



Guidance for Players & Parents

2017/18

Whitby RUFC, White Leys Road, Whitby. YO21 3PB

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Mini Maroons

ABOUT MINI RUGBY AT WHITBY RUFC

Mini Rugby is fast, muddy and good fun to play. It's a team game where new players can join in very quickly and where fun and participation are more important than winning. Teamwork is an integral part of Mini Rugby and understanding its laws and tactics is all part of the game. This for some children adds to the challenge and interest of the sport.



Mini Rugby is a game based on the full 15 a side game but the rules have been simplified to make the game safer and to encourage the gradual development of rugby skills. The rules of the game develop as players get older, preparing and developing young players in stages. For example no tackling is allowed until Under 9's (Year 4) and no contested scrummaging is allowed until Under 12 (Year 7).

Age Grade Rugby

Mini rugby teams are selected by age based on how old they are on the 1st September in the season (like a child's primary school year) deciding what team they play for. For example a child that is 8 on 1st of September 2016, will play for the under 9 age group for the 2016/17 season.

At Whitby RUFC Mini Rugby starts at Under 7 (Years 1 & 2) and finishes at Under 12 (school year 7). Once children leave the Under 12 age group they progress onto the first year of Junior Rugby. Only children aged 6 & above can play in inter club "matches" but younger players can play for fun and learn alongside children of their own age.

Children in Under 7 & 8's (Years 1, 2 & 3) may play Tag Rugby (non-contact rugby) together which emphasises fun and the enjoyment of running with the ball rather than physical contact in defence.

From Under 9's to Under 12's (Years 4-7) each year group usually trains separately with their own coaches and equipment although from time to time older mini groups will train together to help develop the skills of the younger players.

Information on the specifics of Age Grade rugby as set out by the RFU are available on line at <http://www.englandrugby.com/my-rugby/players/age-grade-rugby/>.

Who can play rugby?

Mini Rugby has a place for every type of child, be they tall or short, slight or solid, boy or girl. Whatever your child's build there is a position in rugby that's right for them. Certain body shapes are particularly suited to particular positions and Mini Rugby allows players to take on specialist roles within the team, particularly in later years. For example, forwards tend to be solid and strong. Backs on the other hand are generally agile and fast. In short, Rugby has a position for every child no matter what size or shape they are.

Can girls play?

Girls and boys play Mini Rugby as equals in mixed teams. Girls are given no special treatment; nor at this age do they need it. The physical differences between the sexes is irrelevant at Mini Rugby ages and girls have proved that they are valuable members of the team and are well able to compete with boys on equal terms and many love it. We have several girls who play for us and we also regularly play teams which include girls. Girls are respected and valued in Mini Rugby by both coaches and players.

Trying it out – what's the next step?

We are very happy for children to try one or two sessions before committing to joining the club as a playing member and any weekly try out subscriptions are entirely discretionary. For insurance purposes however only RFU registered card carrying player members can play in inter club matches and tournaments. It is helpful for new player's parents to speak to the coach of the relevant age group in advance of a first session.

Structure		Get started			Tackle		Scrum		Lineout			Contest for the ball		Kicking	
Age Group	School Year	Max numbers	Max Pitch size	Ball Size			Max Numbers	Contest	Max Numbers	Contest	Ruck	Maul	From hand	At goal	
U7	2	4	20 x 12	3	No - Tag only	N/A	N/A - free pass	N/A	N/A - free pass	N/A	N/A	N/A	No	No	
U8	3	6	45 x 22	3	No - Tag only	N/A	N/A - free pass	N/A	N/A - free pass	N/A	N/A	N/A	No	No	
U9	4	7	60 x 30	3	Yes - inc 'hold'	N/A	N/A - free pass	N/A	N/A - free pass	No	No	No	No	No	
U10	5	8	60 x 35	4	Yes	Nearest 3	N/A - free pass	Uncontested	N/A - free pass	Yes - limit of 1 supporting player	Yes - limit of 1 supporting player	Yes - limit of 1 supporting player	No	No	
U11	6	9	60 x 43	4	Yes	Nearest 3	N/A - free pass	Strike only, no push	N/A - free pass	Yes - limit of 2 supporting players	Yes - limit of 2 supporting players	Yes - limit of 2 supporting players	Yes - 'fly hack' not permitted	No	
U12	7	12	60 x 43	4	Yes	Nearest 5	N/A - free pass	Strike only, no push	N/A - free pass	Yes	Yes	Yes	Yes - 'fly hack' not permitted	No	
U13	8	13	90 x 60	4	Yes	6 - trained and willing	N/A - free pass	Strike and push	N/A - free pass	Yes	Yes	Yes	Yes	No	
U14	9	15	100 x 70	4	Yes	8 - trained and willing	13	Strike and push	Uncontested	Yes	Yes	Yes	Yes	Yes	

PLAYER WELFARE AND SAFEGUARDING

Everyone involved in rugby at Whitby RUFC, whether as a player, coach, referee, administrator, parent or spectator is expected to uphold the Core Values of our sport.

- Play to win – but not at all costs.
- Win with dignity, lose with grace.
- Observe the Laws and regulations of the game.
- Respect opponents, referees and all participants.
- Reject cheating, discrimination, violence and drugs.
- Value volunteers and paid officials alike.
- Enjoy the game.



Whitby RUFC is committed to safeguarding the welfare of children and vulnerable adults in the sport and will comply with all Rugby Football Union regulations and policies relating to safeguarding of children and vulnerable adults.

We will apply best practice, whilst ensuring that the best interests of the child are paramount and common sense prevails. Where local circumstances require, specific detailed policies will be formulated, published and communicated to club members. We will apply safeguarding regulations, policies and best practice to all activity under the Whitby RUFC 'banner' no matter where they take place.

If you have any concerns or grievances contact the club safeguarding officers who will process your enquiry discretely and in confidence. See rear cover for details.

Medical or Other Conditions

Please notify coaches of any condition, e.g. asthma, diabetes, attention deficit disorder, epilepsy, that could affect a player during a session. All information will be kept in confidence.

Tetanus Injections

We recommend that all rugby players should have a tetanus injection.

Injuries

We all hope that no player gets hurt, however rugby is a contact sport and occasionally injuries may happen. If an injury occurs first aid will be administered at the site (by a qualified first aider) and parents or guardians will be notified of what happened and in the first-aiders' opinion what should be done.

If it is the opinion of the first aid provider that a child needs hospital treatment, appropriate arrangements will be made. If a parent or guardian is not available, the Club will ensure the child is accompanied by an appropriate adult and parents notified as soon as possible.

Shower Facilities

In our experience Mini Rugby players more often do not change at the club but are brought "ready to go" by parents. Most minis seem to have an aversion to showers but we do insist that they and their clothes are respectably clean and that they remove boots before coming into the club. In the unlikely event that your child isn't averse to showers there are showers at the club. A towel and soap for showering will be needed and please ensure your child has a change of clothing and footwear.

REGISTRATION

For insurance purposes Mini's players are required to become members of Whitby RUFC and parents are encouraged to at least become social members. The secretary of the Mini Maroons ensures our database of players is up to date with a list of contact numbers and identification of any medical conditions we need to know about while your child is in our care.

MEMBERSHIP FEES

Fees for the 2017/18 season are £40 per child. £30 for a second child and subsequent children. This comprises a registration fee and subscriptions and therefore there are no weekly payments in addition. If anyone has difficulty in paying this amount in a lump sum, phased payment arrangements are available on request.

Social membership of the club for adults costs £3 per annum – Parents of players are encouraged to join the club too, but it is not mandatory.

CLOTHING ETC

It is important for safety and comfort to be well prepared to play the game, but clothing does not need to be flashy or expensive.

What to wear and bring

All equipment (balls, cones etc) is provided for players but it is the player's responsibility to ensure they are appropriately clothed for the conditions. When it does get cold and wet please make sure your child is suitably dressed, both for their comfort and to avoid interrupting training sessions. Clothes can be removed to cool down but once players are cold their training or match is over as an enjoyable experience.

As a guideline, players should dress in layers - rugby/football boots and socks, shorts, T-shirt; tracksuit or preferably base layer bottoms, long sleeved base layer top, rugby shirt; sweatshirt/tracksuit or waterproof top (no zips/hoods), woolly hat, stick mitts to grip the ball in cold/wet conditions.

Boots

We strongly recommend boots with studs rather than trainers. Whitby RUFC prefer that players wear boots that have aluminium (kite marked for Rugby) screw in studs or rubber moulded sole boots. The wearing of blades or plastic studs and boots which have an extra toe stud will not be allowed. If in doubt, check with the coaches before buying new boots.



Safety clothing & Shin pads

Players are permitted to wear shin pads when playing contact rugby (U9's upwards). A scrum cap and / or shoulder pads may also be worn, it will give the player confidence when getting into contact and provide some protection.

Gloves

Rugby stick mitts, with or without fingers, are particularly effective in cold weather when young hands can get very cold. Ordinary woolly gloves have insufficient grip for handling skills and should be avoided as should clumpy goalkeeping gloves.

Gum shields

All players from Under 9s upwards must wear a gum shield during matches and training. Your child will not be allowed to play unless they wear one. Gum shields cost as little as £3 from most of the sports superstores and are effective at protecting teeth. Alternatively a bespoke dentist fitted gum shield can be obtained.

Jewellery

All items of jewellery must be removed before training. This includes necklaces, rings and bracelets, wrist bands & watches.

Glasses

Glasses cannot be worn when playing rugby due to the risk of breakages and injury to the wearer and other players. Prescription sports goggles or contact lenses can be worn.

Fashion Leisurewear

It is best not to wear your child's favourite sports gear or football shirt as it is liable to get ruined. If you assume players will be soaked to the skin and covered in mud by the end of training you will be right more often than wrong. Always bring a change of clothes.

CLOTHES FOR MATCHES

On match days, the club will provide a shirt for each player. The player needs to provide and wear their own maroon long socks, which can be purchased from the club, and black rugby shorts. Only in extreme conditions can black tracksuit bottoms be worn for matches. Players are also permitted to wear extra thermal layers under their playing shirts if they wish.

CLUB SHOP

Articles of club merchandise are available for sale through the club including polo shirts and hooded tops as well as waterproof training tops.

COACHING

Whitby RUFC have a dedicated team of coaches and helpers, who aim to make rugby fun for everyone. They all undertake CRB checks and coaches receive training to at least RFU Rugby Ready standard. They are all volunteers, many are parents who have returned to the game after years of absence to come and watch their child play and been bitten again by the rugby bug.

SEASON, TRAINING & MATCH TIMES

The season starts with registration on the first Sunday in September and runs through to the following May.

Training or matches take place most Sunday mornings throughout the season usually with a start time of 10.30am and finishing at around 12.00 noon. Most sessions are roughly an hour long although this can vary depending upon the age group and weather conditions etc.

It is very important for parents to keep abreast of our Facebook page where details will be given of that week's activities. A projected list of fixtures and training sessions are attached.

HELPING OUT

A successful Minis & Juniors section relies heavily on parents, grandparents and friends helping behind the scenes. We are always delighted to welcome parents who are willing join a pool of helpers to assist with coaching, as required, under the direction of the main coaches.

We do not envisage this to be a week-in, week-out commitment but to give assistance when available if required. Anyone enthusiastic enough to go on to take an official coaching course will be encouraged and supported to do so. Its great fun and is highly personally rewarding.



Please talk to your age-group coach as soon as possible if you are interested in helping out on the field. It is compulsory for all on field helpers to be DBS checked and if you are helping with coaching we will arrange for you to attend a 2.5 hour foundation course known as Rugby Ready.

We are always looking for parents who would like to help behind the scenes. Any parent who would like to volunteer to help out now and again should speak with a coach or any member of the committee that oversee the junior side of the club.



SPONSORSHIP AND FUNDRAISING

The Mini Maroons are pleased to acknowledge their main sponsors for 2017/18 including: Rainham Industrial Services and The Quayside Fish and Chip Shop. Thank you for your continuing support.

We need to raise significant amounts of money each season to fund new equipment, training, social events etc and we therefore run a number of initiatives during the year as well as membership subscriptions. For sponsorship opportunities and /or fundraising ideas speak to the coaches or junior committee members.

PHOTOGRAPHY

Unless you have specifically agreed to the contrary, the club will have the right to use appropriate pictures of the children coaches and supporters in promotional videos, media broadcasting, web pages and websites, photographs, etc,

WEBSITE & FACEBOOK

Follow all the latest news from Mini Maroons on our Facebook group page: 'Mini Maroons'. This is the best place to catch last minute information on fixtures and training. Please note that this group is a 'closed' Facebook group limited to parents, guardians and players. The group administrators confirm access to the site on request.

Whitby rugby club also has a website:
www.whitbyrugbyclub.co.uk

LOCATION

Training principally takes place at the main club site on White Leys Road and also at Caedmon School playing fields, both in Whitby. Matches also take place at these venues and away at clubs across Yorkshire and the North East.



FOOD & DRINK AT THE CLUB

The club sells bacon and sausage sandwiches on most Sundays when the players are at home, with soft drinks, tea and coffee also available. The club bar does not open until after midday.

CODES OF CONDUCT

FOR PLAYERS

- Play for fun
- Play by the rules
- Do not argue with the referee
- Control your temper
- Never give up
- Be a good sport
- Be fair
- Improve your skill
- Don't be selfish
- Don't show off

FOR SPECTATORS/PARENTS

- Never force a child to play
- Always remember children play rugby for their enjoyment not yours
- Encourage your child to play by the Rules/Laws
- Teach your child that victory isn't everything
- Never yell at a player for making a mistake
- Applaud good play by either team
- Encourage your child to improve his/her skills through coaching
- Stay off the pitch
- Don't abuse anyone (especially the referee)

CLUB OFFICERS

Club President: Harvey Richardson
Hon Chairman: George Heward
Hon Treasurer; Peter Brown
Hon Secretary: Emma Garbutt
Club Safeguarding Officer: Emma Garbutt

Junior Section Chairman: Matt Coomber
Junior Section Vice Chairman: Gareth Coverdale
Junior Section Secretary: Karen Cornforth
Junior Section Treasurer: Wendy Scarth
Junior Section Safeguarding: Angus Nicholson and Chris Nock

COACHES

Chris Nock, Edward Richardson, Paul Cornforth, James Smith, Matt Coomber, Gareth Coverdale, Pete Walsh, Angus Nicholson, Karen Cornforth

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Email: whitbyminimaroons@hotmail.com

Tel: 01947 602008

Facebook: Mini Maroons



For more information on 'Ruckley' the English RFU kid's rugby ambassador:

<http://www.englandrugby.com/>

