

## **Wayzata Girls Rugby Club POLICIES AND PROCEDURES 2010**

Players and Parents/Guardians are required to download read this document. Signing the acknowledgement that both the parents and player have read and understood these policies is required before the player may participate in club activities.

### **Policies and Procedures:**

The future of the Club is based around the three-team structure. Players are firstly members of Wayzata Girls Rugby Club. Secondly they play in a team consistent with their level of skill and dedication. It is the policy of the Club to provide a playing opportunity of all girls within the age limit as prescribe by the USA Rugby Union for under 19 players, and who are physically fit enough to play, as determined by the club fitness trainer. No tryouts and no cuts. Except as follows:

The team called the “Foxes” will primarily be made up of girls in their first and second year of rugby. The role of this team is to introduce girls to the game and various skills required to play the game.

The team called the “Fillies” will primarily be made up of girls in their second a subsequent years. The role of this team will be to allow girls to develop and improve their skills.

The team called “Wayzata 1st XV” will be primarily made up of girls in their second and subsequent years. The role of this team will be to represent the Club at the highest possible level of competition. The coaching staff will select girls who play in this team. Girls who have been selected for this team who don’t perform at the level expected, attend practice or are injured or sick for a period of time

may be asked to play for either the Fillies or the Foxes until such time as their performance has improved.

Nothing in this policy is intended to exclude neither the Fillies nor the Foxes from competing at the highest level of competition.

Nothing in this policy is intended to prevent a coach from asking any girl to play in a higher-level team either on a game-to-game or permanent basis. However, the Club’s policy is that more experienced players will not be used as ringers to artificially improve a less experienced team.

Nothing in this policy is intended to prevent any player choosing to play in a team at a level lower than what the coaches feel she is capable of playing. Ever effort will be made to place a player on a team consistent with her skills, coachability and dedication.

Practice starts at the end of January/beginning of February. All new players are assigned a ‘Big Sister’. New players are put into a squad to start them with the basics (Senior players are assigned, on a rotating basis to this squad, to assist the coaches, demonstrate skills and make sure the new players feel welcome). Returning players are run through the basics, then introduced to their next level of skills.

It is not the policy of the club to win at all costs.

**Playing time:** The laws of the game state that a team is made up of 15 players and 7 reserves. Once a player has been replaced she cannot return to play except when she has left the field to attend to a blood injury. Or (U19 variation) when all 7 reserves have been used and an injured player needs to be replaced. Or when the coaches agree between themselves before the game that more than 7 reserves may be used and the referee agrees. (Local Minnesota Union variation.)

When the 7 reserves law applies, 4 of those players must be capable of playing in the front row of the scrum. This is intended to prevent the whole of the back line from being replaced,

With the game laws in mind coaches will attempt to allocate playing time as fairly as possible subject to the individuals positional skills.

Players increase their opportunity for playing time by learning a number of different positions. Ideally any player should be able to play at least one position within the forwards and one position within the backs. This may not always be possible due to physical size restraints.

### **Specific BANS**

Players are specifically precluded from participating in the game commonly known as “Assassin” or any variation or similar game . A simple description of the game. Players agree to “assassinate” other players, eliminating them from the game by various means. Last player wins. This game has lead to players at practice suddenly having to run away from their “assassin” creating a dangerous situation. Players who

participate will receive the same penalties imposed for Drug and Alcohol usage.

Players are specifically precluded from participating as a player or organizer in the game commonly known as “powder puff football game”. Simple description: A game of football between Senior and Junior High School girls. This game occurs too close to State Rugby Finals and has of recent times become more of a fight rather than a game. Injuries received in this game by WGRC players included black eyes and a broken nose. Players who participate will receive the same penalties imposed for Drug and Alcohol usage. Seniors who participate will also be precluded from applying for the WGRC, Menagerie and MARF educational scholarships.

### **Safety:**

Coaches will use practice time two ways. Fitness and game skills.

Fitness is the best way to prevent injury. Game skills are the second best way to prevent injuries. Players should not expect that the fitness exercises conducted at practice are enough to provide them with enough fitness to safely play a game. At this level of play each half is 30 minutes of continuous play with a 5-minute break. Proper fitness includes conditioning work done by the player outside practice time.

The club expressly prohibits the use of tobacco, alcohol, illegal or performance enhancing drugs by players. Coaches of legal age may consume beer or wine in moderation when in a social situation with other adults. A coach may not consume alcohol when players are present and no other adult is present.

Because we are an all girls club we have the following rules.

No player may get into a coaches car (Except a dad coach and only while his own daughter is in the car and she must sit in the front). This means that a coach cannot drive your daughter home after game or practice, so please be on time picking up your child.

A coach will remain at practice or at the pick up/ drop off site until all players have been picked up by their parents or rides. (Exceptions. Plymouth Creek Center and the Wayzata High School) please pick up your child on time.

No player may go to a coach's home on her own. Another adult must always be present at the coach's home.

Rugby requires a hands on situation from time to time. All hands on situations must take place out on the field in full view.

No coach may take a player out of sight for individual instruction.

When traveling, no player may enter a coach's room. No coach may enter a player's room without consent and without another adult being present.

At games, practice and when traveling, coaches need to carry a binder with all players' waivers, CIPP numbers, medical cards and consent to medical treatments.

### **Injury:**

In the event of a minor injury, players will be allowed to return to their homes and discuss with their parents as to the need for medical treatment. Major injuries will be dealt with on an

emergence basis with the player being conveyed to the nearest medical facility by the most appropriate means available. Coaches will contact parents using the phone number provided by the parents in the sign up documents.

### **Concussion:**

Return to play after a concussion is based on the amount of time it takes to assure healing of the brain and the ability to protect the head/brain from further injury during a practice or contest. The current rugby laws require that a player with a concussion not to play for three weeks. This means that the player is not allowed to participate in games or practice for this interval. If there was no loss of consciousness, no memory loss or persistent headaches, conditioning activities may be resumed earlier. An earlier return to play is allowed if a player is cleared by a sport medicine physician or neurologist. If a player suffers more than one concussion in the same season, the player should not be allowed to return to play that season or the next unless cleared by a qualified physician.

For guideline overview according sports medical / neurological opinion see the next table.

#### Grade 1 (mild)

1st concussion

Return to play if asymptomatic for 1 week.

2nd concussion

Minimum of 2 weeks; after that Return to play if asymptomatic for 1 week.

3rd concussion

Terminate season; may return to play next season if asymptomatic.

## Grade 2 (moderate)

1st concussion

Return to play if asymptomatic for 1 week.

2nd concussion

Minimum of 1 month; after that return to play if asymptomatic for 1 week.

Consider terminating the season.

3rd concussion

Terminate season; may return to play next season if asymptomatic

## Grade 3 (severe)

1st concussion

Minimum of 1 month; after that Return to play if asymptomatic for 1 week.

2nd concussion

Terminate season; may return to play next season if asymptomatic

3rd concussion           Quit Rugby !! ??

Protective equipment and equipment in general:

Players may wear protective equipment as approved by the International Rugby Board. The equipment includes soft helmets and chest protectors. They can be purchased on-line from many of the on-line rugby stores in the US such as Balls Out, Ruggers.com and rugbyimports.com. The coaches have no opinion either way on the use of chest protectors. But do stress the use of a correctly fitted sports bra. The soft helmet can be a good idea but sometime give the user a false sense of security. Properly fitted cleats are a must and can prevent serious injury. Do not play rugby in softball cleats.

Mouth guards are required. Buy two, they get lost.

## **Modesty:**

As girls get more experienced at rugby, and because we have club jerseys rather than individual ones there is a tendency for the girls to remove their jerseys in public. While there is nothing wrong with this, (Sports bras are many times more modest than swim wear) and necessity requires that it happens, coaches have been instructed to remind the girls to put on t-shirts or some other covering at their first opportunity. It is a tradition in rugby that when a player does have to disrobe on the field because of torn equipment, team members form a circle around that player. Some players prefer to wear a t-shirt under their jerseys but run the risk of over heating during the game.

## **Clarification of the Clubs policy on illegal drugs, alcohol and tobacco use.**

It is the policy of the club that illegal drugs, alcohol and tobacco use by players will not be tolerated. Illegal drug use by coaches will not be tolerated.

If a player is found using, selling or in possession of illegal drugs, alcohol or tobacco the following process will apply:

1. For the first offence, the player will be suspended from 3 league games, (State play-off games count as league games. Tournaments and friendly games do not.) or three weeks, whichever is the longer.
2. Should the offence occur on or after the last league game of the year, the period of suspension will start at the beginning of the next season.

3. For the second offence, the player will be banned for life from the club.
4. In all cases parents will be informed.
5. In the event of illegal drugs, police will be informed.
6. During the period of the suspension, the player must attend practice, games, club functions and fund raising events.
7. If in the opinion of the majority of the coaches the player has not attended a reasonable percentage of practice, games, club functions and fund raising events a further period of three weeks or three league games may be imposed.

If a coach or parent is found using, selling or in possession illegal drugs, or if a coach or parent sells or provides alcohol to a player:

1. That coach or parent will be banned for life from the club and the police will be informed.

If a coach or parent sells or provides tobacco to a player:

1. That coach or parent will be suspended from coaching and or attending practice, games, club or union functions for the remained of the season.
2. Should the offence occur on or after the last league game of the year, the suspension will start at the beginning of the next season,

Appeals:

1. A player, coach or parent may appeal a suspension or ban by informing the President of the club of her or his intention to do so, in writing. In the case of a player, the appeal must be made before the next league game is played. In the case of a coach or parent, the appeal must be made with 48 hours of being notified of a ban or suspension.
2. Once an appeal has been lodged, the suspension or ban will be suspended until after the committee has met. The president will call a meeting of the committee as soon as practical, at which the player, parent or coach will be entitled to be present and to present her or his case.

In formulating this policy, the club was guided by the State High School League rules for athletes and the policies of the Wayzata High School.

I state that I have read and understood the waiver and policies set out above

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Parent and Player sign here

Print names

Date