

ULU Competition Format

Competition Format – Women’s Competition

2.1 The League shall abide by the current Rules of play of the IRB (www.irb.com)

2.2 Teams in the Women's League will play each other once, either home or away, over the course of the season.

2.3 Teams must ‘match down’ to the oppositions playing numbers if they are unable to field a full team. Those that do match down can have unlimited ‘rolling’ interchanges.

2.3.1 Playing numbers must be a minimum of 11 a side

2.3.2 Teams must match down as follows:

2.3.2.1 15 a side (full teams)

2.3.2.2 13 a side

2.3.2.3 11 a side – lowest possible numbers to participate.

2.4 Teams will be awarded 3 points for a win, one for a draw and no points for a loss. A bonus point will be awarded to teams that have a full 15 players for a fixture – this must be shown to ULU via a completed score sheet with all players names and signed by the opposition captain.

2.5 If a match is forfeited by a team the other side will be awarded the League points plus a 30 - 0 walkover score.

2.6 At the Season's conclusion, League standings will be determined by points, then points difference, then points scored and finally by the results of the fixtures between the relevant sides. If sides are still level, ULU will make a decision and communicate to the relevant parties. Teams have the right to appeal in accordance with the Appeals & Disciplinary Procedure.

2.6 Where there is no other method of completing the entire league programme, a cup match may be played as a double header, representing both league and cup fixtures.

2.6.1 In the event of the score being level at full time, the result shall stand as a draw for the purposes of the league fixture. In order to determine the winner, normal cup regulations shall apply.

2.7 In addition to the league competition, ULU shall run a knockout competition known as The Women's Challenge Cup. Teams wishing to enter will be drawn in a free draw. A preliminary round may be introduced as necessitated by that competition. Normal league rules shall apply in addition to regulations 6.1 & 6.2

Competition Format – Men’s Competition

3.1 The League shall abide by the current Rules of play of the IRB (www.irb.com)

3.1.1 For the men's competition, there will be two knockout cup tournaments. The Gutteridge Cup shall be contested by all first teams and the Reserves’ Cup shall be contested

by all remaining teams.

3.1.2 In the Gutteridge Cup, the 4 semi-finalists from the previous season will be seeded.

3.1.3 The Men's Reserves' Cup will be subject to a free draw.