

2012

Northern California Youth Rugby
Association

Junior Youth Rugby Committee

NCYRA JUNIOR YOUTH PLAYING REGULATIONS 2012

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1 Purpose

The purpose of this document is to define policies and rules that apply to all Northern California Junior Youth Rugby clubs in 2012.

The objective is to create a standard of organization, sportsmanship and play consistent across all clubs to facilitate the growth of the sport and further the welfare of players.

Junior Youth Rugby is rugby at three levels: U12, U10 and U8, as defined further herein.

Regulations defined in this document are drawn from past issues, the 2011 season post-season meeting, previous rules and research related to foreign union regulations governing youth rugby.

Regulations defined in this document are consistent with and may be additional to those already defined by the NCYRA Policies. All NCYRA Policies for Youth Rugby, such as CIPP requirements, coach and referee certification, registration requirements, as well as all others, must be adhered to.

A key motivation is to define policies and regulations early before the 2012 playing season to allow clubs to prepare for the upcoming season.

2 Game Laws and Playing Format

Games to be played according to rules specified by USA Rugby with following variations and emphasis:

2.1 U12 All Division Rules

- Player must not turn 12 before 9/1/11
- Contact rugby per USARFU U19 laws as modified hereby
- Coed
- The format shall be 12-a-side, however upon mutual agreement of coaches teams may play 7, 10, 12, 13 or 15 a-side
- Uncontested scrums, 3 man for 7-a-side and 10-a-side, 5 man for 12-a-side, 6 man for 13 a-side, 8 for 15-a-side
- No forward pick-ups from the scrum, unless playing 15-a-side, in which case the Number 8 can pick up the ball from the back of the scrum. All forwards must be tightly bound into the scrum and props bound against the opposing props. Discourage early disengagement from the scrum.
- Contested lineout throw, no lifting, ball must be thrown straight
- Size 4 ball
- Offside lines approximately 8 yards from lineout and 4 yards from back of scrum
- Game times are recommended to be 15-20 minutes per half, unless in a multi-team event it is desirable to have shorter game times, which shall be a minimum of 10 minute halves. Single-game events shall be 20 minutes per half.
- Field size: ½ or ¾ size field recommended
- Kicking is allowed, but the 22 meter line will be played at the 10 meter line for the smaller field
- Field configuration marked with cones
- No conversion kicks or penalty shots unless the home team can provide goal posts
- Defensive scrum-half must remain behind scrum center line until ball is played out of scrum - penalty

- Emphasis on safe and proper contact. Among other things, the following shall apply (infractions must be penalized):
 - o No 'Scragg' or "Horse Collar" tackling (pulling by shirt collar)
 - o No jersey slinging tackles
 - o No spearing player to ground
 - o No falling on or otherwise playing a player on the ground
 - o Players must use arms to wrap in tackle in all instances, including tackling into touch
 - o Tackle must be below armpits and above the knees
 - o "Fends" are legal but must be with an open palm and below the armpits
- Scoring team always kicks off
- Sin-bin 5 minutes, to be served on the sidelines so that the coach may explain the related infraction

2.2 U10 All Division Rules

- Player must not turn 10 before 9/1/11
- Contact rugby per USARFU U19 laws as modified hereby
- Coed
- Size 4 ball
- The format shall be 10-a-side, however upon mutual agreement of coaches teams may play 7, 10, 12, 13 a-side, but no more
- Uncontested scrums will be 3 man for 7 and 10-a-side, 5 man for 12-a-side, 6 man for 13 a-side
- No forward pick-ups from the scrum. All forwards must be tightly bound into the scrum and and props bound against the opposing props. Discourage early disengagement from the scrum.
- Non-contested lineout throw
- Size 4 ball
- Offside lines approximately 8 yards from lineout and 4 yards from back of scrum
- Game times are recommended to be 10-15 minutes per half, unless in a multi-team event it is desirable to have shorter game times, which shall be a minimum of 7.5 minute halves. Single-game events shall be 15 minutes per half.
- Field size: ½ size field recommended
- Kicking is allowed, but the 22 meter line will be played at the 10 meter line for the smaller field
- Field configurations marked with cones
- No conversion kicks or penalty shots unless the home team can provide goal posts
- Scrum-half must remain behind scrum center line until ball is played out of scrum - penalty
- Emphasis on safe and proper contact. Among other thing, the following shall apply (infractions must be penalized):
 - o No 'Scragg' or "Horse Collar" tackling (pulling by shirt collar)
 - o No jersey slinging tackles
 - o No spearing player to ground
 - o No falling on or otherwise playing a player on the ground
 - o Players must use arms to wrap in tackle in all instances, including tackling into touch
 - o Tackle must be below armpits and above the knees
 - o "Fends" are legal but must be with an open palm and below the armpits
- Scoring team always kicks off
- Sin-bin 5 minutes, to be served on the sidelines so that the coach may explain the related infraction

2.3 U8 Rules

- Player must not turn 8 before 9/1/11
- Touch rugby is the standard method of play, a touch being with two hands between the knees and chest
- Flag may be played by mutual agreement of the coaches
- Coed
- Size 3 ball
- 8-a-side recommended number of players
- Follow guidelines of USARFU "Rookie Rugby" <http://www.rookierugbyclub.com/home>

2.4 General Mandatory

2.4.1 Pre-game

- NCYRA player rosters sheets and proof of age must be presented before each event in a reasonably organized binder. This information is consistent with the requirements of the NCYRA Competition Management System and the binders are meant to simplify and make convenient the availability of the information.
- If no official player list or player absent from list, no play
- Mandatory line up mid field line before match, address by coaches and referees, handshake between players, safety check (boots, jewelry, etc.), kick off. Pre-game discussion to include, among other things:
 - o Purpose: to play rugby, improve skills and have fun.
 - o Sportsmanship is paramount – deemphasize winning. Be a good winner and good loser. This applies to spectators, too.
 - o Safety first! Discuss examples of dangerous play.
 - o Emphasize some of the key laws, such as entering the gate, staying on feet, don't play on the ground.
 - o Stick around for post-game gathering!

2.4.2 Game

- Coaches not allowed on field during general game Coaches are reminded they are responsible for side line behavior
- Spectators must stand back 5 meters from touch
- Recommended that coaches run touch and mark the offside lines for their players at scrums and lineout

2.4.3 Post-game

- Handshakes and mutual cheers
- Sit down and award man of match for each side
- Encourage the opposing players to meet and interact

3 Age Group Size Divisions

3.1 U12 Divisions

It is the goal of NCYRA Junior Youth Rugby to provide for both Open and Lightweight divisions for both U12 and U10, but it is recognized that many clubs cannot currently field multiple teams in each age group.

3.1.1 Open Division

- Where possible, clubs will provide for Open and Lightweight competition.
- There are no formal restrictions on size, however in the interest of sportsmanship all are strongly encouraged to play up if greater than 140 pounds (Middle School).

3.1.2 Lightweight Division

- Restricted to players 100 lbs and under.

3.2 U10 Divisions

3.2.1 Open Division

- Where possible, clubs will provide for Open and Lightweight competition.
- There are no formal restrictions on size, however in the interest of sportsmanship all are strongly encouraged to play up if greater than 120 lbs (U12).

3.2.2 Lightweight Division

- Restricted to players 70 lbs and under.

3.3 U8 Single Division

- No size restrictions

3.4 Middle School

Although not covered by the Junior Youth Rugby the following recommendation is made to the Middle School committee for the sake of upward player consistency. Larger players not in middle school who wish to play at that level should be encouraged to “play up.” Players who play up consistently should be encouraged to stay up.

3.4.1 Open Division

- No size restrictions

3.4.2 Lightweight Division

- 120 lbs and under

4 Season Scheduling

All NCYRA Junior Youth clubs shall provide to the Junior Youth Scheduling Coordinator by October 1 an estimate of their number of teams in each age group and such other information as requested by the Junior Youth Scheduling Coordinator. A draft schedule shall be prepared based on this information and distributed to all clubs by October 15. Comments may be provided to the Scheduling Coordinator, who will attempt to accommodate all reasonable requests. A definitive schedule is expected to be available by December 1.

The 2012 Junior Youth playing season will include the following weekends:

- a. Jan: (7th, 14, 21, 28)
- b. Feb: (4th, 11, 18, 25)
- c. March: (3th, 10, 17, 24)
- d. Tournament: weekend of 3/24 or 3/31

All weekends except Jan 7, Jan 28, Feb 11 and Mar 17 will be scheduled geographically, with the Bay Area and the Sacramento Valley constituting two regions. The four excluded weekends noted above shall be available for self-scheduling of cross-region matches. These scheduled matches shall be placed on the final schedule released December 1. Any new clubs formed during or after this period will be added to already scheduled events.

4.1 Operating Rules and Definitions

- II. 2012 pre-season is defined as Nov-Dec 2011 and is necessary for practice.
- III. Team 'Squad' Size Guideline : 1½ times the number of on-field players per level, so a U12 team 'squad' will typically consist of 18 registered players, because U12's play 12 a-side, see section 2
- IV. There will be two regions: Bay Area and Sacramento Valley. It is intended that regions contain at least 6 clubs with multiple teams.
- V. Clubs must play other clubs according to the schedule
- VI. Player Time Requirement:
 - a. In advance of game day, competing clubs must work together to ensure all players play at least half a game
 - b. For example: for three teams at a level on game day, clubs must consider playing three period 'Triangle' games, or mixing sides to ensure that the player time requirement (above specified) is met
- VII. Club Home Day: A hosting club must decide which day they prefer to play for the season, default is Sunday, home team has until October 15 to select their preferred day (Sat/Sun)
- VIII. If a hosting club determines in advance of game day they cannot run games on their home field they must work with their competitor(s) to play at another location
- IX. It is the responsibility of the home club to make the field arrangement and communicate information to its competitors at least 3 days before the event.
- X. The Junior Youth Committee shall maintain a database of contact e-mails and phone numbers for all clubs
- XI. Once the schedule is published December 1 it is fixed and should not change except for the addition of new clubs that emerge during the season, or clubs that disappear This policy document and all conference schedules will be posted prominently on the NCYRA web site with all necessary club contact information

5 Refereeing

- All referees must wear a neutral colored jersey
- Home club must provide a NCYRA certified referee for every game and may invite opposing teams to also provide a certified referee(s)
- Coaches not certified as a referee cannot referee a game

6 Coaching

- Each club must have a least one coach for each age group that is NCYRA-certified and CIPPed in attendance at all games
- Coaches for U12 and U10 are not allowed on the field during play
- Two coaches are allowed on field for U8 for first month of playing season (January)
- It is strongly recommended that coaches or their delegate run touch and mark offside lines for scrums and lineout's to teach players offside lines, create space and make for a clean and open contest

7 Safety

The presence of a professionally-trained medical person (doctor, nurse, trainer, EMT) is recommended at every game.

It is recommended that all teams adopt a safety protocol, guidelines for which may be provided on the NCYRA website.

The coaches and referees are required to conduct a pre-game safety and sportsmanship talk with all players' center line prior to the first kick-off of an event.

8 Junior Youth Committee Positions

Current roles for the Committee are as follows:

- Chairman: Matt Taylor. Coordinates and manages meetings, reports to NCYRA Board of Directors, coordinate communications to all clubs.
- Discipline and Compliance Officer: Glenn Worden. Liaison with NCYRA Disciplinary Committee(s). Reviews and refers disciplinary actions to such Committee(s). Sits on such Committee(s)
- Junior Youth Scheduling Coordinator: Stephen Moore
- Bay Conference Officer: Pat Farley. Liaison with regional clubs.
- Sac Conference Officer: Glenn Worden. Liaison with regional clubs.
- NCYRA Website Coordinator: Paul Lynch. Ensures that Junior Youth Rugby has a prominent and easy to find presence on the NCYRA website. Works with NCYRA to provide content.
- Secretary: Hilo Makoni. Takes minutes of meetings and otherwise works with Chairman to coordinate meetings and communication with Committee members.

9 Disciplinary Committee and Compliance

It is expected that NCYRA will have a Disciplinary Committee or Committees (by region) to set forth disciplinary standards and enforcement.

The Junior Youth Rugby Committee will meet regularly to discuss issues related to regulations and compliance. The Junior Youth Committee Discipline and Compliance Officer shall make general recommendations to the NCYRA Committee, as well as inform it of any Junior Youth disciplinary issues.

Reports of non-compliance with any NCYRA directives should be brought to the attention of the Junior Youth Discipline Officer. Reports must be presented in writing. Anonymous reports will not be considered.

The discipline chair will investigate non-compliance issues and present them to the NCYRA Committee.

Persistent violations with no attempt to rectify will not be tolerated and appropriate sanctions should be invoked.

10 Committee Meetings

It is contemplated that the Junior Youth Committee will have up to five meetings during the pre-season and game season, remaining meetings targeted in late November, and early January, February and March.

At least two face to face meetings are desirable, other meetings can occur via phone conference.

The primary purpose of the meetings is to discuss issues related to scheduling, regulations and compliance.

Meetings should also be arranged by the committee in support of assistance to new clubs for set up and recruitment.

11 Tournaments

- Kick Off Tournament at clubs' discretion.
- End of Season 2012 tournament to occur end of March, either the weekend of March 24 or 31 based on field availability in Danville. Tournament to be hosted by Danville with NCYRA and Junior Youth Committee support.