

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		
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.