
	<p>IPSWICH RFC Y&J</p> <p>PARENT/GUARDIAN GUIDE TO RUGBY</p>	
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 <p>EASTERN COUNTIES RUGBY UNION</p>	 <p>COMMUNITY RUGBY</p>	 <p>SUFFOLK RFU</p>
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This guide has been produced to help Parents/ Guardians to understand how Rugby games and training sessions are organised and delivered, and what is expected from the parents, the players and the clubs coaching staff.

The Season

The season officially commences the first weekend in September and usually runs to the first weekend in May each year.

During the season, all matches take place on Sunday. Generally they all start with a short training session/ warm-up in advance of the game. Minis & juniors games usually kick off at 10.00am.

Matches are played both home and away.

Players will need to register in September each year, by the payment of a one off annual subscription which goes toward the cost of running the section, food, and accident insurance.

New players will be required to complete two membership forms: one from the club; and one from the RFU.

Kit

Players will be provided with a match shirt.

Additional kit can be purchased from the club shop.

Any protective equipment purchased must be approved by the International Rugby Board (IRB) or have a BS kite mark. Players are not allowed to play in non approved equipment.

Aluminium rugby studs only, absolutely **no** football blades allowed.

The wearing of mouth guards is compulsory at all age levels.

The Laws Of the Game

All the coaches who take organised training sessions and matches within the club are suitably qualified and have had CRB checks undertaken.

The Game In England, is governed by the Rugby Football Union (RFU) who determine how, when and where the game is played.

In mini (U7s to U12s), junior (U13s to U16s) and colts (U16s to U19s) rugby, the Laws of the Game are amended to suite the various age groups.

For minis these amendments are called the Rugby Continuum and determine the Laws by which the game is played within a specific age group, the number of players, the duration of game and size of pitch.

These Laws change through the age groups so the more advanced the age, the nearer to the true game the Laws become.

More information is available on the RFU website (www.rfu.com).

Training Sessions

Training sessions for U7 to U12 age groups will be held on Sundays from 10-12 depending on match fixtures, the coach will notify you if there is a change to this time.

If for any reason a session is cancelled, your coach will advise you of this giving as much notice as possible.

Your player will need to come fully prepared for the training session with the appropriate kit and equipment, weatherproof clothing as required.

Your player will also need their own water bottle. We always recommend a change of clothing for the homeward journey.

Once a training session start, the players are under the instruction and control of the coaches. They will deal with any issues during the session including any injuries.

We would respectfully ask parents not to enter the training area or distract the coach or players during sessions.

There will be plenty of opportunity to speak to the coach at the end of the session if you need to.

Training sessions are aimed at developing the player's skills knowledge ability and positional understanding of the game of rugby union.

As the player develops, the training will become more defined toward their individual role within the team, i.e. forward and back play.

If you have any concerns or queries about your player's development, please do not hesitate to talk to your coach.

Matches

All matches are played on Sundays on a home and away basis.

Until the U13 age group, all matches are deemed as “friendlies” and match fixtures are published in your membership hand book at the beginning of the season and on the website (www.ipswich-rugby.co.uk).

Some fixtures may change during the course of the season, but your coach will advise you of any changes in advance.

Please ensure your player show up on time with their full kit, water bottle and boots.

For away matches, the coach will confirm meeting arrangements prior to match day.

Rugby is a game of discipline and during matches, as with training, once you player enters the field of play, they are under the control and instruction of the coach.

Please do not enter the playing area unless requested to do so. Please do not speak to the referee or officials unless requested to do so.

Please do offer as much encouragement to your players as possible whilst respecting to the opposing team and their officials.

We should celebrate our success and be gallant in defeat. Ipswich RUFC has a proud tradition as a sporting club and we all have a responsibility to uphold this tradition.

Please familiarize yourself with and abide by the club’s code of conduct at all times.

After the game there will always be a short de-brief with the coach followed by a warm down session after which the players return to your care.

A free meal will always be provided, either home or away, and players are encouraged to take part

in this tradition. Rugby is a social game and we want to encourage players to take part in this tradition, to build team moral and friendship with other team mates. It is also an opportunity for parents to relax after the rigors of the game as the bar and catering facilities will be open.

Attendance

It is really important that your child is fit and able to participate fully in training sessions or matches for their safety and that of the team.

If your child has picked up an injury, please have a word with the coach BEFORE the day or training session commences.

If your child is not going to be available to train or play because of a holiday etc, please let the coaches know in advance.

If they are not going to be available through sickness, again, please let the coach know as soon as possible.

Awards

At the end of the season, each player will receive a certificate rewarding their efforts during the year in an end of season presentation event, when parents and friends are invited to celebrate the club's achievements during the season.

In addition to this, players who have performed particularly well during the year will also receive individual awards to recognize and celebrate their achievements.

Festivals

In addition to normal matches, players will also take part in a number of Festivals during the season where they play a series of matches during the course of a day, in shorter durations, usually in a league knock – out basis.

These festivals can last for several hours dependant on the success of the team.

During the matches, your player will be under the coach's control, in between games, they will be your responsibility.

Please ensure your player is fit to play and on time for each game.

You are advised to bring the appropriate clothing and supplies for these events; please ask the coach for more details if required.

Social Events

During the season there will be a number of social events to give the opportunity for family and friends to come and enjoy the club facilities and have a good night out, as well as raising much needed funds for our section of the club.

Please support these functions as much as you can.

Sponsorship

We need sponsors to help purchase equipment, individual kits, clothing and for the general running of the club. If you think you can help, please speak to a member of the committee or a coach.

Getting Involved

We are always looking to increase the number of helpers at training and on Sundays.

If you would like to help out at the training sessions, please contact the committee or coach so you can discuss how involved you would like to be.

If you are good at administration or have any other skills that may help the club, please contact the committee/coach.

Running a club this size requires a bank of committed individuals; we are constantly looking for people to share the load so please do not be shy coming forward.

And Finally.....

Thank you again, for choosing Ipswich Rugby Union Football Club, as the place to develop your child.

We sincerely hope your child enjoys their experiences with us and develop as rounded individuals as well as improving their sporting and physical ability.

If you have any queries that have not been resolved within this leaflet, please do not hesitate to contact a committee member or your coach.

The RFU Continuum Laws

	NON CONTACT MINI RUGBY	MINI RUGBY	MIDI RUGBY
Age Group	U7 & U8	U9 & U10	U11 & U12
Max Match Duration	10 minutes each	15 minutes each way	20 minutes each way
Festivals	7 minutes each way	7 minutes each way	7 minutes each way
Pitch Size	60m x 30m + 5m in-goal area	60m x 35m + 5m in-goal area	60m x 43m + 5m in-goal area
Ball Size	Size 3	U9 Size 3 – U10 Size 4	Size 4
Start of Game	Free Pass	Free Pass	Drop Kick from centre line

Tackling	None – Tag	Full contact as per RFU Laws with no hand offs, scrag tackling (pulling of shirt collar) or high tackle above high armpit/neck line
Rucks & Mauls	None – Tag	As per RFU Laws
Offside	An imaginary line through the centre of the ball	An imaginary line through the hind most foot of the ruck or maul on both sides; the same applies to the tackle breakdown area

Scrum	None – Free Pass	3 players uncontested	3 players contested	5 players contested	6 players contested
Line Outs	None – Free Pass	3 players uncontested inc. Hooker	3 players contested inc. Hooker	5 players contested inc. Hooker but no lifting	

Kicking	None	Allowed but no fly hacking, i.e. kicking a loose ball on the ground
Conversions	None	Infront of posts

# of players	7	9 - 3 forwards & 6 backs	12 - 5 forwards & 7 backs	13 - 6 forwards & 7 backs
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