

Full Members

- 1 Blacks RFC
- 2 Saints RFC
- 3 Bedok Kings RFC
- 4 Bucks RFC
- 5 XV Gaulois
- 6 Wanderers RFC
- 7 SCC
- 8 Oldham
- 9 BAC
- 10 Wolves RFC

Associate Members

- 1 Wheelchair Rugby Association of Singapore
- 2 Police Sports Association RFC
- 3 Singapore Irish Rugby Club
- 4 Centaurs Rugby Singapore
- 5 Tanglin Rugby Club
- 6 Dragons Rugby Club
- 7 Eastern Rebel Rugby Club
- 8 The Titans Rugby Football Club
- 9 Vikings Junior Rugby