

NLD Colts Cup/Shield/Plate/Bowl Competitions – 2025 - 2026 Season

COMPETITION REGULATIONS SCHEDULE.

- A. Competition(s)** - For the purpose of these regulations, 'Competition' shall mean: NLD Colts Cup/Shield/Plate/Bowl and the Spirit of Rugby Cup and Plate.
- B. Competition Organiser** - The Competition will be organised by the NLD Competitions Committee.
- C. Disputes** – Any disputes should be made in writing and will be reviewed and resolved by the NLD Competitions Committee.
- D. Competition Format**
 - 1. The NLD Cup will be based on a knockout and water fall format with 4 tiers. These tiers will be the Cup, Shield, Plate and Bowl. The Dev Cup will have two tiers – Cup and Shield. The SORC will have two tiers Cup and Plate.
 - 2. All teams will start in the Cup competition and drop down into the Shield, Plate and Bowl should they get knocked out of each tier.
 - 3. The Competition Organiser will carry out the draws to determine which teams play each other before each round.
 - 4. In all rounds of the Competition the first-named club in the draw is the home club and the second-named club is the away club, irrespective of where the game is played.
 - 5. The default dates for the competition are as follows...

11th Oct
8th Nov
17th Jan
7th Feb
14th Mar - Finals Day

Teams may play each other on other days/dates if both teams agree. These games must be completed ahead of the default dates for the next round. If teams cannot agree then the default dates apply, and a walkover will be awarded. Default dates are above with a 3pm KO.

Teams must notify the Competition Organiser of any change to the default date.

E. Player Eligibility

1. All Clubs and players must comply with RFU Regulation 15, including the eligibility requirements for playing up, and the restrictions on playing in the front row. U16s and U17s can only play in an U18 match if the conditions of RFU Regulation 15 are satisfied. U16s cannot in any circumstances play in the front row of the scrum in any U18s match.
2. All players must be registered for that Club on the RFU GMS database at the time of the respective Round. No Player may play for more than one Club in the Competition during any one season.

F. Match Management

1. There are no limits on squad size for this Competition.
2. Rolling Substitutions are permitted in all matches. A player who has been substituted may later replace any player, whether or not that player has been injured.
3. The Half Game Rule will apply to all matches in accordance with RFU Regulation 15.12. Suspected breaches of this regulation should be referred to the Competitions Committee.
4. Each team must have at least five suitably trained and experienced front row Players in their match squad, to ensure that: (a) on the first occasion that a replacement hooker is required, the team can continue to play safely with contested scrums; and (b) on the first occasion that a replacement prop is required, the team can continue to play safely with contested scrums. In the event of a team being unable to safely continue with contested scrums then the match will continue with uncontested scrums and the "Man Off" principle will NOT apply.
5. The home team must submit the results to the Competition Organizer within 24 hours of the end of the match.
6. Each match will be 15 a-side and be 70 minutes playing time in length (35 minutes each way). Half time will be 10 minutes.
7. Should a fifty-point differential occur at any time during a match, the referee will end the match and the result at that time will stand. Teams may agree to continue playing however, any further scores will not count.
8. The tiebreakers in the instance of a draw will be: 1) number of tries, 2) number of successful conversions, 3) first try scored and then 4) first points scored. If the match finishes 0-0 then a coin toss will take place to determine who progresses to the next round. If the final ends 0-0 then the Cup/Shield/Plate/Bowl will be shared.
9. Match Officials will be appointed in most cases however, in the event that a Society referee cannot be appointed then the home team will provide a qualified (ERRA) referee. In the event that the home team are unable to provide a qualified referee, the Competitions Committee should be alerted ASAP and will decide on next steps.