the ball, and allow Ruck to form.

10. Senior Women's: 15s:

10.1 The competition will be in a league format, with a Final.

10.2 Teams will play each other at least once in the season, depending on entries and club/RCM agreement.

10.3 The top 2 teams, by way of competition points, at the end of the league stage will Play in the grand final

10.4 Competition points are awarded:

- i. 4 points for a win
- ii. 2 points for a draw
- iii. 0 points for a loss
- iv. 1 point for scoring 4 or more tries
- v. 1 point for a loss within 7 points.

10.5 Rolling subs are allowed.

10.6 Should a team wish to play with less than 15 players, notice needs to be provided to the opposition 5 days or more prior to Kick Off. Once agreed on the format; 7's, 10's, 12's. Notice needs to be given to the RCM 5 days or more prior to kick off.

10.7 Where a match is less than 15 players, a reduced playing time may be agreed and multiple periods of play. Eg: 10's @ 3x15min periods. Notice of this needs to be provided as per 10.6 and agreed in advance

10.8 In the spirit of rugby, teams are allowed to "lend" players to another team in order to get a match to be played.

11. Girls Quick Rip Rugby League:

11.1 The competition will be a number of rounds of tournaments that create a series.

11.2 Every club that enters must host at least 1 round in the series, Clubs need to request the round they will host at the start of the season, 1 month prior to the first tournament. RCM will confirm the dates of the rounds prior to this point. (up to 8 rounds).

11.4 Each tournament is divided into leagues:

12. Mini and Youth Competitions:

12.1 The age of the player is determined as their age at midnight 31 August.

12.2 Where possible the RCM will appoint Referees for U15 Boys, U16 Boys and Girls matches, Clubs will be responsible for refereeing all other age groups, or where a referee is not available to be appointed.

12.3 Home clubs are to confirm kick-off times and venue in accordance with Section A: Regulation 8

12.4 Any changes to U11s or older are to be made in accordance with Section A: Regulation 8

12.5 Match duration, Pitch Sizes and Rules will follow the M&Y Law Variations set out as per the UAE RF guidelines: [M&Y Law Variations](#)

12.6 The RCM has adopted and applied the UAERF Child Safe Guarding Policy. [POLICY](#)

12.7 All M&Y matches for U11s and older are to follow Section A: Regulation 7 with regards to team sheets and squad selection.

12.8 All M&Y matches are to comply with Section A: Reg 9

12.9 Coaches are to be responsible and appropriate when refereeing/managing a game such that when the score is excessively dominant, 40+ points, the offer is to be made to the opposition to end the game there, and convert to mixed teams or a training event. The score at that point will be recorded. (Mercy Rule)

12.10 League Points will be scored as 4 points for a win (unless specified in these rules separately); 2 points for a draw; 0 points for a loss. U16 & U15 Boys will be scored additionally with 4 tries or more earning 1 league point and a loss within 7pts earning 1 league point.

12.11 A forfeit will be marked as a win to the other team, by 8 tries (40 points), and league points attributed accordingly.

12.12 The M&Y finals will be hosted by the RCM at a venue and on a date of its choosing.

12.13 The Top 2 teams in each age group/division will play in the final; where there is a low number of team entries in a league, RCM may at its discretion opt to add semi finals, where 1st

plays 4th, and 2nd plays 3rd to determine the final game.

12.14 Where 2 teams are tied on league points, the points difference (Points for less points against) will be calculated for each team.

12.14.1 Where 2 teams remain tied as per 11.14, their head to game will be the determinant.

12.14.2 Should the teams still remain tied, a coin toss will be used.

12.15 A Junior (u16 and below player) may not play more than a total of 90 mins of contact rugby within a single day.

12.16 In order for a player to be eligible for a Final, they need to have played in 3 rounds or tournaments within the season for that club in that league competition.

12.16.1 A club may apply for an exception, to the RCM, for a player with less than 3 rounds played, to play in the final for reason of injury, absence or on other reasons considered valid, however all players must have played at least one league round in that competition.

12.17 Depending on the total number of teams entered in a league, some leagues may feature home and away matches, some may only feature single outings vs a team.

13. School Matches:

13.1 DASSA will provide details of all fixtures at least 30days prior to leagues beginning. Schools may then request referees for their games.

13.2 All such Requests must be made 14-days or more prior to Kick Off.

13.3 Minor changes require minimum 48hour notice; Major changes - location; time (more than 30mins) requires 1weeks notice.

13.4 One (1) Referee will be charged @ AED350 per match.

13.5 One (1) Referee and two (2) Assistant Referee's will be charged @ AED750 per match.

13.6 One (1) Referee will be charged @ AED500 per half day tournament

13.7 One (1) Referee will be charged @ AED800 per full day tournament

13.8 If a match is cancelled with less than 96 hours notice the Host school will be charged the full amount.

13.9 Schools may request referees as per the agreed process between RCM & DASSA.

13.10 The MOA will be solely responsible for determining how many referees are required for a specific game or tournament.

13.12 Any school that fails to pay its invoices in a timely manner will be warned once; if repeated; a 3month block for requests will be applied.

13.13 Any school/coach found attempting to bypass the RCM&DASSA request process, will be blocked from requesting a ref for that game in the 1st attempt. A 2nd attempt will result in a 3month block for requests for that school.

13.14 If a Red card is issued to a school player, that player is suspended from both club & school rugby as per Section A: 17. DASSA & RCM are obligated to inform each other of red cards issued, and any additional sanctions issued.

13.15 Players with sanctions applied from School games or club games have to apply their sanction universally, and all games for school and club will count towards their sanction.

DEFINITIONS:

UAERF = United Arab Emirates Rugby Federation
RCM = Rugby Club Management
MOA = Match Officials Association
DHA = Dubai Health Authority
HAAD = Health Authority of Abu Dhabi
MOH = Ministry of Health
FAIR = First Aid In Rugby
AED = Automatic Electronic Defibrillator

Additional Forms:

RCM Calendar

[UAERF Code of Conduct](#)
[Code of Conduct Sanction Guidelines](#)
[UAERF M&Y Law Variations](#)
[UAERF/RCM Match Team Sheet](#)
[UAERF/RCM Out of Age Dispensation Form](#)
[UAERF Player Transfer Form](#)
[UAERF Tackle Height Law Variation](#)
[UAERRA Citing Procedure](#)
[UAERRA MO Abuse Complaint Form](#)
[UAERRA MO Abuse Witness Statement Form](#)
[UAERF Incoming Tour Application Form](#)
[UAERF Anti Doping Code](#)
[UAERF Child Safeguarding Policy](#)
[UAERF Activity Sanctioning Form](#)

Document Change Management

Version	Date	Changed by (name)	Reason for Change
1.0	2 Jul'2026	M Born	Updates to reflect decisions at 25/26 AGM - Schools processes elaborated - Quick Rip updated - Girls updated
2.0	26 Sep'2026	P Clapp	Updates to remove duplication / conflicting statements re. MY Law Variations and reflect entries into Girls' competitions