

# Parent Welcome Package



## Mini Rugby 2011 (U8 / U10 / U12 / U14)



Welcome to the Toronto Scottish RFC Mini Rugby Program. On behalf of all the players, coaches, administrators and supporters, past, present and future, we would like to thank you for joining our club – our family. Established in 1953, we are the oldest club in Toronto and based in the Yonge / Eglinton area.

At the entry level, Flag Rugby is a non-contact form of the game that promotes fitness, teamwork and participation for boys and girls aged five and up. It introduces the basics of one of the fastest growing team sports in Ontario and a great alternative to traditional sporting activities.

Recognizing that some of you may never have experienced rugby before, the objective of this package is to familiarize you and your children to this unique and thoroughly enjoyable sport. To others returning to the game, we hope it makes you question why you left the game in the first place and have not returned sooner!

If you have any questions or comments, including improvements, please do not hesitate to contact either of us or any of the coaching resources – SEE Appendix A.

Regards,  
 Dave “Tiger” Williams  
 Mini Rugby Program

Regards,  
 Rahim Dharamsi  
 Club President

# Table of Contents

Introduction.....	4
Required Playing Equipment .....	5
The Game of Flag Rugby .....	5
Fun & Honour Code.....	6
History of Rugby Union .....	8
High Five .....	9
Useful Websites .....	9
<a href="#">Appendices</a>	
Appendix A – Contact Information .....	10
Appendix B – Dealing With Injuries.....	11
Appendix C – Flag Rugby Rules .....	13
Appendix D – Coaching Philosophy .....	20
Appendix E – Parent Code of Conduct.....	21
Appendix F – Medical Form .....	22

## Introduction

This package is intended to give parents practical information for the continual development of Flag Rugby outside of our organized practices and tournaments.

Consistent with Rugby Ontario (the governing body for the sport of rugby in Ontario), The Ontario Trillium Foundation (an agency of the Government of Ontario and one of Canada's leading grantmaking foundations) and the rugby membership across the province, Toronto Scottish RFC is invested in making sure as many children as possible are exposed to Rugby in a fun and active manner. Flag Rugby allows participants start to learn the game and the key skills of passing, evasion, team work, attack and defense.

The Toronto Scottish RFC Mini Rugby Program is consistent with *Canadian Sport for Life (CS4L)* and based on *High Five*, a quality standard for children's sport and recreation founded by Parks and Recreation Ontario. It is also an introductory step in the rugby continuum, as prescribed in Rugby Canada's Long Term Rugby Development Model.

### OUR VISION

To help children learn skills and values that last a lifetime.

### OUR MISSION

To promote fun and a child-centered approach to playing rugby under safe conditions.

### OUR GOALS

- Endorse and promote the five principles and three design guidelines of *High Five*.
- Build self-awareness and self-responsibility in participants, parents and coaches.
- Conduct pre-season, practices and competitions in a consistent manner.

The Toronto Scottish RFC Mini Rugby Program endorses and is in compliance with the Rugby Ontario Child Protection Policy for the 2011 Season.

## Required Playing Equipment

Rugby is a low cost sport, which increases its appeal considerably. We ask only that parents provide their children with a mouthguard (mandatory for all ages) and that the children wear soccer cleats, both for outside practices and tournaments. Other requirements may arise in the future, though we will provide as much advance notice as possible.

As part of the registration fee of **\$100 / child / year (U14 - \$200)**, Toronto Scottish RFC provides each child with a jersey, shorts and socks. Please make cheques payable to Toronto Scottish R.F.C.

The club is currently wearing kit provide through Kukri Sports Canada Inc. ([www.kukrisports.com](http://www.kukrisports.com)) and adult clothing is available for purchase.

In the event of injury, the Toronto Scottish RFC Mini Rugby Program has an Emergency Action Plan (EAP) – SEE Appendix B for summary details.

## The Game of Flag Rugby

Flag Rugby is a fast moving, non-contact invasion game suitable for boys and girls to play together, comprising running and handling skills. It's safe, non-contact nature combined with the fun and vibrancy promotes fitness, teamwork and participation.

The interchangeable nature of possession, leading to rapid switching of attack and defense, means that a range of skills are cultivated and developed. Co-operation, integration and determination, along with individual and collective responsibility, are key elements in the game.

By running forward but passing backwards, a team can move towards the opposition's goal-line through the exertion of pressure in different forms.

At Contact → Confrontation / In Space → Evasion / In Possession / Continuity

<b>SPIRIT</b>	<b>LAWS</b>	<b>FUNDAMENTALS</b>	<b>DESCRIPTION</b>
Gain ground	Scoring	Go forward	Ground the ball
Physical	Possession	Support	Team-mates behind
Equity	Offside; Knock-on; Forward Pass	Continuity	Players on their feet

For the Flag Rugby Rules, please refer to Appendix C.

## Fun & Honour Code

Rugby has been described as – “An animals game played by gentleman (and ladies)”. It is a contact sport with established traditions and the Toronto Scottish RFC Mini Rugby Program has established the following Honour Code to maintain the traditions that we have inherited in or to pass them on to future generations.

Coaches / Referees shall:

1. Have fun.
2. Honour the game by adopting a culture that rewards efforts not only outcomes.
3. Think before you act and never do anything, on or off the field, which compromises any players' efforts to be the best that they can be.
4. Emphasize the spirit and letter of the rules, and respect the referees even if you disagree.

SEE Appendix D – Coaching Philosophy. In addition, a separate guide is available for referee volunteers - speak to Colin Shaw.

Parents / Guardians / Supports shall:

1. Have fun.
2. Honour the game through actions and words, using praise and positive recognition for good play from both teams.
3. Appreciate the coaches for their commitment and efforts, and resist the urge to give instructions but rather allow the coaches to correct the players' mistakes.
4. Think before you act and never do anything, on or off the field, which compromises any players' efforts to be the best that they can be.
5. Understand the spirit and letter of the rules, and respect the referees even if you disagree.

SEE Appendix E – Parent Code of Conduct and Appendix F – Medical Form. **Please read and sign, and return with registrations forms and fees.**

Players shall:

1. Have fun.
2. Honour the game by being the best they can be and putting effort into learning, both individual and team skills.
3. Commit to the team through high attendance, high energy and high respect for their friends.
4. Play to the spirit and letter of the rules, and respect the referees even if you disagree.

**The questioning of referees by players will not be tolerated under any circumstances in any age group and the offending player will be removed from the game.**

**In addition, the verbal or physical abuse of referees, coaches, teammates, opponents or spectators by any participant will not be tolerated under any circumstances in any age group. The game will be paused until offenders have left the playing enclosure.**

## Schedule of Games 2011

The Toronto Scottish RFC Mini Rugby Program practices as follows, effective May 16:

- Monday at 6-7pm at Upper Canada College – Avenue Road, north of St. Clair; and,
- Thursday at 6:30-8:00pm at Sunnybrook Park, East field- Leslie, north of Eglinton

The Toronto Scottish RFC Mini Rugby Program also practice with the Saracens RFC Mini Rugby Program at Cameron Public School – Yonge / 401, anyone is welcome to attend if they can not make Monday or Thursday

A schedule of U8 / U10 / U12 Tournaments is listed below and most tournaments run 9am-12pm. A schedule of U14 Tournaments is available upon request. You do not have to play in every tournament and we may not enter every tournament during the season as many families go away during the summer.

DATE	TOURNAMENT HOST	VENUE	STATUS
Jun-04	BURLINGTON CENTAURS RFC	BURLINGTON RFC	CONFIRMED
Jun-12	AURORA	FLETCHERS FIELDS	CONFIRMED
Jun-19	TORONTO SARACENS	SUNNYBROOKE PARK	CONFIRMED
Jun-26	OSHAWA VIKINGS RFC	OSHAWA	CONFIRMED
Jul-09	OAKVILLE CRUSADERS RFC	OAKVILLE RFC	CONFIRMED
Jul-17 or	LINDSAY RFC	LINDSAY RFC	CONFIRMED
Jul-17	GEORGIAN BAY TITANS RFC	COLLINGWOOD	CONFIRMED
Jul-23	BRANTFORD RFC	BRANTFORD RFC	CONFIRMED
Jul-23	PETERBOROROUGH RFC	PETERBOROUGH	CONFIRMED
Aug-6	Rugby Canada vs. USA	BMO Field	N/A
Aug-13	HIGHLANDERS RFC	FERGUS	CONFIRMED
Aug-21	AJAX WANDERERS RFC	AJAX	CONFIRMED
Sep-11	RUGBY ONTARIO JUNIOR FESTIVAL	FLETCHERS FIELDS	CONFIRMED

## History of Rugby Union

It is the common belief that the game of Rugby was first born in 1823 at the school of Rugby in Warwickshire, England. A schoolboy, William Webb Ellis, decided to pick a soccer ball up and run with it. It has continued to develop and it is played in 100 countries around the globe.

The Governing body for Rugby is the International Rugby Board (IRB) and is based in Dublin, Ireland. They decided to call the World Cup for Rugby, played every four years, the Webb Ellis Trophy.

Rugby embraces a number of social and emotional concepts such as courage, loyalty, sportsmanship, discipline and teamwork. The 2009 movie *Invictus*, produced and directed by Clint Eastwood, saw Morgan Freeman play Nelson Mandela and Matt Damon play François Pienaar, captain of the underdog South African Springboks who won the 1995 Rugby World Cup in post-apartheid South Africa.

Depending on who you speak to, since the southern hemisphere teams often dominate the north, rugby rapidly spread from its origins in the UK and Ireland to the British colonies in South Africa, Australia, and New Zealand. It also spread to North America, where it was transformed into a new style of “football”.

Rugby’s growth in each country of the world has been unique to themselves. In such places as South Africa, Wales and New Zealand the game has become their number one national sport. There are few countries whose national identity is so closely embedded in one sport as New Zealand is to rugby. Pride in the country, its history, and its culture commingle in New Zealanders’ huge support for the All Blacks, who are known for their pre-game Haka (<http://www.allblacks.com/index.cfm?layout=haka>).

Rugby maintained its amateur status for many decades striving on the traditions and cultures, until the mid 1990’s when professionalism shook the foundations of the sport. Rugby embraced professionalism which has seen the introduction of new competitions and formats – “sevens” (7-a-side, as opposed to the traditional 15-a-side); beach rugby; snow rugby.

Normally, the highest accolade is playing rugby internationally for your country and you are “capped” but there are two notable exceptions – the British & Irish Lions; the Barbarians RFC. Every four years, England, Wales, Scotland and Ireland play as the British & Irish Lions, and alternately tour South Africa, Australia and New Zealand. The Barbarians RFC is purely invitational and has no fixed playing ground, and is recognizable by the black and white hoops with players wearing socks of their choice.

Rugby in Canada is for the majority an amateur sport with some professional athletes playing in various professional competitions around the globe. Rugby in Canada is well represented in all ten provincial unions and is played by Canadian girls and boys, men and women. Although Canadian Rugby still benefits from the occasional player from overseas, the majority of new players to the game are young Canadian athletes. These young Canadians are the game's future.

*For more information about Rugby in Canada, go to the Rugby Canada website.*

## High Five

*High Five* is a quality standard for children's sport and recreation founded by Parks and Recreation Ontario. The Toronto Scottish RFC Mini Rugby Program endorses and promotes the five principles and three design guidelines, as set out below:

- Principles: A caring adult; Friends; Play; Mastery; and, Participation.
- Guidelines: Developmentally appropriate; Safe (physically and emotionally; activities and environments); and, Welcoming of diversity and uniqueness.

## Useful Websites

[www.rugbycanada.ca](http://www.rugbycanada.ca)

[www.rugbyontario.com](http://www.rugbyontario.com)

[www.irb.com](http://www.irb.com)



## Appendix A – Contact Information

WEB SITE: [www.torontoscottish.com](http://www.torontoscottish.com)

### Overall Program

Name: David Williams

H: (416-421-9804 / W: 905-672-4686 / C: 416-460-2649

E: [dtwilliams22@rogers.com](mailto:dtwilliams22@rogers.com)

Bio: Dave grew up in the Maritimes and Montreal, playing club, university and representative rugby in Montreal. Dave moved to Toronto in 1985 and played for the Scottish for 10+ years. Dave finished his playing career in the mid 1990s and started up the Minis program in 2007 so his two sons could play rugby. Dave has his Entry Level Referee Certificate, certified coach under High Five and Rugby Ontario contact level.

### U8 Program

Name: Colin Shaw

H: (416) 932-9894 / W: (416) 776-4793 / C: (416) 786-3391

E: [xflanker@hotmail.com](mailto:xflanker@hotmail.com)

Bio: Colin went to school in the town of Rugby, England and prior to coming to Canada in 1999, played at s senior club and representative. Before switching to coach his two boys (8 and 6), he was on the Rugby Canada Referee Focus Group and currently holds a Level 1 Referee Certificate, and is currently certified to coach under *High Five*.

### U10 Program

Pending Completion

### U12 Program

Name: Dave Williams

See above.

Name: Andy Smyth

H: (416) 696 0077 / W: (416) / C: (416) 602 0073

E: [smythconsulting@rogers.com](mailto:smythconsulting@rogers.com)

Bio: Andrew grew up in New Zealand played rugby from age 5 all the way to club level rugby in Wellington. Suffered a back injury which ended any All Black aspirations. Left New Zealand in 1989 to travel to Europe met a Canadian and the rest is history!!!  
With a son keen on rugby I have Coached rugby for U10 and now U12 for Toronto Scottish with Dave Williams.

### U14 Program

Name: Dave Williams

See above.

## Appendix B – Dealing With Injuries

There are three distinct phases to injury management:

1. Identification<sup>1</sup> – see basics below;
2. Rehabilitation;
3. Return to play the game.

Further details are contained in the Toronto Scottish RFC Mini Rugby Program Emergency Action Plan (EAP).

### *Acute Injuries*

In the event of a suspected acute or catastrophic injury, it is important that everyone knows what to do – players; coaches; referees; administrators.

1. Call for help
2. Call for an ambulance
3. Speak to the player - see TOTAPS below
4. Check airway – remove mouthguard
5. Check breathing
6. Check circulation
7. **Do not move the player**
8. Stay with the player and continue communication - see TOTAPS below
9. Keep player warm until professional medical help arrives

Any player with a suspected concussion **MUST BE IMMEDIATELY REMOVED FROM PLAY**, should not be left alone and urgently assessed by a medical professional. Any player suspected of being concussed **MUST** automatically have to sit out three weeks and **MUST** have medical clearance to resume playing.

### *All Others Injuries*

Assess the player on the field of play using the TOTAPS system below.

Talk	What happened? Where does it hurt?
Observe	Is the injured area different from the other side – swollen; different colour?
Touch	With the permission of the player and the parent / guardian, feel for tenderness swelling and pain.
Active Movement	Ask the player to move the injured part without assistance.
Passive Movement	If the player moves the injured part actively, with the permission of the player and the parent / guardian, carefully move it through a full range of movement.
Skill Test	If the active and passive movements did not produce pain, ask the player to stand and see if the lower limb is fully weight-bearing, and they can walk. If unable to do so, the player should be removed from the field (non weight-bearing if lower limb) and assess by a medical professional.

<sup>1</sup> SOURCE: iRB Rugby Ready 2011

### *Soft Tissues Injuries*

Sprains, strains and bruising should be treated using PRICED method below.

<b>Protect</b>	Once an injury has occurred, it is of vital importance that the injured areas and the player are protected from further injury. Failure to do so risks worsening of the problem and delaying healing. <ul style="list-style-type: none"><li>• Abrasions / lacerations should be covered.</li><li>• The injured joint should be supported by taping or bracing.</li><li>• Weight-bearing should be avoided.</li></ul>
<b>Rest</b>	Adequate rest to enable tissues healing and repair is vital for any injury. If it hurts, it is probably not good for the injury.
<b>Ice</b>	Application of ice to an injury helps prevent bleeding and further swelling. Regular use of ice is helpful in shortening recovery time and decreasing pain in the interim. Apply ice to the injury for 15-minutes every hour. Whatever the regimen, protection of the skin with petroleum jelly or oil avoids unnecessary thermal injury.
<b>Compression</b>	Compression of a hematoma prevents swelling and shortens recovery time. Compression of soft tissue injury limits swelling.
<b>Elevation</b>	Elevation of the affected area decreases swelling and pain.
<b>Diagnosis</b>	Early diagnosis and correct management is the fastest route to recovery.

Once the injury has been diagnosed, avoid any element of HARM for 72 hours.

<b>Heat</b>	Can increase bleeding and swelling, and worsen pain and stiffness.
<b>Alcohol*</b>	Can increase bleeding and swelling, and mask pain and the severity of the injury.
<b>Running</b>	Rest is essential.
<b>Massage</b>	Can increase bleeding and swelling, thereby delaying recovery.

\* Should not be a concern for players in the Toronto Scottish RFC Mini Rugby Program.

The official insurance carrier for Rugby Canada is Marsh Canada, all details are available on the Rugby Ontario website

## Appendix C – Flag Rugby Rules

### General

Rugby Ontario has suggested the following basic rules. The actual rules and game times may vary, and are agreed at each tournament.

**NOTE: The verbal or physical abuse of referees, coaches, teammates, opponents or spectators is not tolerated under any circumstances in any age group. The game will be paused until offenders have left the playing enclosure.**

### Teams

- Equal sides of not more than 8 and not less than 5 players.
- Substitutes allowed, but only when play is stopped.

### Scoring (Try = 5 points)

- Placing the ball, with downward pressure, on or behind the opponent's goal line.
- Ball carrier must remain on his / her feet when scoring.
- Scoring by diving is not allowed. A try may be awarded but players reminded and successive diving tries will be disallowed, resulting in a free pass to defending side 7-metres out from goal line.
- Ball carrier is allowed one-step to score a try after being flagged.
- Try scored on the 5<sup>th</sup> flag (or agreed number of flags) will be disallowed and a free pass awarded to the defending side 7-metres out from goal line.
- **At U8 and U10, the players / team has to make three passes before the team can score a try.**

### Length of Game

- Rugby Ontario advises 7-minute halves with 1-minute break for U8, and 10- minute halves for U10s.

### Flags

- Two flags attached with Velcro to a belt around the waist - one flag on each hip.
- Flag belt must be secure and excess belt tucked away.
- Flags must be available and unobstructed – shirts tucked into shorts.
- Any players without both flags cannot impact on the play. If a player without both flags impacts on the play, either by flagging the ball carrier or by receiving a pass, then a penalty is awarded resulting in free pass to non-offending side.

### Free Pass

- What is it? - Starts play and resets flag count to zero. Referee calls “PLAY”.

- How? - Opposition must be 7-metres back and cannot move until ball has left the free passer's hands. Player taking the free pass cannot run but must pass. Player receiving the free pass must be within 2-metres.
- When? - Starts the game and the half (at centre). Restart after a score by non-scoring team (at centre). Restart from a penalty (at referee's mark). Restart from ball into touch (at touchline at the point where ball went into touch).
- Flag count returns to zero when a free pass is awarded.

#### Flagging

- Defender (flagger) removes the flag, shouts "FLAG", then stands still holding flag aloft (until flagee retrieves the flag).
- Flagger must not move or rejoin play until the flag is given back.
- Ball carrier (flagee) must pass the ball within 3-secs/3-steps – flagee must not rejoin play until his / her flag is retrieved.
- Flagee, having passed the ball, retrieves his / her flag from the flagger and reattaches flag.
- Free pass to defending side on the 5<sup>th</sup> flag (or agreed number of flags) – *see scoring*.
- Referee shouts "FLAG!...PASS!". Play does not stop!

#### Passing

- The ball can only be passed backwards or sideways through the air.
- The ball cannot be handed off to another player – free pass to non-offending side.
- The ball cannot be passed/knocked forward – free pass to non-offending side.
- Play advantage if other team picks up knock-ons or intercepts forward passes.

#### Offside

- The offside line is an imaginary line through centre of the ball and parallel to goal line.
- The offside line only occurs at the time of the FLAG and at the start of play from a free pass.
- Generally, there is no offside when the ball is in play....with the following exception:

When a FLAG is made all players from defending team must attempt to retire towards their own goal line until cross the imaginary offside line onto their side of the offside line...they cannot impact on play (i.e. intercept or FLAG a player) until they get on-side.

- If player in an offside position interferes with the pass from the flagged player, then free pass to the attacking team.

#### Prohibited Play – penalty, free pass to non-offending team

- Players must not make deliberate contact with an opponent (but must make every effort to avoid the opponent!).

- No fending off - ball carrier must not use hand or ball to shield his / her flags.
- No hand off - ball carrier must not use hand or ball against opposing player's face or body.
- No kicking the ball.
- No tackling.
- No going to ground.
- No ripping the ball.
- No handing off the ball.

### U12 Rules

Object: The object of the game is to score tries by keeping the ball in the hands and staying on your feet.

#### General Play:

- The game is played with seven players, comprising three forwards and four backs.
- Each game consists of two 10-minute halves with a 2-minute half-time with and unlimited substitutions, though only during stoppages in play.
- The only kicking allowed at this age group is to start each half and to restart play after a score, which must be a drop kick. After two missed attempts, the referee may award a scrum at center field to the receiving team.
- Typically, the length of the playing area is from the 5-metre line to the 10-metre line in each half of a full-length pitch.

#### Starts / Restarts:

- The match is started and restarted after a score and in the 2nd half, by a kick off from centre field. This must be a drop kick. After a score, the side that scored kicks off.
- The ball must travel 7-metres to be in play. If the ball crosses the goal line from a kick off, it should be touched down by the defending team and a scrum will be awarded to them on the half-way line.

#### Possession:

- Players may advance the ball by running with it or passing towards their own line to a supporting player.
- A forward pass or knock-on will result in a scrum to the opposition.
- If a player goes to ground without being tackled he must get up immediately or pass the ball to a supporting player.
- **Rucking and mauling are not permitted.**

#### Scoring:

- Try and / or Penalty Try are worth five (5) points.
- There are no penalty goals, drop goals or conversion goals at this level.

#### Offside:

- In general play, offside is penalized as per IRB Laws of the Game.
- The penalty for taking part in play while offside will be a free pass or tap penalty (optional) to the opposition.
- The offside line at a scrum and at a restart after a tackle will be 3-metres back from the ball for both teams.
- The offside line at lineouts is 7-metres back from the ball.
- The offside line at a penalty (free pass) and at a kick off is 7-metres back from the ball for the defending team and level with the ball for the attacking team.
- If the defending team is within 7-metres of its tryline at a lineout or penalty, its offside line is the tryline.

#### Tackling:

- Any player who has the ball and is on his feet may be tackled by one (or two, maximum) players.
- There are two types of tackles:
  - A player is tackled if he has been brought to the ground by an opposing player who makes and maintains contact with him.
    - The referee will call "TACKLE".
    - The tackler must release the ball carrier and move back 3-metres or to the tryline, whichever is less.
    - All players on both teams except the tackled player and his scrum half must be back 3-metres or on the tryline.
    - The ball carrier must place the ball back on the ground to his scrum half or "arriving player" who MUST pass the ball.
    - The ball will be "live" when it leaves the scrum half/arriving player's hands.
  - "Standing tackle": If a player is held on his feet by two defenders this is a standing tackle.
    - The ref will call "TACKLE" - no whistle, we want continuity.
    - Scrum half or 1st receiver will take ball out of ball carriers hands and must pass ball. Ball carrier may offload until ref calls "TACKLE".
    - The ball will be "live" when it leaves the s scrum half's or 1st receiver's hands.
- Each team will be allowed a total of 6 tackles per possession. If the attacking team has not scored in this time, possession will be handed over in the form of a scrum to the opposition.
- Continuity of play at a tackle is encouraged but the referee at his discretion may require the tackled player not to pass the ball to his scrum half until all players of both teams have had ample time to get onside. Once players gain experience this should no longer be necessary.

#### Scrum:

- Scrums are awarded for knock-ons, forward passes, in-goal defensive touchdowns and possession changeovers.
- In the case of an in-goal touchdown, if the ball was carried over the line by the attacking side and lost, a scrum will be awarded to the other side at approx the quarter field mark.
- If the ball was carried back by a team into its own in-goal and touched down, a scrum is awarded to the attacking side on the 5-metre line.
- Scrums must take place no less than 5-metres from the tryline of the defending team.
- Scrums are uncontested with no pushing by either side and no striking by the defending team.
- Three players will make up the scrum with the scrum half putting the ball into the middle of the tunnel.
- All other players must retreat 3-metres except the opposing scrum half that should stay behind his own hooker.
- The forwards must keep their hips below their shoulders and follow the referee-instructed sequence - "CROUCH; OUTCH; PAUSE; ENGAGE", binding together approximately half a metre apart.
- The hooker will heel the ball back.
- The scrum half must pass the ball.
- The ball will be "live" when it leaves the scrum half player's hands.
- **Safety is paramount and scrums may be re-formed at the referee's discretion.**

#### Lineouts:

- When a ball or player with the ball goes out of bounds there will be a lineout to restart the game.
- The lineout is made up from the three forwards from each team and the two scrum halves.
- These players will stand 2 to 7-metres from the touchline and a player of the attacking side will throw the ball down the middle of the line.
- All other players will retreat 7-metres from the lineout, or to the tryline.
- Lineouts are uncontested by the defending side.
- **No lifting or pushing will be permitted.**
- A player must catch the ball and pass to the scrum half, or catch the ball and run.
- The ball will be 'live' when the player runs or when the scrum half has the ball in his hands.
- Lineouts may not be less than 5-metres from the tryline.

Penalties - A free pass/ optional tap penalty will be awarded for the following infringements:

- Offside. *Accidental offside is penalized by a scrum to the opposition.*
- High or late tackle - **Any tackle above armpit level is a high tackle.**
- Dangerous play, including shirt pulling and scragging.

- Hand off / fend off by the ball carrier.
- “Ball Tackling” - defending player cannot strip the ball from the ball carriers hands.
- More than the allowed number of players in a standing tackle.
- Obstruction - Holding, blocking and running behind a 'screen' is not permitted.

### U14 Rules

The 15-a-side game for U14 shall be played to the U19 variations to the current IRB Laws and Experimental Law Variations (ELVs).

These ELVs include the following new laws:

A player may not receive a kick outside his own 22 -metre line, pass back or go back within his 22 and kick for touch on the full to gain ground.

Lineouts may contain any number of players and there is no need to match the opposing players in numbers.

The player marking the player throwing in must be between the 5-metre line and touch, and at least 2-metres from the 5- metre line.

A quick throw in must be straight or towards your own goal line.

Pulling down a maul is still not allowed for U19s or younger and must be penalized.

When a scrum is formed, the referee shall ensure that there is controlled engagement and no aggressive pushing. A maximum of 1-metre movement is allowed after engagement. Hookers may contest the strike. The defending scrum half may advance and pressure the attacking scrum half at a scrum. He must remain close to the scrum until the ball is out.

When a scrum is formed, the offside line for all backs other than the scrum halves is 5-metres behind the hindmost foot until the ball is out.

For U14s, #8 pick is allowed at a scrum. The defending scrum half is allowed to pressure the other scrum half, as allowed by the laws.

The following exceptions to the IRB Laws are Rugby Ontario local rules for the U14s:

Lifting / supporting is not allowed at lineouts.

There are no limits on substitution except that substitutions may only take place when the ball is dead, and not during penalties except kicks at goal. A substituted player may return to the game on a subsequent substitution.

Each coach shall ensure that all players named on the game sheet have at least 15-minutes playing time during each league game.

There are no limits on squad size at a game

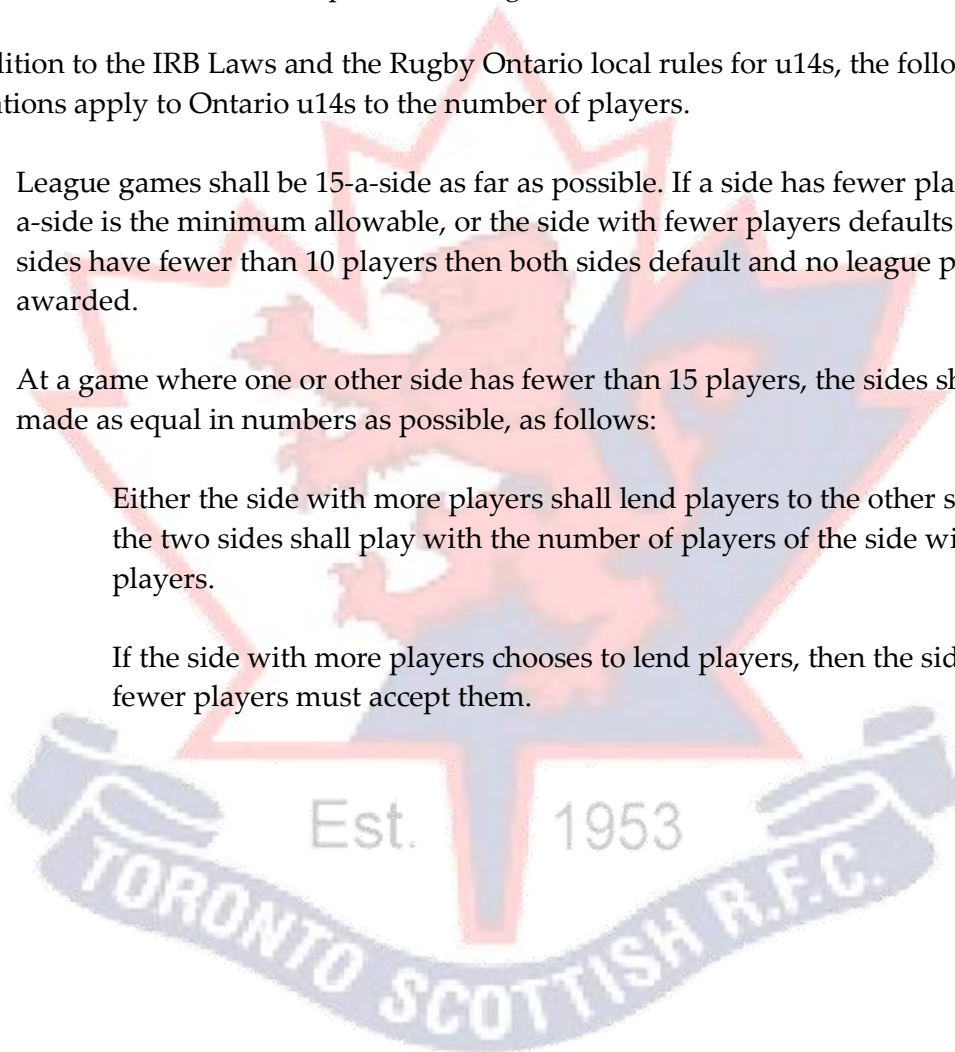
In addition to the IRB Laws and the Rugby Ontario local rules for u14s, the following regulations apply to Ontario u14s to the number of players.

League games shall be 15-a-side as far as possible. If a side has fewer players, 10-a-side is the minimum allowable, or the side with fewer players defaults. If both sides have fewer than 10 players then both sides default and no league points are awarded.

At a game where one or other side has fewer than 15 players, the sides shall be made as equal in numbers as possible, as follows:

Either the side with more players shall lend players to the other side, or the two sides shall play with the number of players of the side with fewer players.

If the side with more players chooses to lend players, then the side with fewer players must accept them.



## Appendix D – Coaching Philosophy

Children need to learn:

- from skilled, caring role models; and
- in a safe, welcoming environment.

Helping children develop in a positive and healthy way is probably one of the most important jobs an adult will ever have. **And doing it right can be one of the most rewarding experiences they will ever have.**

Every person involved in the Toronto Scottish RFC Mini Rugby Program has a role to play ensuring quality. The coach has the greatest opportunity to affect the quality of a program from a child's point of view.

There are no “winners” or “losers” but there may be 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>.....but not conveyed as 4<sup>th</sup> of 4, since even kids can do the math! Not everyone gets a trophy for trophy-sake.

At Toronto Scottish RFC, our Mini Rugby Program coaches are:

- *facilitators* who create environments and activities that help children shine;
- *mentors* who will be available, listen and give advice;
- *teachers* of new skills;
- *role models* for children who look up to and copy their leader's behaviour; and
- *ambassadors* for their program and the rugby community.

As coaches dedicated to healthy child development, we:

- focus on developing the self-worth rather than outcome of any game or season;
- assess a child's abilities and provide a developmentally appropriate program;
- model the values of *Fair Play* and ethical behaviour at all times;
- motivate children through praise and positive recognition;
- keep lines of communication open with parents / guardians; and
- keep winning and losing in perspective.

Although we are just in their life a short time, we can play an important part in helping to shape their life. **We try to show them we care.**

Source: Based on High Five (March 2010) – [www.highfive.org](http://www.highfive.org), as delivered by Shaun Allen (April 30, 2011).

## Appendix E – Parent Code of Conduct

<ol style="list-style-type: none"> <li>1. I will not fore my child to participate in rugby.</li> <li>2. I will remember that children participate to have fun and the game is for the children, not me as the parent.</li> <li>3. I will inform the coaches of any physical challenges that may affect the safety of my child or the safety of other children.</li> <li>4. I will strive to become familiar with the spirit and letter of the rules of rugby.</li> <li>5. I (and any guests) will be a positive role model for my child and other children, and encourages sportsmanship by showing respect and courtesy to all others – players; coaches; referees; officials; supporters.</li> <li>6. I (and any guests) will not engage in any unsportsmanlike conduct such as booing, taunting or using profane languages and gestures.</li> <li>7. I will insist upon a safe and healthy environment for my child and all children involved in rugby.</li> <li>8. I will teach my child to play by the spirit and letter of the rules of rugby, and to resolve conflict without resort to hostility or violence.</li> <li>9. I will encourage my child to treat other players, coaches, referees, officials and supporters with respect regardless of race, creed, colour, sex, age or ability.</li> </ol>	<ol style="list-style-type: none"> <li>10. I will praise my child and other children for competing fairly and trying hard, and make them feel like a winner every time.</li> <li>11. I will support the coaching and refereeing of the team for the general good over the benefit of any individual player.</li> <li>12. I will never ridicule or yell at my child or other children for making a mistake or losing a game, during or after the game.</li> <li>13. I will emphasize my child’s personal best and the team’s collective best, and how they benefit my child over winning.</li> <li>14. I will promote the mental and physical well-being of my child and team-mates ahead of any personal desire that I may have for my child or the team to win.</li> <li>15. I will recognize the contribution that volunteers bring to my child’s sport participation, whether they are paid or unpaid. Whenever possible, I will do my best to assist their contribution.</li> <li>16. I will ensure my child arrives on time and is picked up promptly after practices and games.</li> <li>17. I will demand an environment for my child that is free from tobacco and alcohol, and will refrain from their use at sports events.</li> </ol>
<p>Child’s Name (Print):</p>	<p>Parent’s Name (Print):</p>
<p>Date:</p>	<p>Parent’s Signature:</p>
<p>SOURCE: High Five (March 2010) – Workbook for Coaches – Appendix D</p>	

## Appendix F – Medical Form

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

OHIP#: \_\_\_\_\_

### *Medical History*

Allergies: \_\_\_\_\_

Does your child carry an epi-pen?      Yes    or    No    (Circle)

Does your child carry an inhaler?      Yes    or    No    (Circle)

Previous Concussions?      No  
If Yes, when: \_\_\_\_\_

Previous Broken Bones?      No  
If Yes, what? \_\_\_\_\_

Any other medical conditions we need to be aware of:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent's Signature : \_\_\_\_\_