

Restricted pre-game arrival times, immediate post-game departure, and extended time between games

No access to change rooms on game day -at this stage



**NSW RUGBY LEAGUE**  
**NSWRL CARES**

### Footy is back

but we still need to adhere to COVID-19 guidelines

- When spectating or attending ensure you keep a distance of 1.5m between yourself and others.
- Don't participate/ attend if you are unwell, have been in contact with a known COVID-19 case or travelled internationally in preceding 14 days.
- Only essential participants should attend.
- Child/ participant accompanied by only one adult/ guardian where possible.
- Arrive /leave as close to the game start/ finish times as possible.
- The changeroom areas only for players, officials and essential staff.



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Limits on number of spectators allowed at games-This will be as per NSW Covid-19 restrictions current at the time

Players with any flu-like symptoms not to attend/participate in games (potential impact on player numbers)

Players to bring their own water bottles to training and on game day – no use of “team” water bottles, including non-contact, squeeze-style water bottles



Social distancing required for players and team staff on bench during games and when walking in groups e.g. on and off the field between warm ups, games, and breaks



No handshaking or high-fiving on game day

Limited canteen facilities available





League Safes not to administer water during games – games to be played in quarters with drink breaks during the game



Age Groups	Amended times	Period 1	Drinks Break	Period 2	Half time	Period 3	Drinks Break	Period 4	Gap required between matches	Total time
<b>U/6s to U/9s</b>	4 x 7	7	2	7	3	7	2	7	20	55
Please note: For U6s to U9s, play will resume from a Quarter time break at the point as per the laws of the game – a kick off										
<b>U/10s to U/12s</b>	2 x 16	8	2	8	4	8	2	8	20	60
<b>U/13s to U/15s and Girls U/14 to U/18s</b>	2 x 20	10	2	10	4	10	2	10	30	80 (approx.)
<b>U/16 to U/23s</b>	2 x 25	13	2	12	4	13	2	12	30	90 (approx.)
<b>Open Age</b>	2 x 30	15	2	15	4	15	2	15	30	100 (approx.)
<b>Open Age-Regional</b>	2 x 40	20	2	20	2	20	2	20	30	120 (approx.)
Please note: For all other age groups and grades, play will resume from a Drinks Break at the point in which the match was stopped										

All game day equipment (including footballs) and amenities (including toilets) to be cleaned regularly after use



### 3 STEPS TO SANITISE YOUR FOOTBALL

Always take the following steps to ensure you, your colleagues and team-mates remain healthy.




**STEP 1**  WIPE THE SURFACE OF YOUR BALL USING A SINGLE USE ANTI-BACTERIAL WIPE

**STEP 2**  DISPOSE OF THE WIPE IN THE NEAREST BIN

**STEP 3**  WASH YOUR HANDS

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 Social distancing 1.5m  Stay at home if you're sick  Wash your hands regularly and cover coughs and sneezes

# Game Day



NSW RUGBY LEAGUE

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Click the following links for information on Return to Play.

- [Field Configuration](#)
- [Sanitising the ball](#)
- [Rule Changes \(Major Competitions\)](#)
- [Rule Changes \(Community\)](#)

<https://www.nswrl.com.au/about/documents/returning-to-play/>