

INTRODUCTION TO JUNIOR YOUTH RUGBY 2019

Welcome to Rugby NorCal (RNC) Junior Youth Rugby for the 2019 season.

For a decade junior youth rugby has been established in Northern California and available to players under the age of 15. Over this time the skills and numbers of our players has grown measurably along with an increased participation of parents, coaches and referees.

Managing a complicated sport like rugby for children over a wide area and diverse community is no small challenge. Each year there is a need to review and examine the season behind us and question what improvements we can make.

In 2012 the Rugby NorCal, then NCYRA, Junior Youth Committee established a written set of regulations. This 2019 document is an evolution of that initial document based on recent season experience, perceived player numbers for 2019, limited player data, committee meetings and submissions from parents, coaches, referees, clubs and others to improve rugby for children. Ultimately the goal is to grow the sport and create a greater number of age-weight divisions suitable for an expanded number of players.

Finally, rugby is a 'game-for-all' and it's about family, fun and friendship and these are made possible by the hard work and dedication of volunteers like you.

Thank you for your commitment to junior youth rugby and hard work for creating a solid base for our sport in Northern California.

OUR MISSION

“Everyone Enjoying Rugby”

Our mission is to give all children equal opportunity to participate in rugby against others of similar age and size in a safe, disciplined, well organized and enjoyable environment that supports the development of skills and character as a foundation for continued growth of our sport.

GUIDELINES FOR ALL AGE LEVELS

Rugby NorCal Junior Youth Rugby is played in accordance with IRB and USA Rugby "Laws of the Game" and Rugby NorCal policies.

Junior rugby is run in a non-competition format, meaning that while individuals, teams and clubs may record tries, conversions, wins, losses and points tables, Rugby NorCal does not collect and collate scores, keep tables or team placing.

Players and coaches should strive to win, however it is the responsibility of coaches, referees, parents and supporters to assist all players in developing the fundamental skills required to play the game safely, with enjoyment and in accordance with the Laws of the Game.

Season Dates

- ❑ Matches commence Saturday, January 5th with end of season jamboree tournaments held on Saturday, March 2th for U8; Saturday, March 9th for U10 and U12; and Saturday, March 19th for Middle school.
- ❑ The KOT will take place on January 26-27 in Sacramento; Cal Challenge in Fresno February 23rd; and self-scheduling for the weekend of Vegas 7s March 2nd

Registration

- ❑ All players must be registered with Rugby NorCal CMS Competition Management System before the season starts
- ❑ **All clubs must submit a club weight sheet to the Rugby NorCal ahead of January 2nd containing player name, USAR CIPP/Member-ID, DOB and weight (see sheet at end of this document)**
- ❑ The club weight sheet must nominate a club's weigh-in officer responsible for managing match weigh-ins. The sheet must be signed by the club president

Team Composition

- ❑ Players must be placed in their age-weight level as per their eligibility on the Junior Age-Weight Chart set for the season
- ❑ Selection of teams based on merit or ability within levels is **not** permitted. Where clubs have more than one team in a level, clubs are to ensure teams are balanced and players new to rugby should be evenly distributed. This applies to end of season tournament and regular season
- ❑ Teams must start play with an equal number of players on the field
- ❑ **All players on a team are to be given equal playing time**

Substitutions

- ❑ Coaches may not substitute (recycle) players on, off and then on again to gain an advantage during a match
- ❑ Substitutions are to occur at play stoppage with the consent of the referee
- ❑ Only the starting line-up of referee checked players are to play, late arrivals, or players from another level or team must not join the match

Score Blowouts

- ❑ In the event that scores become one sided (defined by a halftime score differential of 30+ points), **both coaches must meet at half time and come to agreement as to how the issue can be addressed** to create a more even contest. (E.g. change dominant player positions, change dominant team tactics, rotate players, swap players between teams).

Safety

Rugby Union is a sport which involves physical contact and any sport involving physical contact has inherent dangers. It is important that players can enjoy the game and play in the spirit with which the game is intended.

- ❑ All players must wear mouth-guards
- ❑ Should a player be injured, play must be stopped immediately and the player attended to
- ❑ Players on the field who are injured in any way that results in bleeding must be immediately removed. A substitute can be played while they are being attended to – blood nose, etc. Jerseys should be changed and the injury attended to and cleaned properly
- ❑ Open cuts or wounds must have a protective cover over them while the player is on the field
- ❑ Players who receive slight head injuries must be checked properly – if in doubt remove the player from the field
- ❑ Players with diagnosed concussions must follow the Rugby NorCal Concussion Policy (<https://www.rugbynorcal.org/concussion-information/>) including Graduated Return to Play protocol.
- ❑ Coaches and parents must not put the player's health at risk in any game
- ❑ It is recommended that all players of all levels warm up before the start of a game, and warm down at the end of a game

Apparel

Any U8 through Middle School player may wear leggings or tights as a safety precaution against abrasions ONLY during a game that is being played on artificial turf.

Weigh-in Protocol

It is the responsibility of the host club to manage player weigh-in using weighting scales.

- Players that meet the age and weight criteria for:
 - U12 X-Player – are not to be stamped and must wear red socks
 - U12 Open - are to be stamped on the left hand with a single star
 - U12 Light - are to be stamped on the left hand with two stars
 - U10 X-Player – are not to be stamped and must wear red socks
 - U10 Open - are to be stamped on the left hand with a single star
 - U10 Light - are to be stamped on the left hand with two stars

All players must be weighed at the match venue prior to playing in a match.

If for any reason the scales are in dispute by either club matches are NOT to proceed. Clubs that do not follow the weigh-in protocol may not participate in matches and risk Rugby NorCal disciplinary action.

Pre-Match

Prior to the start of a match at the match venue the following rules are to be applied:

- Rugby NorCal CMS playing rosters sheets must be exchanged between opposing coaches, if no official player list or player not on list, no play
- Players are lined up mid field line before match, addressed by coaches and referees, handshake between players, safety check (boots, jewelry, etc.). Pre-game discussion to include:
 - Purpose: to play rugby, improve skills and have fun
 - Emphasize sportsmanship, be a good winner and good loser. This applies to spectators
 - Safety first. Discuss some examples of dangerous play, emphasize low tackling
 - Emphasize some of the key laws, such as entering the gate, staying on feet, don't play ball off your feet
 - Stick around for post-game gathering!
- The following protocol is recommended prior to match kick-off:
 - By kickoff-minus-45 minutes:** field markings, cones, flags
 - K-30':** rope barriers erected along touch lines
 - K-25':** referees have field & team assignment, and provide referee feedback forms to head coaches, head coaches exchange rosters
 - K-20':** home team weigh-in and stamped
 - K-15':** visiting team weigh-in and stamped
 - K-10':** referee conducts pre-match conversation with teams
 - K-5':** referee performs pre-match stamp and red socks check, equipment & clothing inspection, coin toss

Coaches of each team must call each other the week before a match to discuss match organization, their players and their commitment to player enjoyment and safety

During Match

- Coaches are to stay off the field unless invited by the referee. Coaches are responsible for side line behavior
- Spectators must stand back 5 yards from touch
- Technical boxes are recommended for players and coaches at least 2 yards back from touch

Post-Match

- Coaches and players line up at midfield for handshakes with the opposite team. Teams cheer for the other team
- Conduct a player of the match ceremony. Invite parents. Coaches to conduct player of the match and make positive remarks towards the opposition

Examples of Sportsmanship

- Displaying magnanimity and modesty in victory without showboating, displays of triumphalism or behavior that fails to show respect for the opposing team
- Displaying generosity and dignity in defeat
- Accepting that referee's decisions whether favorable or not without criticism or approval
- Never cheating or intentionally violating the letter of spirit of the Laws of the Game
- Never deliberately or recklessly hurting someone

2019 JUNIOR YOUTH AGE-WEIGHT CHART

<u>Age-Weight Level</u>	<u>Age & Weight Maximums</u>
U8	<i>Born on or after 1-Sep-2010</i>
U10-Light	<i>Born on or after 1-Sep-2008 and weight < 80 lbs</i>
U10-Open	<i>Born on or after 1-Sep-2008 and weight < 140 lbs</i>
U10-X-Player	<i>Born on or after 1-Sep-2008 and weight >= 140 lbs</i>
U12-Light	<i>Born on or after 1-Sep-2006 and weight < 109 lbs</i>
U12-Open	<i>Born on or after 1-Sep-2006 and weight < 170 lbs</i>
U12-X-Player	<i>Born on or after 1-Sep-2006 and weight >= 170 lbs</i>

Note:

1. X-Players may only play on an Open side for their age group and restrictions apply to their play, see below
2. Players that start the season under and near a max weight limit will NOT be allowed to play at the level they started if their weight exceeds the weight maximum
3. There is NO process or system of weight dispensation or tolerance, either the player meets the criteria or does not. Final.

X-PLAYERS (RED SOCKS)

X.players who meet the 'X-Player' weight criteria for an age level are subject to the following guidelines to ensure the safety and development of all players.

- X-Players must wear **RED** socks at all times when on the field of play, and only X-Players are to wear red socks
- Coaches must **discuss and identify the X-Players in each other's team** with each other **and the referee** prior to the start of the game
- X-Players must be spread evenly throughout teams if clubs have more than one team at an age level
- X-Players must be shared between opposing teams to ensure that there are identical numbers of X-Players on each side during a match
- X-Players cannot be used to dominate play or team tactics. i.e. lead rushes from free kicks, penalties, or run off the back of scrums (this includes a tap kick and then pass to an X-Player) or lineouts. X-Players in a lineout must pass the ball out and not charge through
- In the spirit of sportsmanship, any team that has X-Players must share those players with opposition teams to allow a more even contest and to ensure maximum player participation
- If there is only one X-Player for a match then the player must play equal time for each side, e.g. play first half for side A, play second half for side B

IT IS ABSOLUTELY ESSENTIAL FOR ALL COACHES TO FULLY EXPLAIN THE PRINCIPLES CONCERNING X-PLAYERS TO ALL PLAYERS AND THEIR PARENTS.

ADVANCED SKILLED PLAYERS

Players with the maturity, cognitive skills, rugby skills, and physical readiness to play up a level are recommended to **play up and stay up** at the level that provides them appropriate competition and better opportunity to develop as players.

While there is no hard rule that a player cannot play in more than one level (given that they qualify) in the spirit of sportsmanship and the interests of the player it is recommended that the player should play at a consistent level throughout the season

AGE WAIVERS

The Junior Youth Committee will consider limited waivers of the age requirements for smaller, timid, less experienced, less physically developed, and/or less capable players.

The waiver is not a loophole to gain a competitive advantage. The Waiver IS NOT MEANT to allow clubs to stack a team or “bring down” a smaller player who has been playing at their age all season. This is for the smaller, youngster whose birthday is a week, a month or so before the cut-off date or is mismatched when it comes to size, physical development and confidence. Waived players will not be the standouts, outrunning everyone else and scoring at will. Rather, the waived player should blend in with the others on the pitch. Please adhere to this spirit.

Submit player’s name, birth date, weight, CIPP number, photo, which age group waiver desired and a very brief explanation for the request. Age waivers must be included as part of the pre-match roster exchange.

Send waiver requests to Rugby NorCal for review; mblum@rugbynorcal.org

QUICKGUIDE TO U8 ROOKIE RUGBY

Field	A field no larger than 60 yards in length and 40 yards in width. 40 x 25 is recommended for U8, though the size of the field can be adapted to suit the age, ability, and team size of the teams participating. The try zone should be 5 yards deep from the try line and clearly marked with cones.
Time	A game is made up of two halves. It is recommended that each half last between 5 and 20 minutes, depending on player's age and ability. Halftime should be 2 minutes in length.
Gender	Mixed
Ball	Size 3
Kicking	No kicking
Apparel	U8 players may wear leggings or tights as a safety precaution against abrasions ONLY during a game that is being played on artificial turf
Players	Rookie Rugby is played between two teams with equal numbers of players on each team. Each team contains no more than seven players and no less than four. Each team may have an agreed number of substitutions. Substituted players may return to play, but only when play has stopped. Each player is encouraged to play every position on the field. Keep team numbers at or below 7v7! Rookie Rugby is about learning and participation. More players on the field means less opportunity for each player to pass, run, catch, defend, and score.
Coaches	Coaches are allowed on the field of play to teach players general and positional play during the season, but will not be allowed on field at the end of season tournament. Prepare accordingly.
Scrum	No scrums. Free pass is awarded to opposing team at the spot of the infraction.
Lineout	If the ball is passed or carried out of bounds a free pass is used to restart play. The free pass should be one yard in field from the sideline, in line with the line of touch.
Offside	An imaginary line is drawn through the ball once a flag is pulled, which indicates where the defense must be in order to play the ball. After a flag is pulled, all defensive players must retreat to in front of the ball Offside at a free pass is 5 yards from the ball. Defenders must not prevent the pass from being made.
Flag Etiquette	<p>While the offensive team attempts to move the ball forward, the defensive team will attempt to slow them down by pulling the ball carrier's flag, simulating a tackle. Once the ball carrier's flag is removed the game will continue by using the following flag etiquette:</p> <p><u>Step 1:</u> Defender removes the flag, holds it up in the air and yells, "FLAG!" The defender is now out of play and should stand still.</p> <p><u>Step 2:</u> The ball carrier must pass the ball to a teammate within three steps or three seconds. After the pass, the player with a flag missing is out of play.</p> <p><u>Step 3:</u> While play continues, the defender must return the flag to the offensive player before they can return to play. The defender must hand the flag to the offensive player.</p> <p><u>Step 4:</u> The player whose flag was removed must replace their flag on their belt before returning to play.</p>
Free pass	<p>A free pass is an uncontested pass allowed from one player to a teammate. A free pass is used to start the following:</p> <ul style="list-style-type: none">▪ Each half of the match at the center of the field.▪ Restart after a try is scored. The non-scoring team restarts play from the center of the half way line.▪ Restart after turnover or a penalty offense, from the spot of the infraction.▪ After the sixth flag pull by the defense. <p>To make a free pass, the referee calls "Play" and the player passes the ball backwards to a member of the player's own team. The opposition team must remain five yards back from the free pass until the ball leaves the passer's hands. If a free pass would otherwise occur within five yards of the try line, move the free pass five yards away from the try line.</p>
A turnover will occur with the opposing team being awarded a free pass at the spot of the penalty for:	<ul style="list-style-type: none">▪ Kicking▪ Contact of any kind (pushing, tackling, fending, pushing away a defender's attempt to pull a flag)▪ Offside▪ Obstruction▪ Failing to pass the ball after three steps or three seconds▪ Dangerous play - includes diving to score a try or to retrieve a ball on the ground▪ Any act that is against the spirit of good sportsmanship in the playing enclosure

For more Rookie Rugby Resources including coaching tips, games and skills cards go to:
<http://rookierugby.com/parents/what-is-rookie-rugby/#>

Rugby NorCal is available to support Rookie Rugby and lead Rookie Rugby Clinics

QUICKGUIDE TO U10

Field	Recommended minimum 50x30 yards, field configuration marked with cones
Time	10-15 minute halves, 5 minutes half time
Gender	Mixed
Ball	Size 4
Kicking	No conversion kicks or penalty shots unless the home team can provide goal posts Kicking is allowed, but the 22 meter line will be played at 10 yards from the try line
Players	10 per side (3 forwards/7 backs)
Weight	Refer to Junior Youth Age-Weight Chart
Apparel	U10 players may wear leggings or tights as a safety precaution against abrasions ONLY during a game that is being played on artificial turf.
Tackle	All tackles must be below the armpit
Scrum	Uncontested scrums will be 3-man. Opposition backlines back 4 yards. No forward pick-ups from the scrum. All forwards must be tightly bound into the scrum and props bound against the opposing props. Discourage early disengagement from the scrum.
Lineouts	No lineouts. When the ball or ball carrier goes into touch. A free pass is awarded 5 yards from touch, level with where the ball or ball carrier went into touch. At a free pass, the opposition must be 8 yards back from the mark. The passer must start with the ball in both hands and, when the referee calls "Play", pass the ball backwards through the air to a member of their team. For safety reasons, no player may run until the pass is made
Kick-Offs	Drop kick by scoring side to be rotated through multiple players. Opposition 8 yards back. If not a drop kick, receiving team chooses between a re-kick or a scrum at the center of the field with possession of the ball
Offside	Offside lines 8 yards from lineout and 4 yards from back of scrum
Penalties	If tap and pass option is chosen over kick or scrum, opposition must be 8 yards back
Foul Play	<p>Players may fend to the body but not to the face, head or neck region. Emphasis on safe and proper contact. Among other things, the following shall apply (infractions must be penalized). At a minimum infractions related to IRB Law 10: Foul Play must be penalized. See http://www.irblaws.com/downloads/EN/Law_10_EN.pdf</p> <ol style="list-style-type: none"> a. No 'Scragg' or "Horse Collar" tackling (pulling by shirt collar) b. No jersey slinging tackles c. No spearing player to ground consistent with IRB Law 10.4 (j) d. No falling on or otherwise playing a player on the ground e. Players must use arms to wrap in tackle in all instances, including tackling into touch f. Tackle must be below armpits g. "Fends" are legal but must be with an open palm and below the neck consistent with IRB Law 10.4 (a). A player must not strike an opponent with the fist or arm, including the elbow, shoulder, head or knee(s). <p>Sin-bin 5 minutes, to be served on the sidelines so that the coach may explain the related infraction</p>
X-Players	Must wear red socks and cannot lead rushes from free kicks, penalties or from the back of scrums (this includes a tap kick and then pass to a X-Player).

QUICKGUIDE TO U12

Field	Recommended minimum 60x40 yards - field configuration marked with cones
Time	15-20 minute halves, 5 minutes half time
Gender	Mixed
Ball	Size 4
Kicking	No conversion kicks or penalty shots unless the home team can provide goal posts Kicking is allowed, but the 22 meter line will be played at the 10 yards from the try line
Players	12 per side (5 forwards/7 backs)
Weight	Refer Junior Age-Weight Chart
Apparel	U12 players may wear leggings or tights as a safety precaution against abrasions ONLY during a game that is being played on artificial turf
Tackle	All tackles must be below the arm pit
Scrum	Uncontested scrums 5-man. Opposition backlines back 4 yards. No forward pick-ups from the scrum. All forwards must be tightly bound into the scrum and props bound against the opposing props. Discourage early disengagement from the scrum. Defensive scrum-half must remain behind scrum center line until ball comes out of the scrum – penalty. After the ball is thrown in the defending scrum-half may move to behind the last feet of the defending scrum, consistent with IRB Law 20.12(d).
Lineouts	Contested lineout throw, no lifting, ball must be thrown straight.
Kick-Offs	Drop kick by scoring side to be rotated through multiple players. Opposition 8 yards back. If not a drop kick, receiving team chooses between a re-kick or a scrum at the center of the field with possession of the ball.
Offside	Offside lines 8 yards from lineout and 4 yards from back of scrum
Penalties	If tap and pass option is chosen over kick or scrum, opposition must be 8-yards back
Referees	Trained Junior Youth Referee preferred
Foul Play	Players may fend to the body but not to the face, head or neck region. Emphasis on safe and proper contact. Among other things, the following shall apply (infractions must be penalized). At a minimum infractions related to IRB Law 10: Foul Play must be penalized. See http://www.irblaws.com/downloads/EN/Law_10_EN.pdf <ol style="list-style-type: none">No 'Scragg' or "Horse Collar" tackling (pulling by shirt collar)No jersey slinging tacklesNo spearing player to ground consistent with IRB Law 10.4 (j)No falling on or otherwise playing a player on the groundPlayers must use arms to wrap in tackle in all instances, including tackling into touchTackle must be below armpits"Fends" are legal but must be with an open palm and below the neck consistent with IRB Law 10.4 (a). A player must not strike an opponent with the fist or arm, including the elbow, shoulder, head or knee(s). Sin-bin 5 minutes, to be served on the sidelines so that the coach may explain the related infraction
X-Players	Must wear red socks and cannot lead rushes from free kicks, penalties or from the back of scrums (this includes a tap kick and then pass to an X-Player) or lineouts. X-Players in a lineout must pass the ball out and not charge through

JUNIOR YOUTH

Becoming a Referee

Refereeing is fun and rewarding. Clubs are encouraged to identify a minimum of one person to be trained as their Junior Youth Referee for each team.

Interested in becoming a qualified Junior Youth Referee, contact Rugby NorCal Referee Committee Chair: David Williamson calrugbyref@sbcglobal.net for venues, dates and times of courses.

Guidelines for Refereeing Junior Rugby

- Referees must be a qualified with Rugby NorCal, USAR (USA Rugby), or NCRRS (Northern California Rugby Referee Society)
- If there is no referee available at any given fixture a person who has attended a coaching course may referee the game
- Referees should wear a distinct colored jersey and dress as a referee: i.e. rugby shorts and socks
- Referees need to attain a full understanding of the rules for the Age-Weight level they are refereeing
- Referee performs pre-match stamp and red socks check, players must be stamped correct for the match being played, those not stamped must wear red socks
- Appoint a person to be a touch judge, preferably not the team coach, the touch judge should mark offside lines for scrums and lineouts to teach players offside lines and create space for a clean and open contest
- Blow the whistle with authority, use hand signals then give verbal explanations
- In set play, **take time** to make sure both backs and forwards are correctly in position (scrums 4 yards and lineouts 8 yards).
- Ensure scrums are set safely using a proper cadence call
- Record scores and work with coaches at half time if scores blow-out occurs by a 30 point differential
- Apply the advantage law as often as possible
- Apply penalties for penalty offences and try to keep scrums to a minimum
- All tackles must be below the armpit. Penalize immediately any tackle above this line
- Explain decisions clearly, players will look to you for guidance, instructing offending players as to what they have done wrong
- Referees have the right to stop play if they think a player's safety is at risk, and then discuss the situation with the coaches of both teams
- Stop play immediately for over aggressive play, dangerous play, fighting or back chat
- Stop play for injuries to players
- Where appropriate use the sin bin in preference to sending off. Players can be forced to substitute for disciplinary measures

Referee Code of Conduct

- Referee to ensure that the "spirit of the game" for children is not lost by "over refereeing" the game, brow-beating or scolding players
- Ensure that your behavior is consistent with the principles of good sportsmanship both on and off the field
- Compliment both teams on their good play, whenever such praise is deserved
- Be consistent, objective and courteous
- Condemn the "deliberate foul" as being unsportsmanlike, thus retaining respect for fair play
- Be a good communicator
- Have empathy with the players
- Be unobtrusive, but exercise firmness
- Be calm when player/spectator passions are high

Referee Harassment

Stop play for verbal or physical harassment from coaches, parents or spectators. Referees have the ability to speak to coaches to evict unwanted persons from grounds under their control. Ensure you report all incidents to Rugby NorCal Referee Committee Chair and Rugby NorCal Junior Youth Committee Chair.

JUNIOR YOUTH COACHES

Becoming a Coach

Coaching is fun and rewarding and without coaches the players would not get the opportunity to enjoy the game.

Interested in becoming a qualified youth coach, consult the Rugby NorCal website www.rugbynorcal.org or contact the office at mblum@rugbynorcal.org for venues, dates and times of courses.

Guidelines for Coaches on the field of play

- Each club must have at least one coach for each age group that is certified at all games
- Coaches for U12 and U10 are not allowed on the field during play
- Two coaches are allowed on field for U8 for first two months of playing season (January and February)
 - You are only on the field to teach your players general and positional play
 - Stand well clear of all players so you do not interrupt the flow of play
 - Do not show any aggression towards your own and the opposing players and coach
 - Do not intimidate opposition players – leave it to their coach to control them
 - You must have a clear and full understanding of the rules
 - Do not tell the referee how to do their job
 - Should the referee take offence at your coaching attitude he/she has the right to warn you. Failing that, they can ask you to leave the field of play. A replacement is permitted
 - Children at this age need your guidance. Done properly you will get good results and a lot of enjoyment out of this rugby

Coaches Code of Conduct

- Make a personal commitment to keep yourself informed on sound coaching principles through Rugby NorCal courses
- Ensure all equipment and facilities meet safety standards and that you use drills and training methods that are both safe and effective for your player's needs
- Teach your team to play within the rules of the game
- Positively reinforce the actions of players
- Lead by example
- Create an enjoyable environment in which to play the game
- Develop team respect for referees
- Give all players the opportunity to participate in the game
- Insist on fair play and discipline
- Be reasonable on the demand on player's time, energy and enthusiasm
- Encourage sportsmanship

Verbal or physical harassment of any kind towards match officials will result in the stoppage of play and/or person(s) evicted from grounds. Official complaints may result in an appearance with the Rugby NorCal Inter-Conference Disciplinary Committee.

JUNIOR YOUTH COACHES
FAIR PLAY CODE OF CONDUCT

Players

- Play for enjoyment
- Play hard but fair
- Play by the laws of the game
- Be committed to your team, attend all practices and matches
- Work equally hard for yourself and your team
- Be a good sport. Applaud all good play whether by your team or by your opponent
- Remember the goals of the game are to have fun and improve your skills

Spectator/Parents

- Your role is to set an example for children
- Respect that people are involved in sport for fun and enjoyment
- Never harass players, coaches and officials. Anyone deemed to be abusive will be asked by officials to leave the ground immediately
- Applaud the performances of both teams
- Be positive with the referees and acknowledge their efforts
- Let the children play their game not your game
- Praise actual efforts not results
- Don't criticize or put down players, coaches or referees

Club Administrators

- Ensure that parents, coaches, sponsors and participants understand their responsibilities for involvement in rugby
- Ensure players are registered with Rugby NorCal; Admins, coaches and referees are registered with USA Rugby
- Ahead of the season work with the Junior Youth Schedule Coordinator to provide information for match scheduling
- Ensure that equal opportunities for participation in rugby are made available to all willing participants
- Equipment and facilities must meet safety standards and be appropriate to the level of the children
- Ensure that proper supervision is provided by Rugby NorCal certified coaches and officials capable of promoting technical skills, fair play and participation
- Promote the ideal that the game is played for its own sake. Rules and schedules should take into account the age and level of the participants
- Participation in the game must take precedence over the event becoming a spectacle for entertainment
- Liaise with Rugby NorCal to provide clinics to improve the standard of coaching and officiating. It is your responsibility to emphasize the importance of these clinics to your coaches, players and other officials

JUNIOR YOUTH COACHES

SIDELINE BEHAVIOR INCIDENTS PROCEDURE

Should any off-field sideline behavior incident occur at a junior youth rugby match, the procedure is as follows:

1. The team management person (Coach or Manager or Referee) concerned about the incident should talk to the opposition team management and advise them of their concerns about the behavior
2. Should this behavior continue or escalate, the team management should report the incident verbally to his junior club official (Club President) within 24 hours of the completion of the match.
3. The junior club official of the reporting team's club considers the verbal report and decides if he/she should contact the opposition junior club official to discuss the incident.
4. After discussion with the opposition junior club official and if it cannot be dealt with satisfactorily between the two clubs, the reporting junior club official then asks his team management person to complete a Rugby NorCal Match Incident Report Form and forwards this to Junior Rugby Committee Chairman who attempts to resolve the matter.
5. If the incident cannot be resolved by the Junior Rugby Committee Chairman, it is passed to the Rugby NorCal Inter-conference Disciplinary Chair who will take the necessary action.

Rugby Match Incident Report forms can be found at www.rugbynorcal.org or below in this document.

Submission of video evidence is recommended.

JUNIOR YOUTH SEASON SCHEDULE

Junior Youth Rugby Clubs must provide information to the Rugby NorCal Junior Youth Schedule Coordinator before Sunday November 20.

Clubs must provide primary and secondary club contact information and estimate of number of teams in each Age-Weight level. Other information may be requested by the coordinator please comply with the request.

The coordinator will make a best effort to accommodate all requests.

The coordinator will distribute the schedule for comment and finalize a schedule document by Monday December 6. The schedule will be posted on the web similar to last season.

Rugby NorCal Junior Youth Schedule Coordinator: BAY: John Vantress (johnbvantress@gmail.com); SACRAMENTO: Mitch Jagoe (mjagoe12@gmail.com).

JUNIOR JAMBOREE TOURNAMENT

The goal of the end of season Jamboree Tournament is to have fun and compete with other junior teams across Northern California.

Three events will be hosted at the venue Orinda Wilder Park on:

- Saturday, March 2nd - U8 Jamboree Tournament
- Saturday, March 9th - U10/U12 Jamboree Tournament
- Saturday, March 16th – Middle School Jamboree Tournament

Eligibility

- All players must be registered with Rugby NorCal and have played regular season Junior Youth Rugby for their club
- Players must weigh in according to Age-Weight levels
- Full requirements will be communicated prior to the tournament by the Junior Youth Committee

JUNIOR YOUTH RUGBY COMMITTEE

The Junior Youth Rugby committee administers rugby through the following activities:

- Providing input to the Rugby NorCal and related committees e.g. for referee education
- Representing and reporting junior rugby matters to Rugby NorCal
- Preparing season schedule
- The committee advises and assists the Rugby NorCal in:
- Developing a positive spirit for the sport across players, coaches, referees, administrators, parents and supporters
- Providing a progressive development of skills throughout the grades under Rugby NorCal rules and guide lines
- Building an environment of enjoyment of participation and skill development
- Providing a team or grade structure under which the maximum number of players possible can enjoy the sport and gain skills appropriate to their age, weight and ability
- Showing true regard for the opinions and concerns of all stakeholders in junior club rugby to ensure the sport is held in high regard particularly in delivery of the game
- To ensure that structured and organized rugby is promoted and made available to all junior players within the Rugby NorCal region to ensure there is an appropriate balance of both participation and competition for all levels of junior rugby
- To ensure that all complaints and disciplinary matters are dealt with in accordance with Rugby NorCal Disciplinary procedures
- To ensure that players are in their correct levels and that the clubs are adhering to the Weights and Ages chart
- A review of each season's activities including recommendations with regard to the enhancement of Junior Rugby in the following year
- Maintain channels of communication and build strong relationships with clubs and associated bodies for the distribution of information and satisfactory administration
- Assist Rugby NorCal in the registration of all participants in junior rugby
- Organization and management of junior club rugby tournaments and sponsorships
- The committee is made up of these representatives:

Bob	McCarty	bob_mc@att.net	408-348-7779	Chairman
Philippe	Farner	philippe@sfggrugby.com	415-279-4156	Bay
Cam	Younger	cam@youngerbrothersbuilders.com	925-914-1034	Bay
Des	McKissock	dpearson@lee-associates.com	510-967-9879	Bay
Adam	Browne	adam.browne6@gmail.com	650-333-0753	Bay
John	Vantress	johnbvantress@gmail.com	415-717-5992	Bay
Matt	Shawn	mattshawn@hotmail.com	415-924-2070	Bay
Mike	Walker	oaksrugby4@gmail.com	415-433-0990	Bay
Scott	McConnell	smc7373@gmail.com		Sac
Steve	Drew	stevewdrew@gmail.com	916-390-5354	Sac
Marc	Raymond	our3padawans@comcast.net	707-580-3777	Sac
Tom	Fennell	Tfennell@gmail.com	408-590-9506	Sac
Karen	Chance	kmgchance@comcast.net	916-792-6644	Girls
Kevin	Kenny	kevink@kdkenny.com	925-383-9422	Referees

JUNIOR YOUTH RUGBY COMMITTEE

RUGBY NORCAL OFFICE

Rugby NorCal office administers junior youth rugby through the following activities:

- Policies that apply to Rugby NorCal youth rugby overall
- Registration systems for Rugby NorCal players
- Allocating funding for end of season junior youth jamboree tournament
- Collecting and maintaining documentation regarding player weights
- Acquisition of end of season tournament insurance, medals, cups and fields
- Seeking USA Rugby permission to host a tournament
- Registration system for end of season Jamboree Tournament

The Executive Director for Rugby NorCal is Louis Stanfill: Istanfill@rugbynorcal.org

The Operations Manager for Rugby NorCal is Christina Gein: cgein@rugbynorcal.org

The Rugby NorCal website is: www.rugbynorcal.org

ACKNOWLEDGEMENTS

The following sources of information were used in preparing this document:

- 2017 Junior Youth Rugby Committee
- 2016 Rugby NorCal Junior Youth Rugby Regulations
- North Harbor Junior Club Rugby 2014 Regulations (New Zealand)
- Auckland Rugby Junior Players Weights and Ages Chart (New Zealand)
- Rugby NorCal conference calls, meetings and written submissions

RUGBY NORCAL JUNIOR YOUTH RUGBY SIDELINE BEHAVIOR INCIDENT REPORT



Your Team		Opposing Team	
Age-Weight Level		Date	
Venue		Time	
Name and Contact Details of Person Completing Report (phone, email, address)		Witness Details if Available (name & contacts)	
Capacity of Person Completing Report (i.e. coach, manager, referee)			
Full details of Incident/Sideline Behavior: (include details of person or persons against whom the complaint is made)			
Signature		Date	

To be completed by Team Management (Coach/Manager/Referee)

Please complete and email within 7 days to:

Rugby NorCal Junior Youth Rugby Committee Chairman Email: stevewdrew@rugbynorcal.org
Rugby NorCal Operations Manager Email: cgein@rugbynorcal.org