



ROCHDALE RUGBY UNION FOOTBALL CLUB

Parent / Guardian Guide to the Game

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 them, their players and the clubs coaching staff.

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, our game is governed by the Rugby Football Union (RFU) who determine how, when and where the game is played. In mini (U8s 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.

The Season

The season officially commences the first weekend in September and usually runs to the first weekend in May each year. For the minis no matches are played in September or January of each year because of safety rules set out by the RFU. However, the club sometimes arranges joint training sessions with local clubs during these periods.

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 11.00am, with junior colts (U17s) 12:30pm and Senior Colts (U19s) 2:00pm. 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, club physiotherapist 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 responsible for providing, maintaining and looking after their kit, during and after training sessions and games. Kits can be purchased from the club shop, see your coach or the rrufc.org website for details.

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. Boot studs must either be molded rubber or BS kite mark rugby studs. Players are discouraged from wearing football boots with blades and strongly encouraged to wear mouth guards.

Training Sessions

One training session will be held mid week, the usual arrangement is that the minis section up to under 13's all train together on Wednesday evenings from 6.30pm until 8.00pm dependant on weather conditions, throughout the season. The U16s and colts (U17s to U19s) train on Fridays between 6:00pm and 8:00 pm. The remaining juniors (U14s & U15s) train on Thursdays 6.30pm until 8.00pm. Changing facilities are not available for Wednesday training. 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.

We do not have time to focus on individual player's fitness. We expect players to be fit to play rugby, and then to increase their fitness as the season progresses. Parents are expected to ensure their players take on additional fitness training programs if required and the coach is available to offer advice as required. 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. 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. Mini and junior home matches will require the players on the field by 10.15am for training / warm up prior to an 11.00am kick off. 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. Rochdale 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. We would strongly recommend all players have showers after the match and players **MUST** be in clean clothing to enter the clubhouse.

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.

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 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

A ***player of the match*** award will be given to the player that has tried their utmost during the game and displayed skills and knowledge developed from previous training sessions.

At the end of the season, each player will receive a trophy for their efforts during the year in an end of season presentation night, when parents and friend are invited to celebrate the clubs 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.

Other Events

Tournaments

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

Club Tour

Each year the mini's section goes on a tour, usually the weekend following the Easter bank holiday weekend. This is a very good event for players giving them the opportunity to play against opponents from different clubs, sometimes from different countries, and past experience as proved that the players really enjoy the experience and it certainly helps them develop friendships and bonds the team.

Parents will need to pay for the costs of the tour. Coach's will need to know the numbers of parents & players who want to go on tour by October each year when a deposit will be required to secure a place. This is to ensure the tour details can be finalised and booked well in advance, allowing time for fund raising and more detailed organisation of activities. Provided the bulk of tourists have confirmed in this timescale late bookings and new comers can usually be accommodated.

Christmas party

We hold an annual Christmas party for all the teams which is held in the clubhouse just before Christmas for the minis. Each player receives a small gift from Santa and there is a nominal

admission charge to cover these costs. The junior and colt teams tend to organise separate events, such as bowling, paint balling, go-carting, and they don't receive a gift from Santa.

Social Events

During the season there will be a number of social events (for example Halloween, X-Factor, horse racing, Stars In Your Eyes) 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 coach.

Getting Involved

We are always looking to increase the number of helpers at training and on Sunday's. If you would like to help out at the training sessions, please contact the 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 coach. Running a club this size requires a bank of committed individuals. We are constantly looking for people to share the load. **So don't be shy coming forward.**

And Finally.....

Thank you again, for choosing Rochdale Rugby Union 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 your coach.

Rochdale RUFC