

## 2025-26 Scrum Variation and replacements by League / Cup

Male Leagues		
League	Scrum Laws	Replacements
Premiership	Full	Not more than 7 but not fewer than 4
Premiership Play-Offs	Full	Not more than 7 but not fewer than 5
National 1	Full	Not more than 5 but not less than 4
National 2, 3 & 4	Full	Not more than 4 but not less than 2
Caledonia Regional Leagues	Full	Not more than 7
East Regional Leagues	Full	Not more than 7
West Regional Leagues	Full	Not more than 7
Inter City 2XV League	Full	Not more than 7
East & West Reserve 1	Full	Not more than 7
West Reserve 2	U19 Variations	Not more than 7
Scottish & National League Cup	Full	Not more than 7
Shield	Full	Not More than 7
Bowl	[1]	Not More than 7

[1] Full scrums in any Bowl match between two clubs playing full scrums in league.  
U19 scrum Laws in all other matches.

Women's Leagues		
League	Scrum Laws	Replacements
Premier	Full	Not more than 7
Regional 1	Full	Not more than 7
Regional Leagues 2-3 & NDL	U 19 Variation	Not more than 7
Cup	[2]	Not more than 7

[2] U19 scrum Laws except in any match between clubs playing in Premier or Regional 1.