



Membership Update February 23, 2021

RUGBY NORCAL

Additional Guidance for Return to Play

It should be noted that local health departments and school districts may have stricter rules and should be consulted to confirm what is allowed.

General Requirements

- Face coverings to be worn when not participating in the activity.
- Face coverings to be worn by coaches, staff and observers at all times.
- Observers maintain at least 6 feet from non-household members.
- No sharing of drink bottles and other personal items and equipment.
- When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
- Teams must not participate in out-of-state games and tournaments.
- Limit observation to immediate household members.
- Inter-team competitions are permitted to occur only if (a) both teams are located in the same county or (b) teams are located in immediately bordering counties.
- Local Health Departments to be notified of any cross-county competitions.
- No tournaments or events that involve more than two teams to occur.
- Only one competition, per team, per day maximum to be played.

Guidance for Play in Less Restrictive Tiers

Outdoor high-contact sports (orange tier) can be played in the purple or red tier with an adjusted case rate equal to or less than 14 per 100,000 under the following conditions:

- Six feet of distance between sport participants on the sidelines.
- Six feet of distance between coaches and participants.
- Each parent signs an informed consent.
- Testing of sports participants age 13+ and coaches weekly.
- Test results made available within 24 hours of play.
- Limit participation by athletes and coaches to one team.
- During bus/van travel, employ universal masking, physical distancing, and windows to remain open.
- Avoid overnight stays.
- Travel by private car limited to only those within the immediate household.
- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach.

Rugby NorCal Guidelines & Information

➤ Non-Contact Practices

Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are authorized regardless of case rate or sport. Rugby NorCal offers a training membership that can be upgraded when matches are allowed. Clubs are required to submit COVID Prevention & Practice Plans to Rugby NorCal before registration.

➤ Contact Practices

Contact practices should start at least 4 weeks before the first match. Respective county must be in the orange tier to start contact practices or be in the purple or red tier with an adjusted case rate equal to or less than 14 per 100,000 under additional guidance. Players must be registered to participate in contact practices.

➤ Competitions

Full contact tackle rugby can be played under additional guidance if the above criteria is met. Players must upgrade to full membership to play in matches.

Rugby NorCal Guidelines & Information

❖ Scheduling

Clubs are advised to self-schedule 3-4 matches within the proposed calendar. Rugby NorCal will provide a list of club contacts and follow up meetings to facilitate gameday planning and logistics. Scheduling conditions could make allocating referees and athletic trainers more difficult this year.

❖ Prevention and Practice Plans

Clubs are required to submit Prevention and Practice plans to Rugby NorCal before registration.

❖ Registration

All clubs need to schedule a registration demo with Rugby NorCal. The new system allows parents to register players and sign all waivers online with their mobile device. Features of the competition management system will be available soon.

❖ Certificates of Insurance

Clubs must have at least 1 coach registered to submit COI requests to USA Rugby. Requests can take up to 10 days before you receive the COI. Obtaining a COI allows the club to reserve fields and covers most non-contact activities during practice.

❖ Coach & Referee Certifications

Certification courses will be available in March and April TBA. Contact Rugby NorCal to host a course.

Club Checklist

March

- ✓ Submit Prevention & Practice Plans to Rugby NorCal
- ✓ Set up registration with Rugby NorCal
- ✓ Register coaches with Rugby NorCal
- ✓ Request COIs for fields with USA Rugby
- ✓ Certify coaches L100 or L200 with USA Rugby
- ✓ Register players with Rugby NorCal
- ✓ Start practicing and playing touch if safe to do so
- ✓ Self-schedule matches for future dates

April

- ✓ Complete all previous tasks
- ✓ Confirm scheduled matches and gameday logistics
- ✓ Upgrade training registrations to full members
- ✓ Utilize competition management system; rosters, etc
- ✓ Play matches if safe to do so

RUGBY NORCAL 2021

Proposed Calendar

| | Youth | HS Girls | HS Boys |
|--------|---------------|---------------|---------------|
| 27-Feb | | | |
| 6-Mar | Practices | Practices | Practices |
| 13-Mar | | | |
| 20-Mar | | | |
| 27-Mar | | | |
| 3-Apr | Preseason | Preseason | |
| 10-Apr | Preseason | Preseason | Preseason |
| 17-Apr | Week 1 | Week 1 | Preseason |
| 24-Apr | Week 2 | Week 2 | Week 1 |
| 1-May | Week 3 | Week 3 | Week 2 |
| 8-May | Week 4 | Week 4 | Week 3 |
| 15-May | Week 5 | Week 5 | Week 4 |
| 22-May | Week 6 | Week 6 | Week 5 |
| 29-May | Bowl Games | Bowl Games | Week 6 |
| 5-Jun | Bowl Games | Bowl Games | Bowl Games |
| 12-Jun | | | Bowl Games |
| 19-Jun | Summer Season | Summer Season | Summer Season |

Updated 2-22-2021

Resources

California Department of Public Health Guidance

- [Guidance for Youth and Adult Recreational Sports](#)
- [FAQs for Youth Sports](#)
- [Guidance Related to Cohorts](#)
- [Youth Sports Guidelines](#)

Other Guidelines

- [USAR Guidelines](#)
- [Rugby NorCal Guidelines](#)
- [World Rugby COVID Courses](#)

RUGBY NORCAL MEMBERSHIP UPDATE

FEBRUARY 3, 2021 **UPDATED**



This update is intended to help clubs prepare for the possible return to youth rugby this Spring. We continue to see positive indications that students will return to class and be allowed to play sports. However, we are also anticipating regulations may change, for better or worse, and we will adjust accordingly to any changes.

Following this update there will be a Rugby NorCal Return to Play Meeting on **Tuesday February 23 at 6:00 PM**. This meeting is for all club representatives and will cover this update and any additional information or changes. Scheduling meetings will reconvene following the return to play meeting. Zoom details TBA.

All clubs please complete the scheduling survey below:

<https://form.jotform.com/210331076297149>

This update includes:

- Return to Play COVID-19 Modifications
- Permitted Sports County Tier Table
- Registration Update
- Return to Play Checklist

Update continued next page.

RUGBY NORCAL - Return to Play



California Department of Public Health Guidance

[Guidance for Youth and Adult Recreational Sports](#)

[FAQs for Youth Sports](#)

[Guidance Related to Cohorts](#)

[Youth Sports Guidelines](#)

Covid-19 Modifications

Physical conditioning, practice, skill-building, and training can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts remain authorized regardless of county tier status.

Competitions, matches, or similar events are authorized only if (a) both teams are located in the same county and the sport is authorized, or (b) teams are located in immediately bordering counties and the sport is authorized in both counties.

Out of state competition is not allowed at this time.

Any tournaments or events that involve more than two teams are not currently permitted in California.

Any student-athlete testing positive for COVID-19 may not return to practice or competition until cleared by their physician.

In the event of a positive test for COVID-19, schools will follow the current [CDPH Guidelines for Schools](#)



Table: Youth and Adult Recreational Sports* Permitted by Current Tier of County

| Widespread Tier (Purple) | Substantial Tier (Red) | Moderate Tier (Orange) | Minimal Tier (Yellow) |
|--|---|---|--|
| 1† | 2† | 3† | 4† |
| Outdoor low-contact sports Archery Badminton Biking Bocce Corn hole Cross country Dance (no contact) Disc golf Golf Ice and roller skating (no contact) Lawn bowling Martial arts (no contact) Physical training programs (yoga, etc.) Pickleball (singles) Rowing/crew (with 1 person) Running Shuffleboard Skeet shooting Skiing and snowboarding Snowshoeing Swimming and diving Tennis Track and field Walking and hiking | Outdoor moderate-contact sports Baseball Cheerleading Dodgeball Field hockey Gymnastics Kickball Lacrosse (girls/women) Pickleball (doubles) Softball | Outdoor high-contact sports Basketball Football Ice hockey Lacrosse (boys/men) Rugby Rowing/crew (with 2 or more people) Soccer Volleyball Water polo Indoor low-contact sports Badminton Curling Dance (no contact) Gymnastics Ice skating (individual) Physical training Pickleball (singles) Swimming and diving Tennis Track and field Volleyball | Indoor moderate-contact sports Cheerleading Dance (intermittent contact) Dodgeball Kickball Pickleball (doubles) Racquetball Squash Indoor high-contact sports Basketball Boxing Ice hockey Ice skating (pairs) Martial arts Roller derby Soccer Water polo Wrestling |

*This Table is not exhaustive, but provides examples of sports with different levels of contact so that the level of risk and

†All sports permitted in lower tiers, are also permitted in higher tiers.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>



RUGBY NORCAL REGISTRATION UPDATE

We are now ready start round 2 of test registrations with the new Sportlomo system. Some initial set up is required by each club in order for registration to become active. Not all features in the system are currently live, but you can now register players and coaches. See info below.

Available Features:

- Player/Coach/Adm/Ref registration enabled.
- All waivers now electronic. No more paper.
- Collect club dues in Sportlomo.
- Add custom club waivers and forms.
- View members and export contact info.

If you are ready to begin registrations or if you want to learn the new system, contact jdivine@rugbynorcal.org to get set up.

Rugby NorCal offers a training membership that can be upgraded when matches are allowed. See membership pricing below.

| 2021 Membership Dues | RUGBY NORCAL Training Dues | USA RUGBY | Total | RUGBY NORCAL Upgrade |
|-------------------------------|----------------------------|-----------|-------|----------------------|
| Non-contact Player - U8 | \$10 | \$10 | \$20 | \$0 |
| Junior Youth Player - U12/U10 | \$20 | \$25 | \$45 | +\$10 |
| Youth Player - Middle School | \$20 | \$25 | \$45 | +\$25 |
| High School Player | \$20 | \$25 | \$45 | +\$50 |
| Coach/Admin | \$30 | \$70 | \$100 | \$0 |
| Referee | \$10 | \$70 | \$80 | \$0 |

Rugby NorCal Return to Play Checklist

The purpose of this checklist is to help clubs get started on a Prevention and Practice Plan. Prevention and Practice Plans must comply with USAR Guidelines and local County Guidelines.

[Prevention & Practice Plan Examples](#)

Requirements

- Club COVID Manager
- Club COVID Waiver
- [World Rugby COVID Courses](#)
- Prevention & Practice Plan

Building a Prevention and Practice Plan

Guidelines

- [County Guidelines](#)
- [State Guidelines](#)
- [USAR Guidelines](#)
- [Rugby NorCal Guidelines](#)

Prevention Plan

- Screening Policy
- Hygiene Rules
- Social Distance Rules
- Equipment Policy
- Coach & Staff Policy
- Parent & Spectator Rules
- Isolation Policy

Practice Plan

- Pre-Practice RSVP
- Player Arrival
- Symptom/Temp Check
- Hand Sanitizer
- Kit Area
- Training Area
- Practice Size/Type/Equipment
- Coach Protocol
- Spectator Protocol
- Player Departure