2011 DOLPHIN JUNIORS HANBOOK

CONTENTS

1. JUNIOR CHAIRMANS WELCOME
2. THE COMMITEES
3. THE DOLPHINS STORY – PRESIDENTS WELCOME
4. CODE OF CONDUCT AND RESPONSIBILITIES
5. TRAINING
6. SEASON FORMAT
7. TEAM AND PLAYER SELECTION
8. HOME GAMES
9. PLAYERS POSTIONS
10. LAWS OF THE GAME
11. WHERE THE GAMES ARE PLAYED
12. REPRESENTATIVE RUGBY
13. HEALTH CARE AND INSURANCE

My Coach is ……

Contact number……

Email ……..

My Manager is …… …….…….

Contact number ……..

Email……..

1. JUNIOR CHAIRMAN'S WELCOME

Welcome to the Noosa District Rugby Union Club. The aim of the club is to offer its junior members a safe environment within which they can enjoy the benefits of friendship whilst developing their fitness and gaining a greater understanding of the fantastic game of Rugby Union.

The success of the Junior Division of this club has been contributed to by the ongoing support and generosity of the parents of its junior members. This support extends to all areas including assisting at training, managing a team, being a first aid trainer, being a ground marshal, doing match reports, or even washing the playing jerseys. This support enhances the experience of playing rugby for both the junior players and their parents. We do encourage parents to get involved and be part of the fun.

Being very much one club (junior and senior) the Noosa Rugby club endeavours to offer a pathway of learning from under 6 right through to our A grade and beyond. Senior coaches, qualified junior coaches, managers, trainers and committee members are always available to answer any queries or concerns any parents may have to ensure maximum enjoyment for all junior players.

We hope you find this booklet helpful in answering some of the questions you may have about this club and the great game of rugby union. If you have any other questions feel free to talk to me, any of the committee or any of our staff members at anytime. I do encourage parents to discuss the content of the handbook with their son or daughter. This will ultimately enhance the enjoyment, the memories and the experience of playing and being involved in rugby for both the player and the parent now and well into the future.

Again a very warm welcome to all to the Noosa Dolphins Rugby Club.

Dene Brooks
President of Juniors

2. COMMITEES

2010 Club Committee

President – Greg Dodd
Vice President & Grounds Manager -Keiran Kearney
Treasurer- Peter Colvin
Business Development Manager- Peter Slattery
President Juniors- Dene Brooks
Electronic Media – Brian Gibson
Grants- Chris Burton
Building/ Fundraising- Scott Canty
Membership Liaison- Sheldon Shultz

2010 Junior Committee

President Juniors- Dene Brooks
Uniform Coordinator- Brian Gibson
Coaching Development Group – Phil Bowden
Dave Glassock
Rocco Perugini
Iain Kippen
Home Ground Coordinator- Darrin Swindlehurst
Training and First Aid Coordinator- Francis Roiboit
Schools and Stingrays Liaison- Dave Glassock
Registrar and Publicity Officers- Joe Jurisevic
Fundraising and Social Events - Special Committee to establish social event for 2011

If you wish to assist in any of these positions please contact the Chairman or any of the committee. Your help and advice is always welcome.

3. THE DOLPHIN STORY- PRESIDENTS WELCOME

The Noosa District Rugby Union Club Inc. is a non-profit organisation formed in 1984. We played our first game in 1985 at Sunshine Beach State School and went on to play in 19 consecutive A Grade Grand Finals from 1988.We have gone on to win thirteen A Grade Premierships as well as being the biggest junior club on the coast, last year with 21 teams representing the mighty Noosa Dolphins from under 7 to under 17 to A grade.

The Club operates a profitable and well-managed licensed area and a fully functioning commercial kitchen. From humble beginnings with a committee catering to a small membership base, the Club originally functioned from temporary administration tents, open roped-off change rooms and was fuelled only by volunteer passion, labour and a motivation to grow and succeed

Calling a sporting association "a family" is an often-used cliché and one that I have repeated here with some reluctance. It is however meant sincerely and I think you'll find throughout the next year that the passion and commitment to the club, displayed by the majority of members, does make The Dolphins a little bit more closely related to a family than simply a sporting body.

We have a proud history both on and off the field and pointing to our physical achievements to date with our grounds and club rooms is quite easy to do. We are more than that. Whilst we promote sportsmanship and correct behaviour both on and off the field we do have a passion when it comes to winning in the competitive grades. We do not believe that we over-emphasise this, and we do not encourage it in the younger age groups, but in these days of political correctness it is sometimes forgotten that you are, after all, playing sport not only to teach team building and social behaviour, but also to win. Our history of premiership wins in the competitive grades is unrivalled.

This passion also extends well beyond our normal playing activities and in many ways being a member of Noosa District Rugby Union is a badge that can be worn with pride. Our goal is to help the younger members of our club grow and develop into, not only good club members and team members, but through this we seek to make our players better members of the community at large. This is not an easy task and we do strive to blend the old social values with the new.

We invite you to become an active participant in the club. We do fully understand that in this modern world the calls upon your time are significant but we can assure you that should you choose to devote some of it to the development of young bodies and brains, it is a very rewarding task, and one for which all of us involved in the club would be grateful.
Welcome to the family of Noosa District Rugby Union Inc (The Dolphins).

All the best for our 2011 season.

Greg Dodd
President

4. CODE OF CONDUCT AND RESPONSIBILITIES

INTRODUCTION

This code is designed:

- To maintain the element of enjoyment and satisfaction in 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.
- To improve the physical fitness of youth 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.

PLEASE REMEMBER – WE ARE HERE FOR THE KIDS – IT IS THEIR GAME!

PLAYER'S CODE

1. Players are encouraged to play for 'enjoyment', not just to please their parents or coach.
2. Players will play within the laws of the game of Rugby.
3. Players will never argue with the referee's decisions. The team captain is responsible to ask any necessary questions.
4. Players will control their tempers – no “mouthing off”.
5. Players will work equally hard for themselves and their team.
6. Players are encouraged to display good sportsmanship. Applaud all good play, whether by their team or by their opponent.
7. Players will treat all players, as they themselves would like to be treated.
8. Players will not interfere with, bully or take unfair advantage of any player.
9. Players will remember that the goals of the game are to have fun, improve their skills and feel good. Players are encouraged not to show off or always try to get the most points. It’s a team game.
10. Players will co-operate and respect their coach, manager, teammates, referee and opponents.
11. Players will not approach a referee/touch judge at any stage during or immediately after a game unless to say thank you.
12. Players are encouraged to thank all those people that made it possible for them to play, such as their coach, manager, trainer and parents.
13. Players should be on time for both training and games. (As a guide minimum 30 minutes before the game but this will increase as the player gets older.)
14. Players should ensure that they are appropriately dressed for training and games including mouthguards. Players are encouraged to maintain a kit bag equipped with all playing accessories required.
15. Players should always bring a water bottle to training.
16. Again Players should always bring a water bottle to training.

PARENT'S CODE

1. Parents are encouraged to introduce themselves to the coach and manager.
2. Parents are discouraged from forcing an unwilling youngster to participate in Rugby.
3. Parents should acknowledge that young people are involved in Rugby for their enjoyment, not that only of the parent.
4. Parents should always encourage their child to play by the laws of rugby.
5. Parents should teach young people that honest effort is as important as victory so the result of each game is accepted without undue disappointment.
6. Parents should endeavour to turn defeat into victory by helping young people work towards skill improvement and good sportsmanship. Never ridicule or yell at their child for making a mistake or losing a game.
7. Parents should acknowledge and practise that young people learn best by example. Applaud good play by the team and by members of the opposing team.
8. Parents will not question the referee's judgement and never his/her honesty.
9. Parents will support all efforts to remove verbal and physical abuse from Junior Rugby.
10. Parents are encouraged to acknowledge the value and importance of volunteer coaches, managers, and referees.
11. Parents will not approach a referee/touch judge at any stage during or immediately after a game.
12. Parents are encouraged to support the coaching and management team. Parents should initially discuss with them any concerns they may have. Parents are encouraged to thank the team personnel for their efforts from time to time.
13. Parents should ensure their child is on time for both training and games. (As a guide 30 minutes before the game but this will increase as child gets older.)
14. Parents should ensure that your child is appropriately dressed for training and games include mouthguards and all other necessary playing accessories.
15. Parents will notify the coach or manager if their child is unable to attend a game or training.
16. Parents should identify to the coach/manager/trainer any specific injury concerns or conditions their child may have.
17. Parents are not permitted on the field during a match even if their child is injured. This includes the half time break.

COACH'S CODE

1. Coaches are responsible for the behaviour of the team and its supporters. And are encouraged to exercise this responsibility.
2. Coaches will be reasonable in their demands on the young player's time, energy and enthusiasm. Coaches will be mindful that the players have other interests and demands on their time.
3. Coaches will teach the players that the laws of the game are mutual agreements, which no one should evade or break.
4. Coaches will ensure that all players get a game. The 'just average' players need and deserve equal time.

5. Coaches will support and acknowledge that young people play for fun and enjoyment and that winning is only part of it. Coaches will never ridicule or yell at the players for making mistakes or losing a game.
6. Coaches will give consideration to the scheduling and length of practice times and games based on the maturity level of players.
7. Coaches will encourage and develop team respect for the ability of opponents, as well as, the judgement of referees and opposing coaches.
8. Coaches will follow the advice of a doctor in determining when an injured player is ready to play again.
9. Coaches will accept that young people need a coach they can respect. Coaches will be generous with their praise when it is deserved and set a good example.
10. Coaches will make a personal commitment to keep themselves informed on sound coaching principles and the principles of growth and development of young people.
11. Coaches will encourage young people to develop basic skills and avoid over-specialisation in positional play during their formative years.
12. Coaches will create opportunities to teach sportsmanship, just as they would in teaching the basic skills.
13. Coaches will ensure that efforts for both skill improvement and good sportsmanship are rewarded by praise.
14. Coaches will ensure that skill learning and free play activities have priority over highly structured competitions for very young people.
15. Coaches will INSIST ON FAIR PLAY, will not tolerate foul play, fighting or foul language. Coaches will take off an offending player.
16. Coaches will discourage excessive talk on the pitch.
17. Coaches will INSIST on a disciplined approach by players and mean what they say. Coaches will not set unreasonable goals.
18. Coaches will set a good example by personal good behaviour.
19. Coaches will not approach a referee/touch judge at any stage during or immediately after a game except to say thank you.

MANAGER'S CODE

1. Managers will encourage parents to take an active interest in the Team.
2. Managers will encourage parents and supporters to talk to opposition spectators.
3. Managers will encourage supporters to praise good play by both teams.
4. Managers will discourage supporters from excessive barracking.
5. Managers will provide administrative assistance to the Coach including full knowledge of the Competition Rules and paperwork requirements.
6. Managers will be fully informed of Rugby requirements and matters affecting the team.
7. Managers will look after injured players while they are not able to take the field.
8. Managers will ensure that players are aware of representative trials and if selected, they are fully aware of their commitments and that they know of their selection.
9. Managers will insist on an appropriate standard of team behaviour both on and off the field.
10. Managers will set an example in terms of behaviour.

11. Managers will not approach a referee/touch judge at any stage during or immediately after a game, other than to thank them and obtain necessary match result signatures.
12. Managers will ensure all players are registered.
13. Managers will with the trainer ensure all players have water during training and games.
14. Managers will ensure that the registration book is filled in and handed in after all games.
15. Managers will support the coach any way they can.

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REFEREE'S CODE

1. Referees must ensure that “over-refereeing” the game does not lose the “spirit of the game” for young people.
2. Referees will acknowledge and practise that actions speak louder than words and will ensure that both on and off the field their behaviour is consistent with the principles of good sportsmanship.
3. Referees will compliment both teams on their good play whenever such praise is deserved.
4. Referees will be consistent, objective and courteous.
5. Referees will condemn the deliberate “good foul” as being unsportsmanlike, thus retaining respect for fair play.
6. Referees will publicly encourage law changes, which will reinforce the principles of participation for fun and enjoyment.
7. Referees must make a personal commitment to keep themselves informed on sound refereeing principles and the principles of growth and development of young people.
8. Referees will avoid comment on Competition Rules and only deal with the Laws of the Game.

Remember, the QJRU Management Committee and SCRU Competition Committee has the power to cite Players, Coaches, and/or Spectators for behaviour that may bring the game of Rugby into disrepute.

SPECTATOR'S CODE

1. Spectators should remember that young people play organised sports for their own fun. They are not there to entertain spectators and they are not miniature Wallabies.
2. Spectators will not use offensive language, or harass players, coaches, referees or other spectators.
3. Spectators are encouraged to applaud good play by both their own team and the opposition team.
4. Spectators should show respect for their team's opponents. Without them there would be no games.
5. Spectators should never ridicule or scold a player for making a mistake during the game.
6. Spectators should always condemn the use of violence in all forms.
7. Spectators will respect the referee's decisions.
8. Spectators will encourage players to play according to the laws.
9. SLEDGING: THIS CANNOT BE ACCEPTED in any shape or form. Players and Referees are NOT fair game. Do not ever approach a referee/touch judge at any stage during or immediately after a game. Any concerns must be directed through the team manager.
10. All spectators must adhere to Ground Marshals instructions during the course of a game. This is for the safety of the players and spectators.
11. Spectators are not permitted on the field during a match. This includes the half time break.

Other Responsibilities

All the clubs coaches and managers etc are volunteers doing their very best for all the players. The following items reflect the responsibilities of these wonderful volunteers. Again, parents are encouraged to assume one of these roles or just assist by appreciating the contributions of theses volunteers.

TRAINER

The trainer’s role is to ensure the health of all the players in the team. This can include

- Hydration i.e. enough fluids
- Injury management
- Liase with sports medicine staff on the day
- Wear the appropriate identification
- Identify when a player is hurt or unwell
- Support the coach and management team
- Identify any specific injury problems or concerns such as respiratory complaints or medication any of the kids may require

GROUND MARSHAL

Approximately three to four days a year the club requires parents, other than the coaching and management team, to assist with this role. Rotated through the team this may only have to done by a parent just the once for the whole season.

Responsibilities from the SCRU competition rules state:

That the only persons allowed inside the roped playing area are:

- Medically Qualified Person.
- Teams (2 x)
- Referee
- Touch Judges (2 x).
- Sports Trainer: Seated inside the playing enclosure (max. 2 persons per team). The sports trainer is a person or persons from each team who is responsible for immediately attending to a player who may appear to be injured, and who provides water to the players. Note that authorised persons does not include a coach with the following exceptions:

- Where it is permitted under the ARU Pathway Laws
- Where the nominated coach is required to fulfill one of the above listed roles, no coaching or technical instruction can take place while fulfilling one of the listed roles.

Ground Marshals should always first **request** that any infringement be rectified before instructing and refer any incidents to the Senior Ground Marshals on the day. Ground Marshals are discouraged from engaging in an argument, as 99% of spectators and parents will conform to most requests. Ground Marshals are encouraged to display patience and diplomacy. The role of Ground Marshal is to optimise the enjoyment for everyone, including the referees, by keeping the playing area clear, safe and free from unwarranted behaviour.

5. TRAINING

Under 6s to Under 12s

Friday afternoons from 4pm. Parents should contact the coach or manager for exact locations and specific times. With the older groups the coach may also wish to add an extra training day or different location.

Under 13s to Under 17s

Tuesday and Thursdays from 4pm. Parents should contact the coach or manager for exact locations and specific times.

6. SEASON FORMAT

Match days for the younger age (6-12s) groups are generally on Saturday mornings starting from 8am. The older age groups can vary from Saturdays as well as Friday nights starting from 6pm depending on ground allocation.

There are approximately 15 games for the year and teams do not play during public school holidays. There are no finals for age groups up to and including Under 12s although points are allocated for teams under 9 and above.

Ages under 13 to under 17s play a semi and then a final in a two-weekend format (1v4 and 2v3) with the winners advancing to the grand final.

What time and where are the games played?

This will generally be available by Wednesday on the SCRU website. Go to **http://www.scru.com.au** and click on JUNIORS then DRAW/TABLE on the left hand side of the website.

7. TEAM AND PLAYER SELECTION

The junior committee supports section 4 of the coach's code "Ensure that all players get a game. The 'just average' players need and deserve equal time".

Every effort will be made by coaches to ensure that all players will get a game of rugby. It is often difficult to deliver exactly "equal time" to all the players within a team, especially as players get older as size and ability restricts some players to certain positions.

The club will often have more than one team in each age group. Both teams in their age groups will be encouraged to train together in the first half of the training session as a group when doing skills sets and drills. In the second part of the session they may separate to build up team cohesion.

There are many factors in choosing separate teams, which will be known as Fins and the Reds in each age group. These factors include:

- Physical attributes
- Positional preference and suitability
- Mateship
- Ability
- Division that team is in
- Length of time players have been in the team

These are objective factors considered for the younger age groups. Two equal teams selected at the start of the year would be ideal, although the "team" factor can alter the balance of skills by the end of the year.

Under 13 to under 17

These age groups are deemed to be in a competitive environment and it is the clubs policy that if there were to be more than one team the coaches may be able to select an “A” team and a development team. With team selection in this area, objective factors will be taken into account and monitored. They include physical attributes, skill level, training effort, punctuality for training/games, and attitude. Coaching staff should be guided by, but are not strictly governed by this policy.

Should parents have a concern with their son or daughters playing time or team, they should first ask their own child to see if they are happy, then approach the coach or manager to discuss. If they still have concerns they should contact the President of Juniors. However all the coaches and managers are volunteers and are doing the best job they possibly can. The coaches and staff have all the kids’ interest at heart and endeavour to ensure all players have as much game time every week. **Note:** It has been shown that junior players who self acknowledge they are still developing their skills and fitness may prefer to play within a squad/team with players at their own level.

8. HOME GAMES

The home game rounds are an important part of the clubs fundraising for the year. Approximately three to four days a year the club asks for one or two parents from each team, other than the coaching and management team to assist for about two hours. Rotated through the team this may only have to done by a parent once for the whole season. The role is that of Ground Marshall (as described above). The club encourages parents to contact their team manager or the Home Ground Coordinator if they feel they can assist.

9. PLAYERS POSITIONS

The beauty of Rugby is that there is a position for everyone on a rugby field from the short and strong to the fast and long and everyone in between. From the under 6s for a few years the club encourages everyone to play in different positions. Coaches will consider the players genetics and other attributes to find that player their ideal position. This can change again many times during the player’s rugby career.

The coaches will instil all the skills needed to play in most positions in the younger years. From under 11s and above the game becomes more physical and specialised due to factors such as body height and weight ratio. It can then become a matter of safety as to what the best position is suited to each player.

Example: Scrimmaging is an important part of the game as players get older and not only requires skill and strength but physical attributes in the front row that are more suited to stronger, compact and shorter in the neck players.

Below is a brief description of the different roles of the each position.

Props
Props are pillars of the scrum, supporting their hooker, and key lifters in the lineout. Designated as loosehead (wears No. 1 jersey) and tighthead (No. 3 jersey), the props must be strong and technically sound. Due to their size and strength, props are used to rip the ball free in mauls and run with the ball in pack-driven offensive play.

Hooker
The hooker (wears No. 2 jersey) gets his/her name from the action of "hooking" the ball back to his teammates in the scrum play. Generally, it is the hooker that throws in the ball at a lineout. Hookers must be mobile, have good speed, and be a reliable tackler.

Locks
Locks are generally the tallest individuals on the team with superb leg strength. A lock (wears No. 4 or 5 jersey) may support a jumper or be one himself in the lineouts, but their most important function is in the scrum. Most of the forward push in a scrum is generated within the second row.

Flankers
The flankers (wear No. 6 or 7 jersey) bind in at the side of the scrum. The primary tasks of the flanker are to win the ball in loose play, support a jumper or be one himself in the lineouts, and be an excellent tackler. It is often the flanker that provides the crowd with exciting defensive plays and turnovers.

8-Man
The "8-Man" (you guessed...wears No. 8 jersey) packs down at the back of the scrum, between the two locks. The 8-Man is responsible for presenting the scrumhalf with a good ball from the scrum, or sometimes launching an offensive from his/her position. The 8-Man needs to be physically imposing with a good balance of skills.

Scrum-Half
The scrum-half (wears No. 9 jersey) is responsible for feeding the ball into the scrum and dispensing the ball to forwards or backs for an offensive attack. The scrumhalf is an aggressive player with excellent ball handling skills. The scrumhalf often tangles with the forwards, so they tend to be tough, resilient rugby players.

Fly-Half
The fly half (wears No. 10 jersey) is generally the key decision maker who decides to either distribute the ball to the backs or kick for better position. He/she should have a good range of skills with the ball in hand or off the foot. Fly halves are methodical, elusive runners with a knack for setting up their fellow backs for big offensive plays.

Inside Centre
The primary role of the inside centre (wears No. 12 jersey) is to knock holes in the opponent's defence and has the primary defensive role in attacks against his/her own back line. Inside centres usually pound the ball into the opponent's defence, despite their desire for stealthy, slashing runs.

Outside Centre
An outside centre (wears No. 13 jersey) generally has more pace than power, as compared to his inside centre. The outside centre must be able to make holes in the opponent's defence, but also exploit the gaps made by the movements of his/her teammates. If the outside centre can't bust through; he/she has a wing on the outside to pass the ball to.

Wings
Wings (wear No. 11 or 14 jersey) are generally the fastest players on the team, whose primary function is to get the ball and sprint for the goal line. Often wings are called upon to field an opponent's kick and retrieve the ball when done so by his/her team. Historically, wings were small, fast players. In modern rugby, wings have gotten significantly larger to both speed past defenders and break through multiple tacklers.

Fullback
The fullback (wears No. 15 jersey) is the last line of defence against a running attack and the opponent's tactical kicks. The fullback must be able to cleanly field an opponent's high, hanging kick while being unconcerned about the prospect of being gang-tackled when he/she fields the ball. The fullback must have a balanced set of skills; he/she may enter the attacking back-line to overload a side or provide tactical kicks to prevent an opponent's score.

10. THE LAWS OF RUGBY

The following is a brief summary of the features of the Rugby Pathway

FOR UNDER 6/7 YEAR OLDS AS STEP ONE OF THE AUSTRALIAN RUGBY PATHWAY

- Playing Area Max. 50m x 25m (includes in-goal area). ¼ field
- Team Size Seven (7) players as max per team.
- Ball Size 2 - Walla.
- Playing Time Two x 15-minute halves.
- Scoring A try is worth 5 points.
- No conversion attempt after a try at this age level.
- No penalty goals or drop goals at this level
- Kick-off - Taken in the form of a “place-kick”. Non-scoring team to kick off. 5m “free zone” for receiver
- Restart “Tap restart” by non-scoring team after a try.
- Kicking in General Play: No kicking is allowed in general play.
- Walla Tag to halt the progress of the ball carrier, a defending player must contact the ball carrier with two hands (simultaneously) below waist height.
- No finals, no competition ladder and no premiership awarded at this age level.

FOR 8/9 YEAR OLDS AS STEP TWO OF THE AUSTRALIAN RUGBY PATHWAY

- Playing Area Max. 70m x 35m (includes in-goal area). ½ field
- Team Size U8 (7 players), U9 (10 players) per standard team.
- Ball Size 3 - Size Mini.
- Playing Time Two x 15-minute halves (U8), Two x 20-minute halves (U9).
- Scoring A try is worth 5 points.
- Kick-off - Taken in the form of a "place -kick". Non-scoring team to kick off. 5 metre "free zone" for receiver.
- Kicking in General Play: No kicking is allowed in general play.
- Tackle: They can tackle. A tackle occurs when the ball carrier is brought to the ground and held by an opponent.
- Once tackled the ball carrier must immediately place, push or pass the ball.
- Scrum - Scrums are non-contested i.e. only the hooker of the team feeding the ball into the scrum may strike for the ball. U8 (3 player non contested), U9 (5 player non contested)
- Five-player scrum, with three players in the front row and two in the second row. U9 has No. 8 at back of scrum.
- There is no pushing in a Mini scrum.
- Line-out Line-outs are non-contested.
- Finals series- No finals series but Premierships may be awarded for "first past the post"

FOR UNDER 10 / 11 YEAR OLDS AS STEP THREE OF THE AUSTRALIAN RUGBY PATHWAY

- Playing Area Standard field - 120m x 70m (includes in-goal area). Cones placed 5 metres in from touch
- Team Size Twelve (12) players per standard team.
- Ball Size 4 - Midi football.
- Playing Time Two x 20-minute halves.
- Scoring a try is worth 5 points.
- A kick at goal following a try is worth 2 points.
- There are no penalty goals or drop goals in Midi Rugby
- Kick-off - taken in the form of a "place -kick". The ball must travel 10 m towards their opponent's goal line.
- Restart "Drop kick" by non-scoring team after a try. Non –scoring team to restart.
- Kicking in General Play: Kicking is allowed in general play.
- Tackle - A tackle occurs when the ball carrier is brought to the ground and held by an opponent. Once tackled the ball carrier must immediately place, push or pass the ball.
- Scrum- the six player scrum is contested. Maximum one metre push.
- Line-out - The lineout is contested.
- There is no lifting or supporting in a Midi lineout.

- Finals series Premierships may be awarded for first past the post. NO FINALS.

FOR UNDER 12 YEAR OLDS AS STEP FOUR OF THE AUSTRALIAN RUGBY PATHWAY

- Playing Area Standard field - 120m x 70m (includes in-goal area).
- Team Size Fifteen (15) players per standard team.
- Ball Size 4 - Midi football.
- Playing Time Two x 25-minute halves.
- Scoring a try is worth 5 points.
- A kick at goal following a try is worth 2 points.
- There are no penalty goals or drop goals in Midi Rugby
- Kick-off - taken in the form of a "place -kick". The ball must travel 10 m towards their opponent's goal line.
- Restart "Drop kick" by non-scoring team after a try. Non –scoring team to restart.
- Kicking in General Play: Kicking is allowed in general play.
- Tackle - A tackle occurs when the ball carrier is brought to the ground and held by an opponent. Once tackled the ball carrier must immediately place, push or pass the ball.
- Scrum- the eight player scrum is contested. Maximum one metre push.
- Line-out - The lineout is contested.
- There is no lifting or supporting in a Midi lineout.
- Finals series Premierships may be awarded for first past the post. NO FINALS.

UNDER 13s AND ABOVE

Play a full field with 15 players using a full size ball. There are Under 19 variations that can be found on the ARU website. http://www.rugby.com.au that governs the playing of rugby from under 13 to under 19s

Other useful websites for more information on rules and regulations are:

http://www.scru.com.au
http://www.qru.com.au
http://www.rugby.com.au

These sites will give a most comprehensive description of the rules and regulation at different levels.

11. WHERE THE GAMES ARE PLAYED

There are a number of rugby clubs in the Sunshine Coast Rugby Union (SCRU) stretching from Eumundi in the north to Maleny in the west and Caloundra in the south. Sunshine Coast Junior Rugby Union generally run the weekly games using one

to two venues. Example: Noosa Home games are run three to four times a year in conjunction with St Andrews at Peregian Beach or Eumundi Dragons at Eumundi. The following is a summary of the grounds that host rugby during the season.

- Caloundra **(Lighthouse)** Arthur Street Caloundra
- Eumundi **(Dragons)** Eumundi Showgrounds. On the northern end of Eumundi Memorial Drive Eumundi.
- Sunshine Coast Grammar School SCGS **(Grammar)** take the Mons Road exit at Forest Glen turn left just past the BP service station through the Sunshine Coast Grammar School gates.
- Maroochydore **(Swans)** Fifth Avenue Maroochydore
- Maleny **(Bushrangers)** travel through Maleny on the main road to Kenilworth (Maleny-Kenilworth Rd) approximately 8kms out of Maleny turn right into Witta Rd (well signed) follow road to the end and the field is on the left.
- Matthew Flinders Anglican College MFAC **(Flinders)**1-47 Stringybark Rd Buderim
- Nambour **(Razorbacks)** Laidlaw Rd Nambour
- St Andrews Anglican College SAAC Peregian Spring Drive Peregian Springs
- University of the Sunshine Coast USC **(Barbarians)**. off Sippy Downs Drive, Chancellor Park

Please refer to the **http://www.scru.com.au** for additional maps and information

12. REPRESENTITIVE RUGBY

Noosa Dolphins has a very proud history of players going on to represent their district, state and even their nation as a Wallaby. Former Wallaby Ryan Constable, under 20 Wallaby, Sean Fell and current Wallaby flanker Rocky Elsom are all former Noosa Dolphins. In 2008 Luke Canty and Dan McGhee also went onto play for Queensland Schoolboys sides. In 2009 Luke Canty and Dan McGhee were selected for the Queensland Reds Under 16's squad and Nick Chapman was selected for the Queensland Reds Under 15's squad.

Representative honours begin in under 13 with the Sunshine Coast Stingrays. The club supplied 26 players for the Stingrays in 2010 from under 13 to under 17s. An amazing effort. The club supports all players in their quest for higher honours both at junior and senior level.

13. HEALTH CARE AND INSURANCE

The game of Rugby enhances fitness, strength and endurance in a team-based atmosphere that will generate friendships and lifelong skills. Unfortunately like all sports there is a degree of the risk of injury and with membership is included player insurance.

Please refer to the website http://www.rugby.com.au/communityrugby for the full details of the policy. The club also strongly recommends private health insurance for all players. Every effort is made by all coaching staff to prevent injury or risk to

players in their care. Parents should be vigilant in telling the coaching staff of any illness or health issues their child may have before playing or training.

All teams will have a trainer assigned to them. They will be trained in basic first aid only and may be limited in their ability to determine the medical condition of a player. Parents are encouraged to err on the side of safety, as the health of their child is also the clubs priority.