

Rainey Old Boys' Rugby Football Club

Rainey Youth Rugby Parent Pack 2018-2019



Developing players ... creating great friendships

Facebook: Rainey Youth Rugby (closed group)

www.raineyoldboysrffc.com

Welcome to the new season of rugby at Rainey Old Boys' RFC. We hope this booklet provides useful information about youth rugby at the club.

Training

Who is it for? Secondary school aged players Y9 - Y14 (Under 14 – Under 18)

When: Wednesday evenings 8.00-9.00pm (U14s) 8.00-9.30pm (U16s, U18s)

Where: On the 3G pitch located beside the Rugby Club carpark

What to wear: Shorts, t-shirt, moulded boots (not blades), gum shield. Add layers without hoods or zips when weather is cool.

Matches

When: Saturday mornings (kick off 11am). Messages will be sent with meeting arrangements for home games and coach departure times for away fixtures. If your child is not travelling to or from the game via coach please let us know.

Where: Home and Away fixtures are played against clubs in the Ulster Branch 'Northern Region'

What to wear: Team colours, NO tracksuits, hooded or zipped clothing to be worn during games – if cold add an underlayer. Playing kit is available to order through 'stashshop'.

Teams will be provided with match day shirts which will be collected after the game and laundered.

Sports Goggles

Players who need corrective eye wear are unable to wear their glasses during training or matches. Sports goggles, typically available through opticians are unsuitable for rugby.

The IRFU are part of the World Rugby Sports Goggles trial, where one sports google 'Raleri' is being tested. The 'Raleri' brand are the **ONLY** goggles permitted to be worn for contact rugby. You must join the trial to purchase a pair.

For more information click on this link:

<http://playerwelfare.worldrugby.org/goggles>



Clothing

Our team colours are red and black.

Club clothing is supplied through Marx Corporate, via their online ordering system www.stashshop.co.uk

All clothing items are available to order online from: <https://stashshop.co.uk/collections/rainey-old-boys>

Our playing range of clothing is the Canterbury brand and includes:

- Match shirt (provided on match days by your coach)
- Team rugby shorts and Team cap socks
- Waterproof Pro contact top (red back print)
- Thermoreg base layer, long sleeve, (black with white sleeve print)
- Team Dry t-shirt (red with white back print)

Additional off-field items include:

- Team quarter zip mid-layer top (black with red back print)
- Stretch tapered pant
- Body warmer
- Grey hoodie with red tick detail or pink tick detail
- Beanie hat

Payments will be made directly to 'stashshop' and the goods will be delivered free to the Rugby Club for collection or the home delivery payment option can be selected. The Bar Steward on duty will distribute the clothing, but parents will need to bring a note of their order number at time of collection.

Adult sizes of the clothing are available to order through the 'Supporters' section of the online shop.

To allow collation of orders the 'shop' will open/close throughout the season and the dates for such will be posted on their website and shared through our Facebook page. Items, if in stock with Canterbury, should take in the region of 3 weeks from the shop 'closes' to delivery. Plan ahead for Christmas or birthday presents for players and parents too!



Registration

Registration forms must be completed at the same time as the payment arrangements for club fees are being set-up.



The Club uses the sports site: **paysubsonline** to collect payments.

Fees remain at £30 registration and £60 training = £90 per child

<https://paysubsonline.com/ThirdpartyRegistration.aspx?clubID=cc3666e791e8a70ded7f49f0594e346a>

Fees can be paid over three direct debit collections or as a single payment through by paysubsonline.com

Fees are used to help offset the cost of travel and pitch hire throughout the season.

An electronic copy of each player's birth certificate must be supplied. A copy of the birth certificate should be requested once you register your child. It will be logged with the IRFU to generate an IRB player number. This number remains with the player throughout their rugby careers.

Rainey 200 Club

If a parent is a member of the 200 Club the £200 paid covers all family member registrations so they will receive a £25 reduction per mini player or £30 per youth player. In addition 200 Club members:

- Are entered into a draw at each All-Ireland-League (AIL) Senior home fixture for the chance to win £1 000 or a TV
- Have the opportunity to apply for Ireland tickets through the Club
- Get free use of the Clubhouse for parties and functions
- Receive discount on bar purchases

The Clubhouse

During training sessions and on match days the Clubhouse is open. The toilets are located on the ground floor while the function space and bar are upstairs. Please use the Clubhouse to meet and catch up with friends over a warm or refreshing drink. The Clubhouse is also available to book for adult birthday parties, family celebrations, work functions, meetings space or team building activities – just talk to the Bar Steward on duty.



Our volunteer coaches

Year group	Coaches
U14	Mervyn Seffen Michael Lee Raymond Gribbin Thomas McGoldrick
U16	Robert O’Kane Philip Lee
U18	Denver Friel Charlie Clarke

As our numbers of players increase we can always do with more adults to assist our coaches. You don’t have to be a rugby expert to get involved!

The more hands we have available to assist the less pressure we put on our volunteer coaches.

Our U14 and U16 coaches complete the IRFU Stage 2 Rugby coaching programme while U18 coaches hold Stage 3 certification. Our coaches are Access NI vetted and sign a ‘Declaration of Intent’ annually.

Training and Match Schedule 2018-19



Training is scheduled for every Wednesday night with the exception of:

31st October 27th December 2nd January 18th April

Over the Christmas holidays training maybe rescheduled for during the day subject to weather and pitch conditions. We hope to offer strength and conditioning sessions as the season progresses, details will follow.

Saturday fixtures:

Date	U14		U16		U18	
29/09/18	Limavady	(H)	Limavady	(H)	Limavady	(H)
06/10/18	Coleraine	(A)	Coleraine	(A)	Coleraine	(A)
13/10/18	Letterkenny	(A)	Letterkenny	(A)	Letterkenny	(A)
20/10/18	Strabane	(H)	Inishowen	(H)		
27/10/18	City of Derry	(A)	City of Derry	(A)	City of Derry	(A)
03/11/18	Finn Valley	(H)	Finn Valley	(H)	Finn Valley	(H)
10/11/18	Donegal Town	(A)	Donegal Town	(A)		
17/11/18	Ballymena	(A)	Ballymena	(A)	Ballymena	(A)
24/11/18						
01/12/18	Ballymoney	(H)	Ballymoney	(H)	Ballymoney	(H)
08/12/18	Limavady	(A)	Limavady	(A)	Limavady	(A)
15/12/18	Coleraine	(H)	Coleraine	(H)	Coleraine	(H)
22/12/18						
29/12/18	Letterkenny	(H)	Letterkenny	(H)	Letterkenny	(H)
05/01/19	Strabane	(A)	Tir Chonaill	(A)		
12/01/19	City of Derry	(H)	City of Derry	(H)	City of Derry	(H)
19/01/19	Finn Valley	(A)	Finn Valley	(A)	Finn Valley	(A)
26/01/19						
02/02/19	Donegal Town	(H)	Donegal Town	(H)		
09/02/19	Ballymena	(H)	Ballymena	(H)	Ballymena	(H)
16/02/19	Ballymoney	(A)	Ballymoney	(A)	Ballymoney	(A)

After HOME fixtures all players will receive a hot dog and drink. We ask that parents volunteer to help with distributing food in the Clubhouse.

Please ensure you respond to **Heja** messages or whatsapp texts re availability to play games.

You can follow the progress of our teams through [Ulster Rugby's results table](http://www.ulsterrugby.com/rugby-in-ulster/domestic-fixtures-results.php):

<http://www.ulsterrugby.com/rugby-in-ulster/domestic-fixtures-results.php>

Matches

Before the start of a match each team must:

- Provide both the referee, and the opposing team, with a teamsheet, signed by the coach or manager, containing the full names of its players, their registration numbers and the number of their playing position, indicating which players are the front row cover.
- Produce registration cards in respect of each of its players for inspection.

Where a team fails to provide a teamsheet the fixture will be forfeited or if a player is deemed unregistered they are unable to play.

The duration of games:

- Under 14 level: two 25-minute halves (plus time lost)
- Under 16 level: two 30-minute halves (plus time lost)
- Under 18 level: two 35-minute halves (plus time lost)

No extra time is played in any game.

Yellow cards are applicable at U14, U16 and U18 levels.

A player who receives a yellow card:

- (i) at U14 or U16 levels, shall be temporarily suspended for 5 minutes; and
- (ii) at U18 level, shall be temporarily suspended for 7 minutes.

Red cards are applicable at U14, U16 and U18 levels.

Age eligibility

The age threshold for the Youth is the age of the player on 1st July of the season in which the competition is played.

A player eligible to play at:

- (i) U14 level, is also eligible to play at U15 level
- (ii) U16 level, is also eligible to play at U17 level
- (iii) U18 level, is also eligible to play at U19 level.

Where a player is deemed capable of playing Youth Rugby at a level above which he is eligible to play, the Club may, with the written consent of his parents and coach, apply to the YCC for approval to his playing at the higher level.

A player may not play at two different age levels within a 48-hour period.

A player may not play in more than two games at the same age level within a 48-hour period, and in one of those games he may not play for more than one half.

Provisions	U14	U15	U16	U17	U18
Ball size	4	4	5	5	5
Max. time per half	25 min	30 min	30 min	30 min	35 min
Max. time allowed to play per day/event	90 min	90 min	90 min	90 min	90 min
Half-time minimum	5 min	5 min	5 min	5 min	5 min
Yellow cards	Applicable	Applicable	Applicable	Applicable	Applicable
Red cards	Applicable	Applicable	Applicable	Applicable	Applicable
Time per yellow card	5 min	5 min	5 min	7 min	7 min
Injury time	Allowed	Allowed	Allowed	Allowed	Allowed
Extra time	Not allowed	Not allowed	Not allowed	Not allowed	Not allowed
Lifting in line-outs	No	No	Yes	Yes	Yes
Pushing in scrums	1.5m only	1.5m only	1.5m only	1.5m only	1.5m only

Looking out for each other – Club Welfare

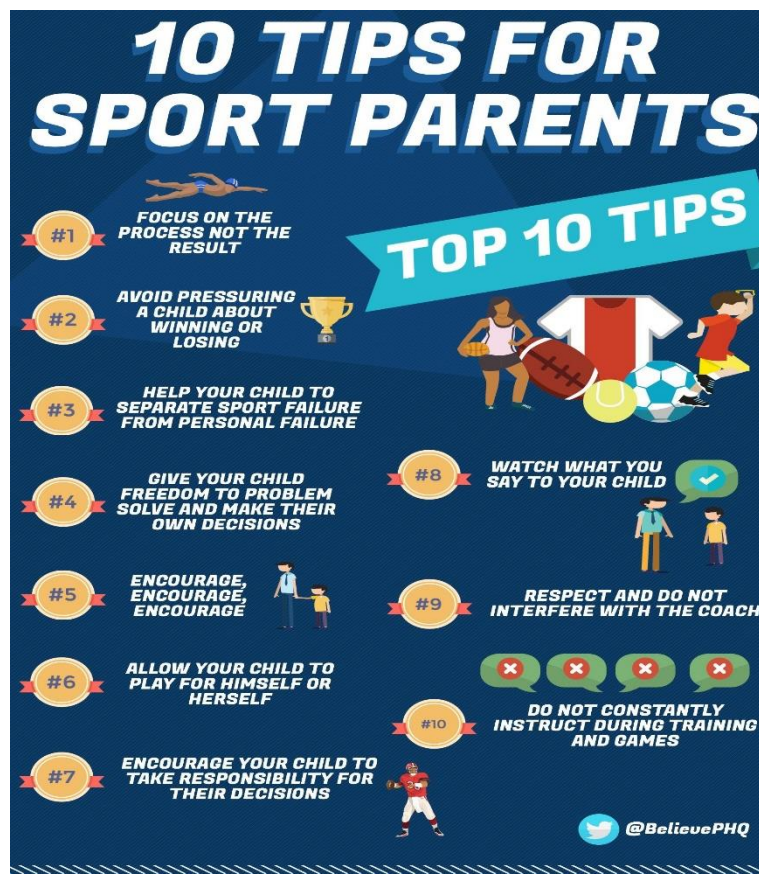
We expect our players to:

- Play for enjoyment and become part of the rugby family.
- Respect the game and play within the laws of the game.
- Accept the referee's decision and let your captain or coach ask any relevant questions.
- Play with control. Do not lose your temper.
- Always do your best and be committed to the game, your team and your club.
- Be a 'good sport'. Applaud all good play whether by your team or the opposition.
- Respect your opponent. Treat all players as you would like to be treated. Do not 'bully' or take advantage of any player.
- Rugby is a team sport and make sure you co-operate with your coach; teammates and members of your club.
- Remember that the goals of the game are to have fun, improve your skills and feel good.
- At the end of the match thank your opponents and the referee for the match.
- Always remember that you owe a duty of care to your opponents. Tackle hard but fairly, do not intend to hurt your opponent.
- Winning and losing is part of sport: Win with humility – lose with dignity.
- As part of the team it is important that you attend training regularly and listen to your coach and help your team.
- As a team sport it is important to understand that all members are important to the team!
- Remember you are representing your team, club, family and the game of rugby.



We expect our parents to:

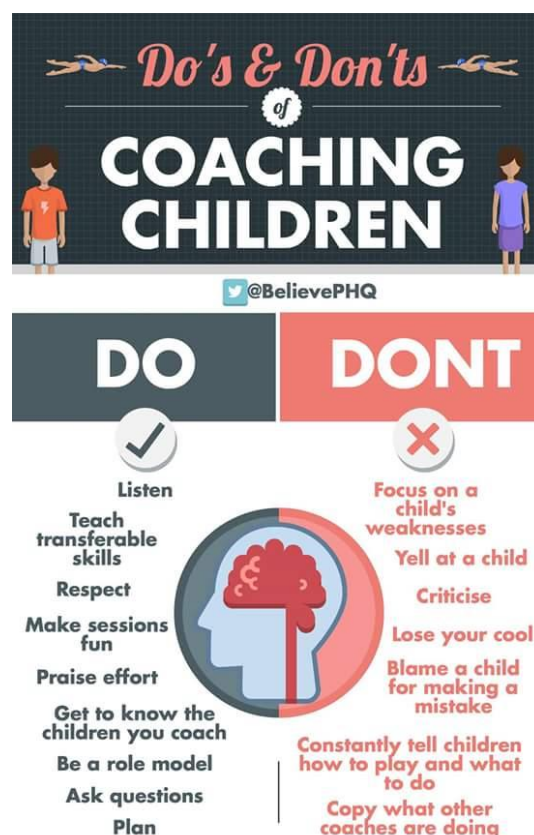
- Remember players play rugby for their enjoyment, not only yours.
- Encourage your child always to play by the laws of the game.
- Teach players that honest endeavour is as important as winning, so that the result of each game is accepted without disappointment.
- Help players to work towards skill improvement and good sportsmanship.
- Set a good example by applauding good play on both sides.
- Never ridicule, humiliate or shout at players for making a mistake or losing a match.
- Do not place emphasis on winning at all costs.
- Do not force an unwilling child to participate in the playing of rugby. If the child is to play, he/she will do so in good time through your encouragement.
- Support all efforts to remove verbal and physical abuse from rugby.
- As a spectator do not use profane language or harass referees, coaches or players.
- Do not publicly question the referee's judgement and never their honesty.
- Recognise the value and importance of volunteer referees and coaches.
- Identify and acknowledge the good qualities of the game of rugby and uphold these values.



Our coaches, as parents too will be acting 'in loco parentis' and will have a duty of care to all players.

We expect our coaches to:

- Always follow professional medical advice in determining when an injured player is ready to play again.
- Adhere to policies for our club to agree procedures regarding discipline, injury prevention, treatment, team selection etc.
- Be reasonable in their demands on the players' time, energy and enthusiasm.



Club Welfare Officer:

Mrs Anne O'Kane

Email: castletroy91@gmail.com

Mobile: 075 8548 6063

Rugby is a contact sport!



You MUST read the IRFU's - A guide to concussion in rugby union

<http://www.ulsterrugby.com/rugby-in-ulster/resources/player-welfare.php#.W1dTnrCovIU>

The IRFU has a handy wallet guide to concussion which can be downloaded from the link above and saved onto your phone.

What are the visible clues of a suspected concussion?

Players, coaches, healthcare professionals and referees should be familiar with the visible clues of a suspected concussion.

- Lying motionless on ground
- Slow to get up
- Unsteady on feet
- Balance problems or falling over
- Grabbing/clutching head
- Dazed, blank or vacant look
- Confused/not aware of plays or events
- Suspected or confirmed loss of consciousness
- Loss of responsiveness

If a player has ANY ONE of the visible clues they MUST be immediately removed from activity and MUST NOT return until they have completed the graduated return to play (GRTP) protocol.

IRFU concussion guidelines

Age group: U6s-U20s

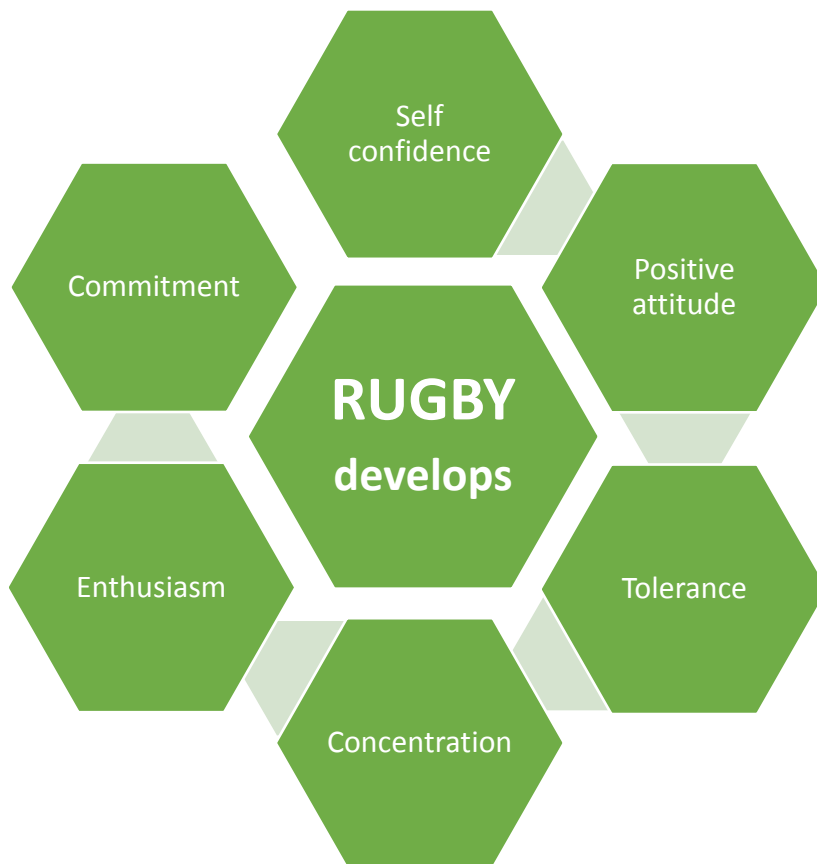
23 days (3 weekends missed) before contact activities are resumed as long as symptom free.

Players may not return to play until:

1. All their symptoms have subsided.
2. They have followed the GRTP protocol.
3. They have been medically cleared to return

Scrum caps are a great way to help alleviate some of the nicks and abrasions that come with playing any contact sport. Scrum Caps are NOT meant to prevent concussion. There is no medical evidence to suggest the use of a scrum cap will prevent concussion.

But it's not all about the game!



Co-operation & sharing

Fairness

Self control

Creative thinking

Communication skills

Teamwork

So, as your player starts to think about filling out UCAS forms or job applications and they ask you "what can I write about?" – what can't they show evidence of!