

Lower Island Middle School Sports Association

2015 Grade 7/8 Redone on April 5th

Commissioner

for all LIMSSA Boys Grade 6, 7 and 8 rugby

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Athletic Coordinator

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Game Dates

- Thursday April 7th, Thursday April 14th, Thursday April 21st, Thursday April 28th, Thursday May 5th.
- Note the introductory jamboree at UVic on Wednesday March 30th 3:30-5pm (contact Doug Tate dtate@uvic.ca directly should you wish to be involved).
- The date for the jamboree is confirmed for Friday May 13th 9am-3pm at SMUS. More on this in coming weeks.
- It is hoped that the schedule for the Grade 7/8 Open Weight Jamboree can be drawn and sent to schools approx. a week prior.
- Cost for the Jamborees will be \$130 per team for lunch and the costs of athletic therapists plus any costs for any VIRRS referees. An additional \$5 per person will need to be charged for teams with more than 12 personnel inclusive of players and coaches and managers. Costs for any VIRRS referees will be in addition to this.

Weight Limit Eligibility

Grade 7/8 – Open Weight
Grade 7/8 – under 155 lbs

The inclusion of this open weight division provides an opportunity of play for all students to be able to play. Safety of all players must remain of utmost importance. Schools and coaches must take responsibility to ensure that there is not an unfair inequity with regards to the size of players relative to the opposition.

Coaches must ensure that all players are under the weight limit. In recent seasons, some coaches had been or were going to use players who were above the agreed to weight limits, including at the end of season jamboree. This must not occur.

Age/Grade restrictions

At Grade 7/8 level, all players must be 1st time Grade 7 students who are under 14 or must be 1st time Grade 8 students who are under 15 as of December 31st of the current school year.

Outside of School Coaches

A reminder to all schools that should you have any outside of school coaches involved with your programs, that these individuals must successfully complete a Criminal Records Check before they are able to be involved.

Other Eligibility Information

This is not a mixed gender sport; this is a boys' league and a similar but separate opportunity for girls has been set up (see end of this document). Coaches, please encourage girls to join their own program. If there is a strong desire or requirement for a girl to play on the boys' team, care must be taken, the same with all players, to have approval from parents, coaches and school administration. The parents must be made aware of the risks associated with the activity and all must be satisfied that the risks are within accepted limits.

Commitment to Play:

Teams failing to keep their commitment to play: Please note that at the coaches meeting it was agreed that each school will commit to a performance bond for each team of \$50 per team. Should a team having declared that they will be playing then drop out of the league at any stage, the \$50 will be charged to the school and will go towards the overall cost of the end of season jamborees. It will be payable to LIMSSA who will then forward to the Commissioner, and will go towards the overall cost of the end of season jamborees.

Risk Management

It is advisable that each player and parent/guardian has read a letter indicating the potential risks involved with rugby being a contact sport and has signed a consent form indicating their acceptance of these risks. If you have any questions about this, please do not hesitate to contact the commissioner.

It is strongly recommended that all coaches utilize the World Rugby website <http://rugbyready.worldrugby.org> and complete the online Rugby Ready Course. It is also strongly recommended that all coaches also complete the World Rugby online Concussion Management module <http://playerwelfare.worldrugby.org>. More information regards player welfare is also available at <http://playsmart.rugbycanada.ca>.

Referees

Due to the limited number of society referees available, and with senior and junior high school games having preference for society allocation, there will be few if any times where society referees will be available to referee middle school games. As a result, it is highly likely that team coaches will need to referee. **Where three teams meet, each coach/team is responsible to referee the game in which they are not playing. The last game of the day is to be refereed by the home team. Where two teams meet, the home coach/team is responsible to referee, or each coach/team can each referee a period of the game.** Should a VIRRS referee be available, there will be a cost for their services of \$10 per game to be charged to the schools involved.

It is strongly recommended that at minimum that all coaches utilize the World Rugby website <http://laws.worldrugby.org> and complete the online Law test. Please contact John de Goede (john@degoede.ca) if you are interested in completing the Level 1 rugby referee course.

At the season ending jamborees, it is hoped that some VIRRS or other suitably accredited referees may be able to be involved for at least part of the day. In doing so, there will be a cost involved at \$10 per game for each referee, with each school in the Jamboree to pay their equal share. This \$10 cost per game will be on top of the jamboree \$130 entry fee. If VIRRS referees are not available for the Jamborees, then coaches/teams will need to referee games.

Jamboree

All teams are to participate in the Jamborees unless communication of non-attendance is otherwise given to the commissioner prior to Friday April 22nd.

There has been a request from some non-LIMSSAA schools for them to play in the jamborees. Their involvement in the jamboree will only occur provided if there is room to do so and with agreement of LIMSSA team coaches. Similarly all LIMSSA teams will continue to receive their full allocation of game minutes in the day.

The date for the jamboree is confirmed for Friday May 13th 9am-3pm at SMUS. More on this in coming weeks.

Cost for the Jamborees will be \$130 per team for lunch and the costs of athletic therapists plus any costs for any VIRRS referees. An additional \$5 per person will need to be charged for teams with more than 12 personnel inclusive of players and coaches and managers. Costs for any VIRRS referees will be in addition to this.

The Game:

Playing Laws and Rules

Games are 7-aside using IRB 7-aside Laws. Please see these in a separate Laws document. However unlimited substitutions can be made in all games. Please also see in a separate document new IRB Laws application updates since last season.

Game length is to be as follows with the aim being that each team will play approx. 30-40minutes per day:

- 3 X 10minute periods when 2 teams are at a location
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Games to be played on ½ size rugby/soccer field approx. 35-40m across X 50-60m long.

Other Laws are to be as follows:

Grade 7/8 – Season begins with uncontested 3 person scrums and maximum of 3 person (i.e. 2 or 3 person) uncontested lineouts but gradually moves to contested scrums and lineouts depending on each teams developments. By the Jamboree everyone is playing contested scrums and lineouts. After a try, the team that has scored restarts play with a drop kick which must be taken at or behind the centre of the half way line. Errors by the kicking team at a kick-off or restart result in a free kick to the non-offending team which must be taken at or behind the centre of the half way line. The defending scrumhalf must take a position either 5m back from the scrum, or immediately behind the scrum with one hand touching his own hooker until the scrum is over i.e. the ball is out of the scrum. **It is recommended that the ball size used at this level be a size 4 rugby ball, instead of a larger size 5 rugby ball.**

Game Time

All games will start by 3:45pm wherever possible.

Team coaches must liaise with each other regarding any changes in game time or any date changes.

Please attempt to keep school missed to a minimum.

Field

The home team is responsible for the proper cutting and marking of the field, and must provide adequate flags (minimum of 4 corner flags) and the padding of any posts or possible dangerous objects close to the pitch.

Coaches / Players / Spectators

Where possible, the non-playing personnel of each team should be on their respective touchlines.

Image of the Game

The recent trends in the game focus particularly on "**positive image**" and **safety**. Of particular note shall be the use of profanity. This will not be tolerated in any form.

Dress

Only World Rugby approved clothing outside of a jersey, shorts, socks, underwear, boots, and mouth guards may be worn by players. Any headgear or shoulder protection must have been World Rugby approved.

**MOUTHGUARDS ARE MANDATORY FOR ALL PLAYERS. NO MOUTHGUARD = NO PLAY.
NO MOUTHGUARD ALSO = NO CONTACT PRACTICE**

**Only World Rugby approved protective eye wear can be worn. World Rugby is conducting a global trial for goggles, of which Rugby Canada is a part. Please find the relevant information at the following World Rugby website on the trial:
<http://playerwelfare.worldrugby.org/goggles>**

Please ensure that only safe footwear is allowed. This means that baseball cleats cannot be used, nor can footwear where there is a single stud in the middle of the front of the toe end of the shoe. However, the displayed pattern of stud placement has been approved by the World Rugby as a trial, where the single stud is off-centre.

No jewelry of any kind may be worn.

Jerseys to be tucked in.

Jersey sleeves hemmed (if cut off).

T-shirts worn underneath jerseys must not show below sleeve level.

"Boxers" or any other loose underwear are not to show below shorts level.

Tape or legal soft helmets may be used to cover the ears/head. Loose fitting headbands, toques, or bandanas may not be worn.

Scores

No need to phone scores in.

Discipline

It would be hoped that players would not be sent off in a game, rather duly replaced by the coach, and not to take any further part in the game.

If, however, a player is sent off, the referee will file a report on the incident and send it to the Commissioner. A player, having been sent off, may not return to the field. Furthermore, he/she is ineligible to play until his/her discipline hearing. Hearings will take place, when necessary, within a week of the ejection and prior to the next scheduled game. All suspensions will be for a minimum of one game. The suspended player and his/her coach will sit before a three-person panel comprised of the LIMISSAA Athletic Coordinator or their representative, the League Commissioner or their representative, and a School Administrator.

A player who is sent off will be dealt with appropriately in relation to the offence by the commissioner, but as well by the school, and the incident and consequent disciplinary action shall be communicated to the league commissioner and the school whom the offence was committed against.

Other Laws

Grade 7/8 – Season begins with uncontested 3 person scrums and maximum of 3 person (i.e. 2 or 3 person) uncontested lineouts but gradually moves to contested scrums and lineouts depending on each teams developments. By the Jamboree everyone is playing contested scrums and lineouts. After a try, the team that has scored restarts play with a drop kick which must be taken at or behind the centre of the half way line. Errors by the kicking team at a kick-off or restart result in a free kick to the non-offending team which must be taken at or behind the centre of the half way line. The defending scrumhalf must take a position either 5m back from the scrum, or immediately behind the scrum with one hand touching his own hooker until the scrum is over i.e. the ball is out of the scrum. It is recommended that the ball size used at this level be a size 4 rugby ball, instead of a larger size 5 rugby ball.