

# **ROCKFORD RUGBY FOOTBALL CLUB**

Rugby parents and players,

The 2020 coaching staff is very excited for the upcoming season. We hope to continue the traditions of RRFC (Rockford Rugby Football Club) being a competitive, hard hitting, but most of all fun team. This year we have a talented group of returning and new players that will be valuable team leaders and give a great base for our club as we look to push for the 2020 state championship!

As a coaching staff we want to make the most of our time with the players. Rugby is a short season and there are a lot of details to go over in a short amount of practice time. We will also be expecting our players to be dedicated to our club off the field, as well as during practice and game days. Experience shows the team to be stronger when working together to accomplish a greater goal.

Part of our planning is to map out what we will be expecting of our players this season. Rugby is a sport that cannot be won by an individual; it must be a team effort. We are only as strong as the most inexperienced player on the field.

We will be keeping close track of attendance. Players that miss practice unexcused will not start. We understand high school is a busy time and we always encourage our athletes to be involved in as many activities as they wish, but if players are looking to start; rugby must be a priority during the season. This includes injuries and illness; injured players are expected to be at practice (there is much that can be learned while observing). If players are ill but are well enough to be in school, we would like them to be at practice. Exceptions will be made for emergencies or other extenuating circumstances only.

All communication must be made to the coaches directly in any of these circumstances. Texts, phone calls, emails or in person communication are all acceptable ways to bring coaches up to date on any circumstances that may arise.

We, as a coaching staff, welcome ideas and input that may benefit and help to grow our club. Rugby, after all, is a family sport and we are only as good as the families we have around us. However, one area not up for discussion is playing time of athletes. We as coaches spend a great deal of time creating the lineups and depth charts based on many criteria with attendance, attitude, effort, and skill level being a few of the biggest contributors. If there is an issue that your child has with their playing time, please direct them to the coaching staff. We will be more than happy to discuss, with them, how we can work together to improve and meet their playing time goals.

Thank you for your time,

Rockford Rugby Coaching staff

Andy Dauser [andy@mihomeappraisal.com](mailto:andy@mihomeappraisal.com) 616-213-4314

Shawn Gent [shawngent@gmail.com](mailto:shawngent@gmail.com) 616-745-6266

Sara Crosby [rugby@rockfordsports.org](mailto:rugby@rockfordsports.org) 720-261-6999

# ROCKFORD RUGBY FOOTBALL CLUB

## INFORMATION PACKET

Thank you for allowing your child the opportunity to be a part of RRFC. As is with every season, we have forms, invoices and information that are enclosed. Everything that is included in this packet is to assist with a smoother season and to ensure that we as a Rugby family are working together for a great season. It takes **EVERY** player and family to make Rugby a success and as our club grows, we need everyone more than ever to ensure this goal is met. As a club sport, our staff is 100% volunteer based and we are only funded by club dues, sponsors and fundraisers and we cannot make any of that work without **everyones** help in volunteering efforts. Parents and Ruggers need to go through this packet **completely**. There is a lot of important information for everyone listed within it but please make special **NOTE: several forms, will need to be filled out and returned PRIOR TO PARTICIPATION.**

### **FORMS TO BE RETURNED IN ORDER TO PLAY:**

- Dues Invoice
- RRFC Code of Conduct
- MYRA Players and Parents Code of Conduct
- RHS Club Training Code
- Consent to Medical Treatment
- Physical on File with RHS (return to athletic office **NOT** coaches)
- CIPP Fee Receipt of Registration
- Committee Sign up via Sign Up Genius

### **HELPFUL INFORMATION IN PACKET:**

- Volunteer committees
- Information on socials
- Rugby 101
- Fundraising information
- Website and communication information

**VISIT AND REGISTER AT OUR NEW SITE!!**

**[www.rugby.rockfordsports.org](http://www.rugby.rockfordsports.org)**

**\*\*ALL COMMUNICATION, SCHEDULES AND INFORMATION WILL BE SENT OUT BASED ON YOUR REGISTRATION WITH THE SITE. NO INFORMATION WILL COME TO YOU DIRECTLY IF YOU DO NOT REGISTER. PLEASE REGISTER YOUR RUGGER AS WELL IF THEY WISH TO RECEIVE COMMUNICATION OUTSIDE OF TEAM CHAT FROM COACHES\***

# ROCKFORD RUGBY FOOTBALL CLUB

## **RRFC CODE, MYRA CODE AND RHS CLUB CODE:**

As a club sport we have different codes of conduct that our players must abide by during their season. If any player is found in violation of these codes they will sit out for a game or the rest of the season depending on the severity of the offense. Every game is an opportunity to show the great sport of Rugby to others and how, we, as a club conduct our selves at those games is imperative. These code of conducts also extend to parents as well so please read the codes to ensure we as a club put our best foot forward. Additionally, as part of the codes of conduct for a club sport, we do not have school organized transportation and therefore **NO** player may drive themselves to any games. **All rides to the games must be driven by a parent**, please sign up to help us transport players if you are a parent who will be available during away games.

## **CONSENT TO MEDICAL TREATMENT AND PHYSICALS:**

The “Consent to Medical Treatment” form allows us to authorize treatment to injured players if you are unable to give consent in person or over the phone. We will use this as a last resort if we are unable to contact you.

All players **MUST** have a completed physical on file in the RHS athletic office **BEFORE** they can train. (turn into the athletic office)

## **USA RUGBY AND RUGBY MICHIGAN CIPP FEE OF \$80:**

Rugby is a different sport in the there are several attributes and components that go into the organization. USA Rugby and Rugby Michigan provide a lot of services to high school rugby clubs that allow the clubs to function outside of their areas. Therefore, players **MUST** register and pay their CIPP fee online at [rugbymichigan.org](http://rugbymichigan.org). Part of this registration includes paying for qualified referees, supplemental insurance for your athletes in case of injury, and paying for the Michigan Rugby association to function (and support championships for rugby clubs). Once registered – you must **PRINT THE RECEIPT OF VERIFICATION** with the USA Rugby CIPP number and turn in to a coach. It is against the Michigan code of play for a ruggger to participate in a rugby club without this registration completed. Again, **players cannot play without this CIPP registration.**

# ROCKFORD RUGBY FOOTBALL CLUB

## DUES INVOICE:

Dues invoice is included in this packet and must be returned prior to the first game of the season. You will also find the ability to purchase shorts and shirts for your rugger, if you would like to purchase these items please fill out that portion of the form and return along with your players dues. Dues for the 2020 season are \$125.00. However, if you provide or have provided prior to the season 5 hours of volunteer work for the Rugby Club, the dues will only be \$75.00.

As a club sport, our staff is 100% volunteer based and we are only funded by club dues, sponsors and fundraisers. The club dues are in place to cover the very basic necessities for the season including socials; every season the team must have a budget to cover field rental and equipment expenses which is typically around \$3500.00. If you have any hardships with club dues please do not hesitate to reach out to anyone on the coaching staff, we want to ensure all players are able to play!

## UNIFORM AND MERCHANDISE:

Each rugger must maintain a set of shorts and socks. They can be used year to year or you may purchase new items every year and use last years as practice shorts and socks. Please note shorts need to **FIT** and not be **TOO** big this is for the safety of your rugger. Team warm ups are not mandatory for any rugger. The warm ups come with the ruggers last name embroidered on them with the Rugby logo on top. They can be used every year without issue, the price is for the **SET** of jacket and pants. Please make checks payable to: ROCKFORD RUGBY FOOTBALL CLUB

## RRFC DUES INVOICE

<b>RUGBY CLUB DUES</b>	<b>\$125.00 (NON-VOLUNTEER)</b>	<b>\$75.00 (VOLUNTEER HOURS)</b>	
<b>RUGBY SHORTS</b>	<b>\$20.00</b>	<b>CIRCLE SIZE:</b> <b>S M L XL</b>	
<b>RUGBY SOCKS</b>	<b>\$10.00</b>	<b>ONE SIZE FITS ALL</b>	
<b>TEAM WARM UPS</b>			<b>\$80.00</b>
	<b>JACKET CIRCLE SIZE:</b> <b>S M L XL</b>	<b>PANT CIRCLE SIZE:</b> <b>S M L XL</b>	
<b>TEAM T-SHIRT</b>	<b>FREE</b>	<b>CIRCLE SIZE:</b> <b>S M L XL</b>	<b>1</b>
<b>TOTAL AMOUNT ENCLOSED</b>			

# **ROCKFORD RUGBY FOOTBALL CLUB**

## **CODE OF CONDUCT 2020**

Athletes shall conduct themselves in a way which reflects positively upon their families, school, club and themselves.

Athletes will respect the grounds on which we play, both home and away, and use the appropriate facilities provided.

Athletes will not engage in any behavior which may endanger the health, safety or wellbeing of another individual.

Athletes will act at all times with sportsmanship, positivity and good character.

Athletes will not use alcohol or illegal (non-prescription) drugs.

Athletes will not use inappropriate, offensive, profane, or vulgar language.

Athletes shall adhere to Rockford High School rules at all times.

Parents and school will be informed of any deviation from this code.

Player's printed name:

Player's signature:

Date:

**MYRA Player's Code of Conduct**

**I hereby pledge to provide a positive attitude and be responsible for my participation and behavior in the Michigan Youth Rugby Association by following this Code of Conduct:**

I will exhibit good sportsmanship and encourage it from fellow players, coaches, officials and parents at every game and practice.

I will attend every practice and game that is reasonably possible and notify my coach if I cannot.

I will do my very best to listen and learn from my coaches. I will treat my coaches and fellow players with respect regardless of race, sex, creed or ability and will expect to be treated accordingly.

I understand that the rugby referee is the only controlling force during the game and that abusive language or repeated complaining to the referee will seriously penalize and reflect poorly on my team.

I will not use obscene language or gestures.

I will never attempt to intimidate, abuse or assault other players. I understand that fighting or dangerous play is not tolerated and will lead to ejection from the game and suspension from future games.

I deserve to enjoy and grow in my time on the rugby pitch and will alert parents or coaches if it stops being a positive experience.

I will not use alcohol, tobacco, or drugs.

I will encourage my parents to be involved with my team in some capacity.

While rugby is important to me and requires tremendous commitment, I understand that without exception, school comes first. I will do my best to apply my rugby discipline to improve my grades and study habits.

I will remember that playing rugby is an opportunity to learn, develop and have fun.

Signed \_\_\_\_\_

Date \_\_\_\_\_

**MYRA Parent's Code of Conduct**

**I hereby pledge to provide positive support, care and encouragement for my son participating in the Michigan Youth Rugby Association by following this Code of Conduct.**

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and practice.

I will place the emotional and physical well being of my child ahead of any personal desire to win.

I will insist that my son play in a safe and healthy environment.

I will provide support for all coaches and officials working with my son to provide a positive enjoyable experience for all.

I understand that the rugby referee is the only controlling force during the game and that to deride or verbally abuse the referee can penalize and reflect poorly on my son's team.

I will demand a drug, alcohol and tobacco-free sports environment for my son and agree to assist by refraining from their use at all Michigan Youth Rugby Association events.

I will remember that the game is for the players and not for the adults.

I will do my very best to make rugby fun for my son.

I will instruct my son to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will promise to help my son enjoy the rugby experience within my personal constraints by assisting the rugby club, being a respectful fan, providing transportation or whatever I am capable of doing.

I will require that my son's coach be trained in the responsibilities of being a rugby coach and that the coach agree to the MYRA Coaches' Code of Ethics

## ACADEMIC ELIGIBILITY POLICY

### 9<sup>th</sup> GRADERS\*:

Athletes must pass five (5) classes with a minimum of three (3) C-'s.

### 10<sup>th</sup>/11<sup>th</sup>/12<sup>th</sup> Graders\*:

Athlete must pass five (5) classes with minimum of four C-'s.

\*Exception would be a student that does not even meet minimum MHSAA standards of passing four (4) classes; that student would be ineligible for the entire current semester.

### Eligibility/Ineligibility Periods – High School (9<sup>th</sup> through 12<sup>th</sup> grade):

Mid-point of the current marking period (4 1/2 weeks) is when grade checks will occur by supervisor of sports. Eligibility can be reinstated at that time but ineligibility will NOT be determined by progress report grades.

First and third nine (9) weeks and first and second semester grades will determine eligibility.

If ineligibility takes place during the in-season, the athlete must still attend all practices and team functions per the coaching staff. Supervisor of sports shall contact coach when ineligibility occurs.

Semester grades (1<sup>st</sup> and 2<sup>nd</sup>) take precedent over nine (9) week grades (2<sup>nd</sup> and 4<sup>th</sup>) in determining eligibility.

### Special Education Waiver

Students for whom an individualized education plan (IEP) is on file at the time they would have been declared ineligible will automatically be afforded a review of their grades by the student's special education teacher, counselor, coach and athletic administrator. This review may waive the ineligibility period if, in the committee's judgment, the student has made every effort to meet the standard. In no instance may the student be declared eligible if they are not meeting the minimum MHSAA standards of passing four (4) classes.



## ATHLETIC CLUB TRAINING CODE

Rockford Public Schools provides a well-rounded program of club organizations. To be a member of a Rockford High School club is a privilege afforded by the Board of Education and Administration. Every privilege has a number of responsibilities, club involvement is no different. We provide much, but much is also expected.

Students must develop and maintain habits of personal behavior and health, which will enable them to perform well, to minimize risk of injury and to represent themselves and Rockford High School in a manner that merits respect from all.

Our tradition has taken years to develop. It is a constant desire to succeed and excel. Do nothing to detract from our PRIDE in Rockford Athletics. You have a tradition to uphold and a confident attitude to display.

We will be successful with class, style and sportsmanship.

- I. Students in clubs in which physical activity is involved must have/obtain a sports physical to participate prior to the beginning of practice.

All members of athletic club teams/organizations are bound by the following training rules (as they apply to substance use or possession) at all times throughout the entire calendar year.

- II. Club Training Code of Conduct

Club training rules forbid the use or possession of tobacco (in any form), alcohol, illegal drugs, anabolic steroids, look-alike drugs, narcotics or any controlled substance by any student who represents Rockford High School. This would include medication policy during season for prescription and over the counter medication.

A. *Penalty*

1. First offense will result in immediate suspension from competition for one-third (1/3) of the scheduled club contests in the sport the student is participating, or will participate in. "For the suspension to be considered served, the athlete must finish the entire scheduled season in good standing (i.e. attend all team functions as specified by the head coach and abide by all team rules for the season) unless excused by the head coach."
2. The suspension will carry over into the next season of competition (club or athletic) if the student does not complete the required one-third (1/3) in their present season.

2. A letter will be sent to the student's parents or guardians stating the offense, penalty and appeal procedure.

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3. An appeal may be requested by the parent/guardians of student (if adult waiver is on file) to the principal within ten (10) days of receipt of the suspension letter.

**CONDUCT/BEHAVIOR VIOLATION**

During the school year, a student shall conduct himself/herself in such a manner as to not bring discredit to the school, team or student themselves.

Examples of behavior unbecoming a student /athlete are, but not limited to vandalism, theft, insubordination, and school suspension, close proximity, hazing or harassment, etc.

**A. PENALTY**

As determined by the Head Coach/Club Advisor, Supervisor of Clubs and Club Council upon investigation of violation of Section III.

**B. SUSPENSION PROCEDURE**

As stated above (Section II B.)

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**ROCKFORD HIGH SCHOOL CLUB TRAINING CODE**

**I HAVE READ THE CLUB TRAINING CODE AND WILL ABIDE BY  
THE ABOVE-MENTIONED CODE.**

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Parent/Guardian's Signature

Club: \_\_\_\_\_

Coach/Advisor: \_\_\_\_\_

Date: \_\_\_\_\_

**PRIOR TO PARTICIPATION IN ANY CLUB ATHLETIC CONTEST, THIS**

AUTHORIZATION TO CONSENT TO MEDICAL TREATMENT FOR MINOR

I (we) \_\_\_\_\_ and \_\_\_\_\_  
of the city of \_\_\_\_\_ of the county of \_\_\_\_\_  
Michigan, do hereby state that I am (we are) the natural parent(s) legal guardian(s) having  
legal custody of \_\_\_\_\_, a minor, age \_\_\_\_\_, born \_\_\_\_\_  
19 \_\_, who resides with me (us) at \_\_\_\_\_

In connection with my (our) son's participation on the Rockford High School  
Rugby Club, I (we) authorize any accompanying adult bringing my (our) son to treatment  
facility to consent to any x-ray, examination, anesthetic, medical or surgical diagnosis or  
treatment, and hospital care to be rendered to the minor under the general or special  
supervision, and on the advice of any physician or surgeon who is licensed to practice  
when the need for such treatment is immediate, and when reasonable efforts to contact  
me (us) are unsuccessful. Valid January 1st, 2013- June 15<sup>th</sup>, 2013 inclusive.

I (we) understand that I (we) assume all liabilities and expenses for the above. I  
(we) waive all claims against the above referred to adult, physicians, hospitals and their  
employees, ambulatory care, etc. in conjunction with the decisions for such immediate  
care.

To contact me (us) call: area code \_\_\_\_\_, number \_\_\_\_\_ or \_\_\_\_\_

Alternate contact \_\_\_\_\_ relationship \_\_\_\_\_

Area code \_\_\_\_\_, number \_\_\_\_\_ or \_\_\_\_\_

Player's allergies, if any: \_\_\_\_\_

Medicines child is taking \_\_\_\_\_

Health Insurance Company \_\_\_\_\_

Policy # \_\_\_\_\_ Name of Policy Holder \_\_\_\_\_

Signed \_\_\_\_\_ Signed \_\_\_\_\_

Date \_\_\_\_\_

# ROCKFORD RUGBY FOOTBALL CLUB

## WEBSITE AND COMMUNICATION:

This year thanks to John Crosby, we have a website and a new way to communicate with everyone. Starting immediately the website will be live and available to all ruggers and families for registration to ensure you are kept up to date on all information. Follow these steps:

- 1) Go to [www.rugby.rockfordsports.org](http://www.rugby.rockfordsports.org)
- 2) Click the word "Register" at the top menu
- 3) Fill out required information and how you would like to be informed
- 4) YOU'RE SIGNED UP!

Once you have registered you will receive information in the manner you selected every week or more if needed, from the club. All information sent to you will also appear on our website and on our Facebook page (links for Facebook are at the bottom of the page).

We will also have the schedule for matches available on the site in March once it is released!

If at ANY time you want to change your options for communication, simply go to our website and click "manage account" and you will be able to update your options.

If your rugger would like to receive the same communications that you do please register them or have them register at the site as well. All ruggers will be given team snap information from the coaches. This will only be utilized by the ruggers and coaches to allow for ease of communications back and forth with one another, so please ensure they pay attention to this information.

Our Facebook page will be our hub for team photos so please ensure to follow the page after you register with the website. Facebook pages have subtle differences from groups, which are:

- 1) Posts from anyone other than an admin appear in the "community" tab
- 2) When you post information, it will again appear in the "community" tab
- 3) All admin posts will appear as the first thing you see on the page no need to click on other tabs
- 4) Volunteers that are on the media committee will be given access to Facebook for the season to post photos in the "photos" tab and will be sorted by "albums"
- 5) **We will NOT respond to messages posted on the Facebook** page so please only email or text us with any questions concerns etc...

We are a club sport so therefore, the school will rarely communicate information regarding cancelled events, practices etc.... Due to weather or other circumstances. Should any of these situations arise, we will communicate in the ways listed above to ensure everyone receives the information. If you have not heard anything, nothing has been decided so please be patient with us while we await information.

# **ROCKFORD RUGBY FOOTBALL CLUB**

## **WHAT ARE SOCIALS?!! :**

Rugby has a lot of unique and fun aspects to it that no other sport has. It is steeped in traditions that include socials. Socials are a gathering directly after a match concludes, between the two teams that just played. This is a chance for ruggers on both teams to break bread together and get to know one another off the pitch. In professional and college teams, this is also where they lift a pint together, possibly let our grievances and become life long friends with ruggers from all over the world. It is a tradition that is very important to the sport of Rugby and one of the main reasons many ruggers consider one another family.

The socials are held by the home team and are done in different manners and locations. This year we will be holding all of our socials in the new banquet area on the 2nd floor of the Corner Bar. All ruggers will have food and drinks available to them at no charge to the RUGGERS ONLY. Information on the social will be handed out with tickets at admission prior to every home match.

In addition to the ruggers getting together after the match, we would like to encourage that all family and friends come gather with the ruggers. Foods and drinks are at your own cost but RRFC does receive 15% of all food and beverage sales (yes this includes the adult kind as well). So come bring everyone down to the Corner Bar and continue the long standing tradition of socials with your new (or old) RRFC family.

## **RUGBY 101:**

As we said Rugby has a lot of different rules and unique aspects to it that take a little time to learn. However, there some great sites that easily show the basics of Rugby. Links will be listed on our website along with the one page insert found at the back of this packet and any other information that might help everyone to get a little more comfortable and familiar with Rugby.

However, we will give you one very important piece of information. Rugby is a lot safer than anyone thinks it is and is a lot safer than it might look to those watching for the first time. This is because ruggers wear no pads or gear (except a scrum cap or head band to protect ears) therefore everyone doesn't hit as hard and moves easier and at different speeds than they would in other contact sports. For example; the average rugger is hit with 10 g's of strength verses a football player that is hit with 25 g's of strength, that's a significant difference in terms of safety. This is small example but is something that anyone on our staff would be happy to discuss with anyone who might have questions or concerns!

# **ROCKFORD RUGBY FOOTBALL CLUB**

## **FUNDRAISING INFORMATION:**

We try to limit our fundraising for Rugby since our season is short however, we are 100% self funded so we do have to raise some money! Most should be as painless as possible. They are as follows:

- 1) Snap raise fundraiser; this is new to us this year but we are hoping this will be our biggest funding source for the year. This is 100% run via snap raise website and will simply ask for monetary donations. The needs of the club will be placed on the site to better assist those giving, on where their money will go. All information will be sent out after the parent meeting so please keep an eye out and send emails, texts and Facebook posts to ensure this fundraiser meets our goals!
- 2) Corner Bar partnership; we have a new partnership with Corner Bar and for every event we host (socials, team meetings, banquet) we will receive 15% back to the RRFC. All you have to do is show up for the events, order a beer or soda with a hot dog or burger and 15% will come right back to our club!! This should be our easiest fundraiser!
- 3) Basket Raffle at the Banquet; at our banquet there will be baskets with all sorts of great items in them that we will sell tickets for at the door. 5 tickets for \$5 or 20 tickets for \$15!! We have had wonderful baskets in the past and this year is sure not to disappoint.
- 4) Merchandise; we will have new merchandise for sale at our matches and we will post information on what will be available and for how much, on our website. A portion of the merchandise sales will come right back to the club!! Another easy fundraiser
- 5) Sponsorship with Banners; in past years we have had banners that are hung at every home match with logos of businesses that are sponsoring the club. We are hoping to bring this back again this year but we have a few changes to make so this fundraiser information will not be available for a few more weeks. Stay Tuned!
- 6) Volunteers for Boosters; every year there are events that the boosters ask for any and all athletic teams to volunteer for. For every event we have volunteers at, the boosters give us money. Some events they give additional money based on hours worked or amount of volunteers participating. These events are held throughout the year so please always keep an eye out on volunteers for boosters that are sent out, this is money we can make all year long (\$750 was earned from volunteers assisting with parking at the LPGA last summer)

# ROCKFORD RUGBY FOOTBALL CLUB

## **VOLUNTEER OPPORTUNITIES FOR THE CLUB:**

As a club sport everything we do is volunteer based and we need EVERYONE to help in any avenue that is listed below. OR if you want to volunteer in other ways that are not listed but that you think could help out the club please do not hesitate to contact us! Please sign up for any committees that you are available to help with via the Sign Up Genius link located on our website and Facebook page!

## **MEDIA COMMITTEE:**

(REQUIRES 2 VOLUNTEERS)

- Take photographs and film (if needed) of every match
- Uploads all photos to shared photo site for team to be able to look at/download
- Sends 4 of the best shots to Sara for different media outlets after every match
- Creates slide show for end of year banquet
- Creates player roster with photo for beginning of each season
- Sends any needs, wants or information to Sara for weekly email to team/parents

## **SOCIAL COMMITTEE:**

(REQUIRES 2 VOLUNTEERS)

- Ensures flyers for social are given to ticket taker before every home game
- Communicates with visiting team to ensure they have all information for social
- Greets all ruggers, families and visiting team at social and directs them to social
- In the event a social needs to take place in another location you will assist in assigning food, drink needs and set up and tear down at field

## **JERSEY COMMITTEE:**

(REQUIRES 2 VOLUNTEERS)

- Collects all Jerseys and shorts after every match
- Cleans and de-funks all jerseys and shorts
- Coordinates with coaches/staff on obtaining all jerseys and shorts from committee prior to match day
- Sends any needs, wants or information to Sara for weekly email to team/parents

# ROCKFORD RUGBY FOOTBALL CLUB

## **MATCH DAY COMMITTEE:**

(REQUIRES 4 VOLUNTEERS)

- Set up tent for entry into the match
- Mans entry or coordinates volunteers for manning entry into matches
- Sets up ticket sales and collects all monies for match day
- Sets up merchandise for sale at entry
- Mans merchandise table until half time at entry
- Tears down merchandise table and ticket table after time
- Man sign up genius for ride arranging for away matches
- Coordinate and plan meals for matches that are over night (usually during playoffs) send any team needs to sign up genius and to Sara
- If hotels need to be booked for overnight matches select hotel and arrange for group pricing, send information for booking to Sara to send out to team
- Sends any needs, wants or information to Sara for weekly email to team/parents

## **SENIOR COMMITTEE:**

(REQUIRES 4-5 VOLUNTEERS)

- Gather all baby photos for end of year slideshow
- Get information on what seniors are doing after high school
- Get senior players favorite moment from their Rugby high school career
- Ensure we have enough senior gifts via Sara (each senior gets 1)
- Coordinate with media committee to get goofy senior photos taken
- Frame 1 photo of each senior from the goofy photo session for them to take home
- Find out who seniors want to thank at the end of year banquet, they will say a quick thank you to them and give them a rose at the banquet
- Coordinate senior thank you (in banquet agenda) and senior gifts with banquet committee
- Coordinate last home game to have senior social (seniors get to eat first at social and be recognized at end of last home match)



# **ROCKFORD RUGBY FOOTBALL CLUB**

## **BANQUET COMMITTEE:**

(REQUIRES 6-7 VOLUNTEERS)

- Creates invite for banquet
- Collects money and ticket requests (gives checks to Sara once collected)
- Send invite to Sara for weekly email to team/parents
- Secures outside activity for end of year banquet
- Contacts venue 3 weeks prior for banquet date (check with Sara)
- Setups and tears down decor for banquet
- Obtains certificates and athletic letters via the athletic office for player awards
- Create envelopes labeled with each players names for certificates and letters to be placed in for coaches to give out at banquet
- Collects money or items for coaches gifts
- Collects money or items for Moms gifts, particularly senior Moms who have helped the club (send information to Sara for weekly email)
- Gathers items for baskets to be raffled off at banquet (can work with fundraising committee on this as well)
- Coordinates with coaches on banquet agenda for the evening
- Ensures areas for the following at the banquet are decorated and set up:
  - Awards for players from coaches
  - Gift tables set up (senior gifts, coaches gifts, mom gifts, baskets for raffle)
  - Media table and necessary equipment for slideshow
  - Registration table for check in (or to purchase tickets)
  - Merchandise table for all items for sale
  - Photo table that has photos printed from season for players to take home
  - Voting table for players to cast ballots for 3 players awards

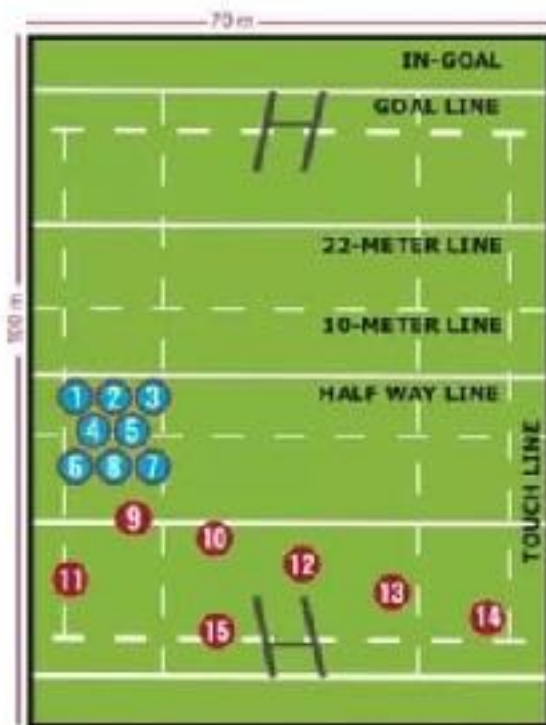
## **FUNDRAISING COMMITTEE:**

(Requires 2-3 Volunteers)

- Coordinates all fundraisers for the season
- Communicates with Sara regarding status of fundraisers
- Makes a copy of all checks or invoices of money received
- Gives copy or all checks or invoices of money received to Sara
- Gives any money or checks collected for the club to Sara or coaches for deposit
- Sends any needs, wants or information to Sara for weekly email to team/parents



# RUGBY 101



## The positions

In rugby, each team has 15 players on the field of play and is numbered the exact same way. The number of each player signifies that player's position.

### -Forwards-

Typically the larger, stronger players of the team whose main job is to win possession of the ball.

- 1 loose head prop
- 2 hooker
- 3 tight head prop
- 4 lock
- 5 lock
- 6 flanker
- 7 flanker
- 8 number 8

**-Backs-** the smaller, faster and more agile players whose main role is to exploit possession of the ball won by the forwards.

- 9 scrum half
- 10 fly half
- 11 left wing
- 12 inside center
- 13 outside center
- 14 right wing
- 15 full back

## Moving the ball

The offense may carry, pass, or kick the ball to move the ball. The defense stops the offense by tackling the ball carrier; the offense can not block the defense. After a tackle, play does not stop.

**Running:** When running the ball, players may continue to run until they are tackled, step into touch (out of bounds) or run beyond the goal line (see scoring a try). Players run the ball to advance toward the opponent's goal line.

**Passing:** The ball may be passed to any other player. However it may only be passed laterally or backward, never forward.

**Kicking:** Any player may kick the ball forward at any time. After the ball is kicked, players of either team may gain possession, on the fly or on the ground. Typically, the ball is kicked in an effort to advance the ball or to move the ball away from the defensive end.

**Ruck:** Once a player is tackled, the offensive player places the ball on the ground and is available to any player, offense or defense. The two teams may contest for the ball. The team that gains or retains possession may run, pass or kick immediately.



## Restarting play

There are two methods of restarting play following a stoppage caused by either the ball going into touch (out of bounds) or because of an infraction of the laws.

**Lineout:** If the ball goes into touch, it is restarted with a lineout. Both teams form a line perpendicular to the touch line and one meter apart from one another. A player on the team not responsible for the ball going into touch calls a play and throws the ball in the air in a straight line between the two teams. Players of each team may be supported in the air by their teammates as they jump to gain possession of the ball.

**Scrum:** Rugby's unique formation is the method used to restart the game after the referee has whistled a minor law violation. A bound group of players from each team form a "tunnel" with the opposition. The non-offending team rolls the ball into the middle of the tunnel. Each team pushes forward until one player is able to hook the ball with her foot and push it to the back row players of her team.

## Scoring points



### Try 5 points

A try is scored when the ball is touched down in the opposing team's in-goal area. This is much like a touchdown in American football.



### Conversion 2 points

After a try, two points are awarded for a successful kick through the goal posts. The attempt is taken straight out from the point where the ball was touched down.

### Penalty kick 3 points

Following a major law violation a team has the option to kick at goal. The kick must be from the point of the foul, or on a line straight back.

### Drop goal 3 points

A drop kick may be taken from anywhere on the field at any time during play. A drop goal is similar to a field goal, but in rugby the kick is taken in the course of normal play.