

| | 2021 Mens | 2021 Womens | 2022 Mens | 2022 Womens |
|--------------------------------|----------------------------|------------------------------|-----------|-------------|
| High Performance Unions | | | | |
| Argentina | Argentina XV | N/A | | |
| Australia | Australia 'A' | Australia 'A' | | |
| Canada | Canada 'A' | Canada 'A' | | |
| England | Englands Saxons | National Academy | | |
| Fiji | Fijian Warriors | Fijiana XV 'A' | | |
| France | France22 | N/A | | |
| Georgia | Georgia XV | N/A | | |
| Ireland | Ireland Wolfhounds | Ireland 'A' | | |
| Italy | Italia Emergenti | N/A | | |
| Japan | Junior Japan | N/A | | |
| Namibia | Namibia 'A' | N/A | | |
| New Zealand | N/A | N/A | | |
| Romania | Romania 'A' | N/A | | |
| Russia | Russia 'A' | N/A | | |
| Samoa | Samoa 'A' | N/A | | |
| Scotland | Scotland 'A' | Scotland Women 'A' | | |
| South Africa | South Africa 'A' | N/A | | |
| Tonga | Tonga 'A' | N/A | | |
| Uruguay | Uruguay XV | N/A | | |
| USA | USA Select | USA 'A' | | |
| Wales | Wales 'A' | N/A | | |
| Unions | | | | |
| Algeria | Les Lions | Les Lionnes | | |
| American Samoa | Tatoos | N/A | | |
| Andorra | N/A | N/A | | |
| Austria | N/A | N/A | | |
| Azerbaijan | N/A | N/A | | |
| Bahamas | N/A | N/A | | |
| Barbados | N/A | N/A | | |
| Belgium | Belgium U23 | N/A | | |
| Bermuda | N/A | N/A | | |
| Bosnia and Herzegovina | N/A | N/A | | |
| Botswana | Botswana Vultures | N/A | | |
| Brazil | Brazil XV | N/A | | |
| British Virgin Islands | N/A | N/A | | |
| Brunel | N/A | N/A | | |
| Bulgaria | N/A | N/A | | |
| Burundi | Intamba Mens National Team | Intamba Womens National Team | | |
| Cameroon | Indomitable Lions XV 'A' | Indomitable Lionesses 'A' | | |
| Cayman Islands | N/A | N/A | | |
| Chile | N/A | N/A | | |
| China | China 'A' | China 'A' | | |
| Chinese Taipei | N/A | N/A | | |
| Colombia | N/A | N/A | | |
| Cook Islands | N/A | N/A | | |
| Costa Rica | N/A | N/A | | |
| Croatia | N/A | N/A | | |
| Cyprus | N/A | N/A | | |
| Czech Republic | Czech XV | N/A | | |
| Denmark | N/A | N/A | | |
| Eswatini | Sizeze Eswatini | Imbali Eswatini | | |
| Finland | N/A | N/A | | |
| Germany | N/A | N/A | | |
| Ghana | Ghana Eagles B | Ghana Women Eagles B | | |
| Greece | N/A | N/A | | |
| Guam | N/A | N/A | | |
| Guatemala | N/A | N/A | | |
| Guyana | Guyana Jaguars | Guyana Cougars | | |
| Hong Kong | N/A | N/A | | |
| Hungary | N/A | N/A | | |
| India | N/A | N/A | | |
| Indonesia | N/A | N/A | | |
| Iran | N/A | N/A | | |
| Israel | N/A | N/A | | |
| Ivory Coast | Les Elephants | N/A | | |
| Jamaica | N/A | N/A | | |
| Jordan | N/A | N/A | | |
| Kazakhstan | N/A | N/A | | |
| Kazys | Kazys 'A' | N/A | | |
| Korea | N/A | N/A | | |
| Kyrgyzstan | N/A | N/A | | |
| Lao | N/A | N/A | | |
| Latvia | N/A | N/A | | |
| Lithuania | Lithuania XV | N/A | | |
| Luxembourg | N/A | N/A | | |
| Madagascar | N/A | XV Makis de Madagascar | | |
| Malaysia | N/A | N/A | | |
| Mali | N/A | N/A | | |
| Malta | Malta 'A' | N/A | | |
| Mauritania | N/A | N/A | | |
| Mauritius | N/A | N/A | | |
| Mexico | N/A | N/A | | |
| Moldova | N/A | N/A | | |
| Monaco | N/A | N/A | | |
| Mongolia | N/A | N/A | | |
| Morocco | N/A | N/A | | |
| Nepal | N/A | N/A | | |
| Netherlands | Netherlands 'A' | N/A | | |
| Nigeria | N/A | N/A | | |
| Niue Island | N/A | N/A | | |
| Norway | N/A | N/A | | |
| Pakistan | N/A | N/A | | |
| Panama | N/A | N/A | | |
| Papua New Guinea | N/A | N/A | | |
| Paraguay | N/A | N/A | | |
| Peru | N/A | N/A | | |
| Philippines | Philippine 'A' | Philippine 'A' | | |
| Poland | N/A | N/A | | |
| Portugal | N/A | N/A | | |
| Qatar | N/A | N/A | | |
| Rwanda | N/A | N/A | | |
| Samgali | N/A | N/A | | |
| Serbia | N/A | N/A | | |
| Singapore | N/A | N/A | | |
| Slovenia | N/A | N/A | | |
| Solomon Islands | N/A | N/A | | |
| Slovakia | N/A | N/A | | |
| Spain | N/A | N/A | | |
| Sri Lanka | N/A | N/A | | |
| St. Lucia | N/A | N/A | | |
| St. Vincent & The Grenadines | St. Vincent 'A' | N/A | | |
| Sweden | N/A | N/A | | |
| Switzerland | Suisse 'A' | Suisse 'A' Woemn | | |
| Tahiti | N/A | N/A | | |
| Tanzania | N/A | N/A | | |
| Thailand | N/A | N/A | | |
| Togo | N/A | N/A | | |
| Trinidad and Tobago | N/A | N/A | | |
| Tunisia | Tunisia Eagles | Tunisia Eagles | | |
| Turkey | N/A | N/A | | |
| Uganda | N/A | N/A | | |
| Ukraine | N/A | N/A | | |
| United Arab Emirates | UAE Shaheen | N/A | | |
| Uzbekistan | N/A | N/A | | |
| Vanuatu | N/A | N/A | | |
| Venezuela | N/A | N/A | | |
| Zambia | N/A | N/A | | |
| Zimbabwe | Zimbabwe 'A' | N/A | | |