



RLCC SENIOR Game Day Rules 2026



1. Clubs are to ensure all Players, Officials, Supporters & Members are educated on the RLCC Bylaws, Code of Conduct and the RLCC Tough Love in League Policy. Clubs are responsible for their Coaching staff & Spectators.
2. Hosting Clubs are responsible for appointing Ground Managers and must have a 1 x Ground Manager within the official time keeping area to oversee the timekeepers and both player benches. Any issues arising from a match should be directed immediately to a ground manager. Additional ground managers are recommended for spectator control and issues arising outside of the official timekeeper's area.
3. Clubs **MUST** have the correct Sports Trainers for each of their teams playing as per NRL On Field Policy. First Responder Sports Trainers (Blue and Orange shirts) are not permitted to run water or messages to players and cannot perform the role of both a League Safe and Sports trainer. They can run water at a break in play i.e. after a try scored, injury. They may run the kicking tee.
4. A First Responder must be present at the team bench at all times throughout a match.
5. LeagueSafe trainers can assist a First Responder in the event of an injury, however all injured players should be assessed by the First Responder initially and before resuming play.
6. Leaguesafe Trainers **MUST** wear a yellow LEAGUESAFE shirt/vest and have the relevant accreditations. They are not to linger on the field. They are to deliver messages, assist with interchanges & administer water as per the NRL On Field policy. Only two Leaguesafe trainers are permitted per team. Trainers must comply with any direction for the match official or ground managers
7. Any extra First responder/ Physiotherapists must always remain outside the roped area.
8. Coaches **CANNOT** run water (act as a trainer). You cannot turn up to a game with just the coach. Likewise, you cannot turn up to a game with no qualified coach. The match cannot be played without a coach present.
9. No volunteer to be doing more than 1 role on the bench (inside roped area) at any time

Team Sheets, Identification & Sign-On

10. Clubs must provide managers with a printed team sheet from MySideline with the correct team members (both players & staff) allocated for the game. Use the International Single Team Sheet. The manager shall sit at the score table (home team to score online)
11. A condition of RLCC Competitions is that a player or volunteer is not permitted to participate in a match without a digital player registration identification card being present.

12. Managers need to present the printed team sheet & players before half time of the game before to the official sign on table to be sighted by the hosting clubs Ground Manager and opposition Team Manager (this can't be done by an official of the opposing team alone.). Managers to have MySideline open and cards ready to be viewed. Players must be in number order. Players not part of the original team must be noted. Players photographs must be updated when re-registering as per RLCC Competition Bylaws.

Bench Composition & Match Access

13. The Bench may consist only those people directly related to the conduct of the match itself, that follows the team sheet/MySideline:

- 2x Coaches (1x Head Coach, 1x Assistant Coach)
- 6x Reserve players (Under 19s, Open Grade, Women's Tackle)
- 4x Reserve Players (Reserve Grade, First Grade
- (In addition you cannot dress 18 players for reserve or first grade teams)
- 3x Trainers (1x First Responder, 2x Leaguesafe) with a requirement to be clearly identified vest or shirt and have official identification.
- The away team must have Bench ground manager

14. No spectators are allowed in the roped or fenced off area at any final series games. NO INJURED or SUSPENDED players are allowed to sit on the bench. Anyone entering the roped off area on a field must be wearing fully enclosed shoes (sandals, slides, thongs and crocs are not permitted)

Match Timing, Interchange & Play

15. Match times as follows with 10 minute half time break

- Under 19s, Open Grade and Women's Tackle 2 x 30 min halves
- Reserve Grade - 2x 35min halves
- First Grade - 2x 40min halves

16. During competition games there will be time off for injury only as signalled by the Referee. First Grade: time off allowed at referee's discretion at any time, All other senior grades: time off only in final 5 minutes

17. Interchange Cards must be used for all Senior teams competing:

- First grade has 8 interchanges with cards that must comply with the interchange official
- Under 19's, Open Grade, Women's Tackle, Reserve grade have unlimited interchanges so must use number 1 and 2 interchange cards.
- Can only interchange 2 players at any time of the game

18. Interchange players cannot take the field until the player they are replacing has come off the field & crossed the sideline. Interchanges must be conducted in accordance with RLCC Competition By Law 64, including grade-specific interchange limits and procedures. First Grade (8 x interchanges), Reserve Grade / Open Age / Women's / U19 (unlimited). First grade & reserve grade have a maximum of 4 reserves, Open age, Women's tackle & U19's have a maximum of 6 reserves.

19. Replacement rules apply the same as during the Competition, if you are confused about any, check NSWRL Policies & Procedures & RLCC Competition By-Laws online at rlcc.org.au Players backing up from another age or division are not permitted to play before or more game time than a designated fit player of that team. A breach of this rule can result in an appeal and the win awarded to the opposing team.

Sideline Behaviour & Control

20. Instructions being called out from the bench are not permitted by anyone. Trainers are not allowed to call instructions from the sideline either. Any Team or Club officials not obeying this will receive one warning. A second breach will see the person removed to outside the roped area.
21. Team staff must stay at their allocated bench area and be always seated, they are not permitted to walk the sideline. Trainers may only walk the sideline when completing an interchange. Any Team or Club officials not obeying this will receive one warning. A second breach will see the person removed to outside the roped area.
22. Any immediate issues can be addressed with the Ground Manager if required.
23. The appointed team coach and/or trainer cannot be changing positions and/or running the line to be a touch judge, where they are giving instructions
24. Team staff are not to approach a referee.

Tee Runners, Ball Persons & Water

25. There is no yellow shirt Tee runner. Tee runner is only allowed to run the tee. Teams are encouraged to have ballboys. The tee runner can only deliver the tee and a drink for goal conversions only, the Leaguesafe trainer must retrieve the kicking tee from any penalty goal attempts and any restarts. The tee runner must be a minimum of 10 years of age.
26. Ball boy/ girls are encouraged and must be 10 years of age with enclosed shoes

Incidents, Judiciary & Post-Match

27. All competition matches may be subject to Match Review and Judiciary
28. Players being sent off (not sin bin), or where an ambulance is required for an injured player, the Ground Manager or hosting Club Secretary should send a text notification through to RLCC Senior Chairperson.
29. Where there has been an incident involving club officials or spectators, clubs are required to send through a written report (Ground Manager's report) to RLCC within 2 days of the incident.
30. Referees will record 3,2,1's on home match official sheets.
31. The set Gate entry fees for 2026 as follows \$8 Adult \$4 Pensioner U18 free entry

SIN BIN

When a player is SIN BINNED, they are required to sit out of the game for 10 minutes. When the player leaves the field, they should sit in a DESIGNATED PLACE that is not on their team's reserve bench but is in the vicinity of the scoring table. The **Ground Manager** should ensure that the player remains in their designated place behind the timekeeper's area (separate seat) for the entirety of their sin bin period. The player must not interact with the bench or spectators or shout out. The SIN BIN CLOCK should be started when the Referee signals time back on. Should the sin bin period extend over the half time break then the SIN BIN CLOCK should be stopped at half time and started again when play recommences. The player should be notified when there is one (1) minute remaining on their SIN BIN CLOCK. When the player retakes the field, they should do so in on ON-SIDE POSITION. The sin bin should be marked against the player on the SIGN ON SHEET.

SEND OFF

When a player is SENT OFF, they are not able to take any further part in the game. The player should be directed to LEAVE THE ENCLOSED PLAYING FIELD and REMOVE THEIR PLAYING JERSEY immediately. The send-off should be marked against the player on the SIGN ON SHEET. The **Ground Manager** should ensure that the player DOES NOT RE-ENTER the enclosed playing field. The **Ground Manager** should also maintain harmony between any sent off players and their opposition when the game is finalised, and all players leave the enclosed playing field area.