



SJRU
Sizzling / Frosty 7s

2019
*Tournament
Manual*

1. INTRODUCTION

These Rules shall be read in conjunction with the SJRU Constitution, RUGBY AUSTRALIA Code of Conduct and all relevant SJRU/RUGBY AUSTRALIA policies.

Definition: The *Tournament* refers to the series of matches played on the one day. The *Competition* refers to the cumulative results from the various tournaments culminating in a final series.

Conditions of Entry

- No alcohol permitted
- No glass issued
- No smoking permitted
- All bags and eskies must be made available for inspection.
- Children under the age of 12 must be under the immediate supervision of a responsible adult at all times
- Management reserve the right to refuse any individual or group

Medical

Teams are responsible for the fitness and safety of their players during the Tournament. Teams acknowledge that participation in the Tournament may carry with it certain dangers including the risk of injury, and agree, to the extent permitted by law, to waive all claims for liability against any participant (including but not limited to players, coaches, volunteers and administrators) and release every such participant from all liability that may be incurred in connection with participation in the Tournament.

SJRU will be responsible for supplying qualified medical staff for the duration of the Tournament. Tournament medical personnel will attend to injured players only. In the event that a child participating in or present at the Tournament is injured and the parent/guardian of the child is not present SJRU will arrange such medical, ambulance or hospital care it deems necessary. The parent/guardian of the child will meet all expenses associated with that care.

SJRU will also make provisions for ice to be available for injury management.

Personal Items & Team Kit

Participating teams, or individual members of teams shall, during the Tournament, make its or their own arrangements for, and bear all costs of insurance against loss of, all personal baggage and effects and the team kit.

Tournament Rules

1. Tournament Rules

The Tournament is organised under the auspices of the Sydney Junior Rugby Union (SJRU) and played in accordance with the World Rugby Laws of the Game of Rugby Union, as well as World Rugby Bye Laws, Regulations, Technical Zone Protocols and Seven a Side Law Variations. Please see below links to appropriate ARU Seven a Side Law Variations.

<https://www.world.rugby/sevens/laws?lang=en>

1.1 Powers of the Tournament Director

The Tournament Director or his/her nominee shall have the power to deal with complaints and disputes relating to the administration and management of the Tournament. The decision of the Tournament Director or his/her nominee on these matters shall be final.

1.1.1 Exclusion from the Tournament

Failure to abide by a decision of the Tournament Director or his/her nominee, or involvement in matters of a serious nature, will lead to exclusion from the Tournament, for either any individual or participating team.

2. Player Eligibility

2.1 All players competing and participating in the SJRU Sizzling / Frosty 7s must have completed registration via the on line Rugby Xplorer system.

Players must compete in the relevant age group for their chronological age (see below) unless special dispensation has been granted.

U11: Players born in 2008 or 2009

U13: Players born in 2006 or 2007

U15: Players born in 2004 or 2005

U17: Players born in 2002 or 2003

2.2 Whilst the starting policy position is that a player may play in the age group he/she is turning in the relevant calendar year and in the age group one year above, the Size for Age Guidelines and Age Grade Dispensation Procedure allow players to play in the most suitable competition.info on Age Grade Dispensation can be found here with all relevant forms – <http://www.rugbyau.com/about/codes-and-policies/safety-and-welfare/player-dispensation>

2.3 Any player under suspension from either Rugby Union or any other sport code is ineligible to compete.

2.4 It is the responsibility of the team to only play eligible players. Playing an ineligible player will lead to expulsion from the Tournament.

3. Squad Composition

Each squad will consist of a minimum of 7 and maximum of 12 players. All participating teams shall declare their Tournament squads (full names and date of birth) to the Tournament Director or his/her nominee on the Registration Form provided before the tournament. At the latest at team management meeting prior to the start of the tournament.

3.1 All teams must be coached by a SmartRugby qualified coach

3.2 Each team nominating for the competition must identify a qualified referee who will be present at their games and able to referee the game if the Union does not appoint a referee. The same referee may be nominated for multiple teams from the same club as long as they will be present for both teams' fixtures. Qualified referee means that they hold current SmartRugby accreditation and have attended the Refereeing Kids Rugby or Foundation course. Failure to comply means that a team's nomination for the competition will be rejected. Should a team be called upon to provide a referee and be unable to do so, they may be asked to show cause as to why they should remain in the competition.

4. Replacement of Player at Tournament

Once the Tournament has commenced, no interchanging of players between squads will be permitted during the Tournament (including in the event of an injury), unless otherwise sanctioned by the Tournament Director or his/her nominee.

4.1 Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead (i.e. the game has stopped).

4.2 Temporary replacement for a blood injury to a player is permitted. A player who has been replaced through injury may not resume play in the same match. A player who has been replaced though injury may not resume playing in the same match, but may play in subsequent matches provided appropriate medical clearance is provided. A player who has been substituted may return to the field of play as a temporary replacement for a player with a bleeding wound. No replacement or substitution maybe made except with the permission of a Referee, and only during a stoppage in play.

4.3 In the event that, due to injuries, a team is unable to field a full complement of players from its own squad of (up to 12) registered players, the team may seek advice from the Tournament Director who may at his/her discretion assist the team with additional players.

5. Field of play

Only players, the referee, assistant referees, water carriers and first aid personnel are permitted to enter the playing area except during the half time interval when coaches may also enter the field of play.

5.1 Team Zone

Each team may have the following personnel on the sidelines in the designated Team Zone area during the match: Coach, Manager, Trainer/Medical attendant and 5 reserve players.

A maximum of two non-playing personnel are allowed to enter the field of play for the purposes of water carrying or attention to injury (which is only permitted when play is stopped for an injury or when a try has been scored). They must wear high vis bibs at all

times. The manager, coach and assistant coach are not permitted to act as water carriers at any time.

- 5.2** Team Sheets showing the 12 players competing in the match must be maintained with the scoring details and submitted at the completion of the match.

6. Playing Kit / Team Numbering

All playing jerseys must be numbered. When players and substitutes are registered for each game, their names must correspond with the number of their jersey. Where possible each player shall keep the same number jersey throughout the Tournament.

6.1 Draw

A draft draw will be made available as soon as practicable prior to the Tournament commencing.

7. Competition Structure

7.1 Points will be awarded for each match of the Competition:

Win = 3 points (including Win on Forfeit)

Draw = 2 points

Loss = 1 point

Loss on Forfeit = 0 points.

7.2 Each week of the Competition will have points awarded for each match to determine placings for the Final.

7.3 If a team abandons a match or refuses to play, without prior consent from Tournament Director they may be expelled from the Competition. The team expelled will not be awarded competition points and will have a nil-nil point for the pool matches. All results against an expelled team will not be taken into account in determining pool standings.

8. Match Timings

A timekeeper will be appointed for all matches and will time all games. However the referee's Whistle will signal the end of the game. Each game of the Tournament will consist of two halves that will be of (7) minutes duration each, with not more than a one (1) minute interval between halves.

8.1 The Competition final will be of same time of the round games. That being (7) minutes duration each half, with not more than a one (1) minute interval between halves.

8.2 No injury time will be played in any match.

8.3 Team managers shall be responsible for getting their teams to the field of play prior to the scheduled kick - off time. A five (5) minute grace period for late arrivals will be permitted at the discretion of Tournament officials. If, after this/her time has elapsed, the opposition still has not reached the field of play, then the team on the field ready for play will receive a walkover score line for that round. (A walkover will carry a 20 - 0 score line against the offending team). Team officials are asked to continually check the kick off time of their next game, as Tournaments may occasionally require alterations to the schedule

9. Pool standings

- 9.1** Position in the pool table shall be determined by competition points as outlined in 7.1.
- 9.2** If at the conclusion of the pool stage or equivalent, teams are on equal competition points, the table position will be determined by the result of the match between the equal teams.
- 9.3** If that match was a draw then the following process is enacted:
- (i) The team which has the best positive difference between points scored and points scored against in all pool matches shall be the higher ranked: if the tie remains unresolved then;
 - (ii) The team that has scored the highest number of points in the pool matches shall be ranked higher in the pool competition table: if the tie still remains unresolved then;
 - (iii) The tie will be resolved by the toss of a coin between the team managers concerned and overseen by the Tournament Manager or by an authorised person nominated by the Tournament Manager.

10. Send offs and Temporary Suspensions

- 10.1** A temporary suspension or yellow card will result in a two (2) minute suspension from play in the sin bin. A player who receives two (2) yellow cards in the one match or on the one event day will be required to stand down for one match or until the matter is dealt with by the Competition Manager or an appointed Judiciary.
- 10.2** A player who receives a red card will take no further part in the match or Competition until the matter has been dealt with by a Judicial hearing.
- 10.3** All Judicial matters will be administered by the SJRU Judiciary. Refer to the appendix for the Judicial process.

11. Technical Area / Water Carriers Protocol

Dimensions of the Technical Zone

- a) Two technical zones shall be provided within the playing enclosure on the same side of the pitch, each one on either side of the half-way line and outside the field of play.
- b) These technical zones should be marked on the ground. If not possible, the technical zones should be roped or marked by cones.
- c) The line nearest the touch line must be parallel to the touch line.
- d) The technical zone commences a **minimum of** five metres from the half-way line. The technical zone must not exceed ten metres in length and three metres in width and must not be less than two metres from the touch line
- e) Wherever practically possible the zones should be behind advertising hoardings with easy access to the field of play.

Personnel Permitted in the Technical Zone

- a) Coaches (2 Max), Manager (1 Max) and reserve players (5 Max) are allowed in Technical zones.

Roles of Personnel in the Technical Zone

- a) Water may only be taken on the field during stoppages in play for injuries in the playing area and when a try has been scored.
- b) The two water carriers are not permitted in the playing area during penalty kicks at goal.
- c) The water carriers must remain in the technical zone at all times unless they enter the playing area to provide water.
- d) Players may come to the touch line adjacent to the technical zone to receive water.
- e) Water bottles must not be thrown on the field of play.

12. Code of Ethics (Tournament) and ARU Code of Conduct

All participants in attendance at the Tournament are bound by both the Code of Ethics and ARU Code of Conduct. Any participant to be found in breach of these Codes will not be permitted to play again until the matter has been dealt with either by the Tournament Director or by the disciplinary committee.

Code of Ethics

Adapted from "Fair Play Codes for Children in Sport" by the National Task Force on Children's Play Canadian Council on Children and Youth.

INTRODUCTION

This/her code is designed for the following reasons:

- To return the elements of enjoyment and satisfaction to Junior Rugby.
- To make adults aware that young people play to satisfy themselves and not necessarily to satisfy adults or members of their own peer group/s.
- To improve the physical fitness of youth by encouraging participation in rugby by making it attractive, safe and enjoyable for all young people.
- To constantly remind Administrators, Coaches, Referees, Parents that Rugby must be administered, taught and provided, for the good of those young people who wish to play the game. It is their game!

PLAYER'S CODE

1. Play for the "enjoyment", not just to please your parents or coach.
2. Play by the laws of the game of rugby.
3. Never argue with the referee's decision. Let your captain or coach ask any questions.
4. Control your temper - no "mouthing off".
5. Work equally hard for yourself and your team - your team's performance will benefit and so will your own.
6. Be a good sport. Applaud all good play, whether by your team or by your opponent.
7. Treat all players as you yourself would like to be treated. Don't interfere with, bully or take unfair advantage of any player.
8. Remember that the goals of the game are to have fun, improve your skills and feel good. Don't be a show-off or always try to get the most points.
9. Co-operate with your coach, team-mates, referee and opponents, for without them you don't have a game.

SPECTATOR'S CODE

1. Remember that young people play organised sports for their own fun. They are not there to entertain you and they are not miniature Wallabies.
2. Be on your best behaviour. Don't use profane language or harass players, coaches or referees.
3. Applaud good play by your own team and the visiting team.
4. Show respect for your team's opponents. Without them there would be no games.
5. Never ridicule or scold a player for making a mistake during the game.
6. Condemn the use of violence in all forms.
7. Respect the referee's decisions.
8. Encourage players to play according to the laws.
9. SLEDGING: THIS/HER CAN NOT BE ACCEPTED in any way shape or form. Players and Referees are NOT fair game.
10. Remember the N.S.W.J.R.U or S.J.R.U. or N.S.W. Country Junior Rugby Union Committees have the power to site Players, Coaches and/or Spectators for behaviour that may bring the game of Rugby into disrepute.

COACH'S CODE

1. You have responsibility for your team and its supporters. EXERCISE IT.
2. Be reasonable in your demands on the young players' time, energy and enthusiasm. Remember that they have other interests and demands on their time.
3. Teach your players that laws of the game are mutual agreements that no one should evade or break.
4. Ensure that all players get a game. The 'just average' players need and deserve equal time.
5. Remember that young people play for fun and enjoyment and that winning is only part of it. Never ridicule or yell at the players for making mistakes or losing a game.
6. The scheduling and length of practise times and games should take into consideration the maturity level of the players.
7. Develop team respect for the ability of opponents, as well as for the judgement of referees and opposing coaches.
8. Follow the advice of a doctor in determining when an injured player is ready to play again.
9. Remember that young people need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
10. Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of young people.
11. Encourage young people to develop basic skills and avoid over-specialisation in positional play during their formative years.
12. Create opportunities to teach sportsmanship, just as you would in teaching the basic skills.
13. Ensure that efforts for both skill improvement and good sportsmanship are rewarded by praise.
14. Remember that players are also students so be reasonable in your demands on their energy and enthusiasm.
15. Ensure that skill learning and free play activities have priority over highly structured competitions for very young people.
16. INSIST ON FAIR PLAY does not tolerate foul play, fighting, or foul language. Be prepared to take off an offending player.
17. Discourage excessive talk on the pitch.
18. INSIST on a disciplined approach by players and mean what you say.
19. Set a good example by personal good behaviour.

PARENT'S CODE

1. Do not force an unwilling youngster to participate in rugby.
2. Remember, young people are involved in rugby for their enjoyment, not yours.

3. Encourage your child always to play by the laws.
4. Teach young people that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
5. Turn defeat into victory by helping young people work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a game.
6. Remember that young people learn best by example. Applaud good play by your team and by members of the opposing team.
7. Do not publicly question the referee's judgement and never his/her honesty.
8. Support all efforts to remove verbal and physical abuse from junior rugby.

Recognise the value and importance of volunteer coaches and referees. They give of their time and resources to provide recreational activities for young people.

Links

- Sydney Junior Rugby Union Rules and Policies: www.sjru.com.au
- RUGBY AUSTRALIA Concussion Policy.
<http://www.rugbyaustralia.com.au/runningrugby/PolicyRegister/ConcussionProcedureManagement.aspx>

**Note that there is NO sideline test for concussion and that the designated First Aid attendant may declare that a player is to be removed from the field of play with either suspected concussion or the potential for concussion. Any serious head knock on a Junior player is deemed as potential for concussion and the player removed from the field.