

## 2025-26 Rules of Competition

During regular season play, teams will be awarded competition points (match points plus bonus points) as follows:

### Match Points

Four (4) points for a win

Two (2) points for a tie

Zero (0) points for a loss

### Bonus Points

One (1) point for scoring 4 tries or more in a match

One (1) point for losing by 7 points or fewer in a match.

### NOTES:

- 1) During the regular season, ties will stand. There will be no overtime. In the playoffs, the overtime rules established by USA Rugby for breaking ties will be followed (see Senior Club Overtime policy at <https://usaclub.rugby/resources/>)
- 2) As per USA Rugby Policy a team must have at least twelve (12) properly registered players on the field to play a game. In addition, in accordance with World Rugby Law 3, there must be three (3) front-row eligible players at the start of the game required for contested scrums. If there are not three (3) front-row eligible players, the game is considered a forfeit.
- 3) Forfeits are recorded to the winning team (not responsible for forfeit) as a 28-0 win. The non-forfeiting team gets four (4) match points plus one (1) bonus point for a total of five (5) competition points. The forfeiting teams gets minus five (-5) competition points.
- 4) Rosters must be exchanged before kickoff. Rosters as of kickoff are locked. No non-rostered player may be added to the team roster after kickoff. Rostered players arriving after kickoff may only enter the field with the permission of the game official. Players arriving after kickoff must remain present after the match to allow the opposing team the opportunity to perform an ID check. Teams should the RugbyMatchDay to input rosters, scoring, who scored and how, substitutes, and any cards. NOTE: Each team should keep their own statistics. For details on using RugbyMatchDay see: <https://help.xplorer.rugby/s/topic/0TO0o0000013qYFGAY/match-day>.
- 5) In the event of inclement weather, the USA Rugby Weather and Lightening Policy will be followed (see a link to the policy document at <https://usaclub.rugby/resources/>).