



## Transition Rules

for Norges Rugbyforbund

Created	April 2020
Issued	April 2020
Last changed	August 2021
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Reference to Changes	

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## 1. Transitions

### 1.1 Scope of the transitional provisions

#### a) General

All athletes who have been members of a club affiliated with the NRF and who have triggered a competition license during the last 2 years are covered by the transitional provisions. There are also athletes who have had competition licenses in other international rugby federations.

### 1.2 Proceeding transitions

Pursuant to NIF's Act § 10-4 membership in Idrettslag, no one can be admitted as a member of a sports team without financial obligations to the former club and other organizational members in NIF having been settled. Athletes who have not had a competition license are free to report transfer to a new club.

An application for a change of club affiliation for players with a competition license must be reported via My Sports under My Profile and approved by both new and old clubs in SportsAdmin. Old club has 1 week to process the transfer, if the transfer is not approved automatically.

If you play for different clubs in different forms of competition (7s and 15s) then the player must report a request for a loan in Min Idrett. The clubs also address this in SportsAdmin. Old club has 1 day to process the loan, if it is not approved automatically. When lending, the player himself specifies the period for which the loan applies.

### 1.3 International Transitions

Done in accordance with the transitional rules of the respective international federations.