

£5  
per family

SUNDAY 5<sup>th</sup> NOVEMBER 2023

# HENRY DOWSWELL



## FESTIVAL OF RUGBY

FOR SIDCUP RFC MINI SECTION



1883

# Welcome To Our Festival From Our Mini Chairman



A warm welcome to all visiting rugby clubs, friends and families for our annual Henry Dowsell Festival of Rugby.

We look forward to a fantastic day of competitive age grade rugby as we celebrate and enjoy the true spirit of this wonderful game with an emphasis of fun and encouragement to all young players taking the field.

Sidcup RFC is a kids first rugby club and we encourage all visitors at the club to adhere to this ethos. Please offer your support to all participants including players, referees and marshals which will contribute to a great day of rugby enjoyed by all.

We have a large volunteer force on hand to help run the day so please feel free to contact the registration desk or parking & pitch marshals with hi-vis vests if you have any queries or need any assistance. I'd like to thank every club participating for their continued support and I'm delighted to welcome many familiar faces back to Sidcup as well as a warm welcome to some new teams at the festival, it's fantastic to see you all.

As always, a huge amount of work goes into organising any festival and this would not be possible without the good will, hard work and endless commitment of the Sidcup team. On behalf of the mini section, I wish to thank Rachel Brodie for her amazing organisation, attention to detail and overall dedication in arranging the day. Thanks also to vice chair Mark Dixon for his support and continued efforts that makes this festival such a great day. A further thank you to the entire team of Sidcup volunteers that have given their time to help organise today, making this all possible.

All visitors will all be well looked after by our excellent catering and bar team today so further thanks to Lee and Laura for the delicious food and John and Paul for providing refreshments in the bar.

That's it from me, have fun, enjoy the day, it's now time for some rugby!

**Dermot Rooney - Chairman of Sidcup RFC Minis Section**

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DOC REF: ES089



REVISION: 2



APPROVAL DATE: 10.01.23



APPROVED BY: AL

# A Brief History of The Henry Dowswell Festival



The Henry Dowswell Festival of Mini Rugby was named in memory of Henry Dowswell who was one of the founders of Mini rugby at Sidcup Rugby Club.

Henry was a police officer who played for the Metropolitan Police rugby team in his younger days. He was awarded the George medal for Bravery in 1977.

When Henry and his family moved to Sidcup in the 1960's he had retired from competitive rugby but was passionate about youth rugby. The Minis section was founded in 1979 and Henry coached the under 7s group from the beginning. He is remembered by his friends as a lovely man who was very

well liked and was exactly the right person to be the Under 7s lead coach.

He sadly passed away in 1981 and the first Henry Dowswell Festival of Mini Rugby took place in 1982 in his memory. We are proud that the section he founded all those years ago is still going strong and has grown to almost 200 players.



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Henry Dowsell Festival of Rugby

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**THE SHOWDOWN 4**

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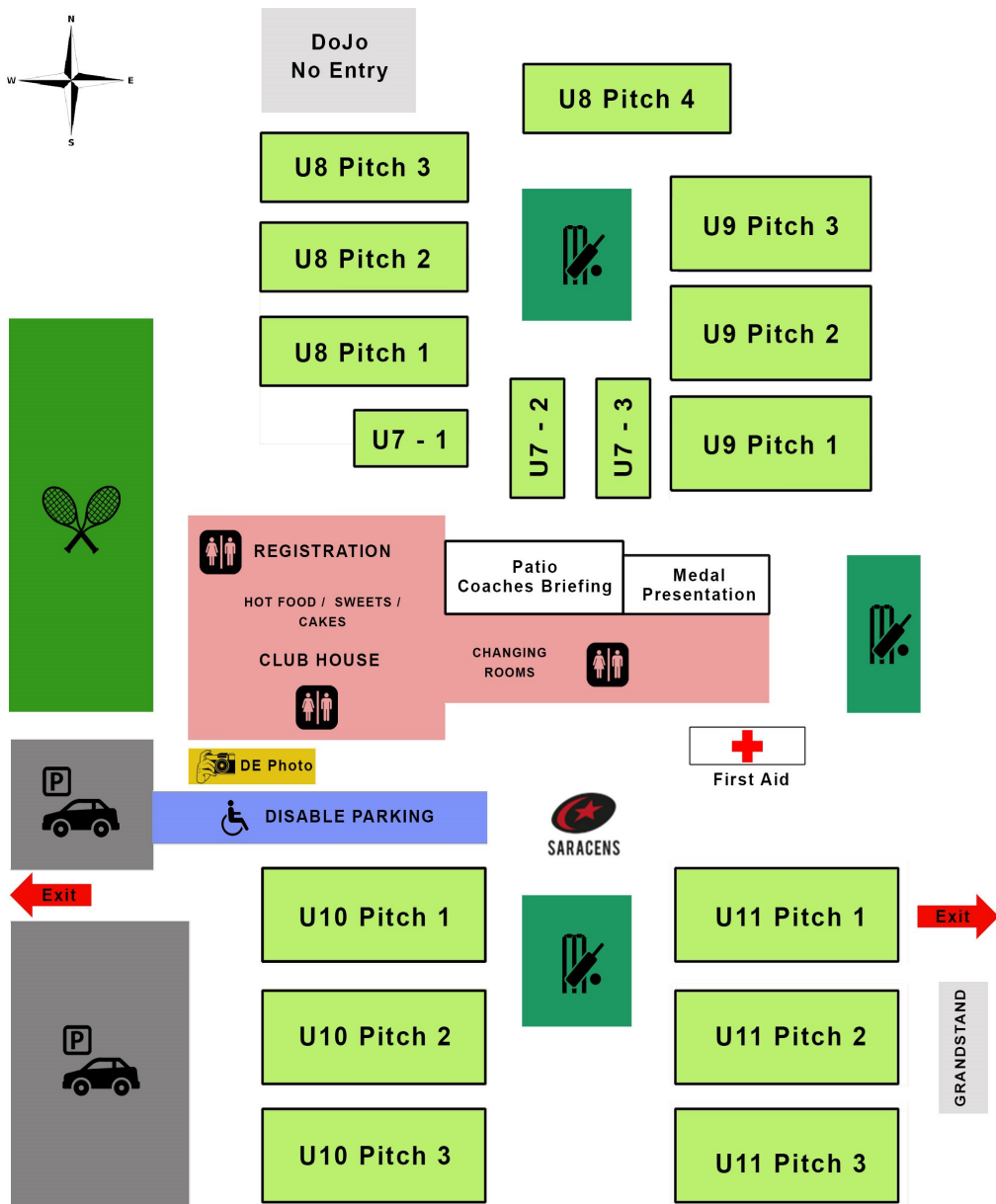
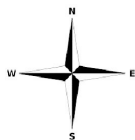
**SARACENS**  
VS  
**HARLEQUINS**

**Sidcup RFC will be organising group tickets for The Showdown 4 on Saturday 23 March 2024.**

**We are hoping to take over 400 supporters and players from Sidcup so if you would like to join us please contact your Age Group Manager for details.**

**SATURDAY MARCH 23**  
**KICK OFF 3.05PM**  
**TOTTENHAM HOTSPUR STADIUM**

# Pitch Layout



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## *SODCUP RFC SUPPORTS AGE GRADE RUGBY*

Age Grade Rugby ensures that every player is able to enjoy rugby in a safe environment where they can develop their personal and social skills as well as a wide array of transferable multi-sports skills. This results in their holistic development as well as their life long involvement in rugby and other sports.

Age Grade Rugby is the game for all players aged 6 – 18 in clubs, schools, colleges and within the representative pathway and it incorporates the rules of play, regulation, competition formats and the structure of the season.

It is based on the principles of player centred, development driven and competition supported with the wants and needs of young people at its heart.

Introduced in September 2016 following the Age Grade Competition Review (AGCR), Age Grade Rugby will ensure:

- \* All decisions will be made based on the wants and needs of the player.
- \* Player welfare and safety remains as the primary focus
- \* Consistent age bandings and incremental player progressions
- \* A nationally consistent playing menu and calendar
- \* An integrated England Rugby Player Development pathway and representative framework
- \* Training for coaches, referees, parents, teachers and others
- \* Codes of Practice ensure best practice and to help apply Regulation
- \* Formation of an Age Grade Club Advisory Group
- \* On-going research and insight from players to ensure the game is aligned to their wants and needs
- \* Stepping stone approach to the players' development with the Rules of Play.





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# Under 7's Order of Play

## U7 s Pitch 1 (5 mins each way)

### Group 1 Teams

Sidcup 1	Old Elthamians 1
Dartfordians 3	Becchamians 1
Westcombe Park 1	Sevenoaks 1

Time	Team 1	Team 2	Referee
10:00	Sidcup 1	Dartfordians 3	Sevenoaks 1
10:15	Westcombe Park 1	Old Elthamians 1	Sidcup 1
10:30	Becchamians 1	Sevenoaks 1	Westcombe Park 1
10:45	Sidcup 1	Old Elthamians 1	Becchamians 1
11:00	Becchamians 1	Dartfordians 3	Old Elthamians 1
11:15	Westcombe Park 1	Sevenoaks 1	Dartfordians 3
11:30	Becchamians 1	Old Elthamians 1	Sevenoaks 1
11:45	Sidcup 1	Westcombe Park 1	Becchamians 1
12:00	Sevenoaks 1	Dartfordians 3	Sidcup 1
12:15	Westcombe Park 1	Becchamians 1	Dartfordians 3
12:30	Old Elthamians 1	Dartfordians 3	Westcombe Park 1
12:45	Sidcup 1	Sevenoaks 1	Old Elthamians 1

## U7 s Pitch 2 (5 mins each way)

### Group 2 Teams

Dartfordians 1	Sidcup 2
Millwall Lions 1	Old Colfeians 2
Park House 1	Westcombe Park 2

Time	Team 1	Team 2	Referee
10:00	Dartfordians 1	Millwall Lions 1	Westcombe Park 2
10:15	Parkhouse 1	Sidcup 2	Dartfordians 1
10:30	Old Colfeians 2	Westcombe Park 2	Parkhouse 1
10:45	Dartfordians 1	Sidcup 2	Old Colfeians 2
11:00	Old Colfeians 2	Millwall Lions 1	Sidcup 2
11:15	Parkhouse 1	Westcombe Park 2	Millwall Lions 1
11:30	Old Colfeians 2	Sidcup 2	Westcombe Park 2
11:45	Dartfordians 1	Parkhouse 1	Old Colfeians 2
12:00	Westcombe Park 2	Millwall Lions 1	Dartfordians 1
12:15	Parkhouse 1	Old Colfeians 2	Millwall Lions 1
12:30	Sidcup 2	Millwall Lions 1	Parkhouse 1
12:45	Dartfordians 1	Westcombe Park 2	Sidcup 2

# Under 7's Order of Play

## U7s Pitch 3 (5 mins each way)

### Group 3 Teams

Old Elthamians 2	Dartfordians 2
Becchamians 2	Sidcup 3
Sevenoaks 2	Old Colfeians 1

Time	Team 1	Team 2	Referee
10:00	Old Elthamians 2	Becchamians 2	Old Colfeians 1
10:15	Sevenoaks 2	Dartfordians 2	Old Elthamians 2
10:30	Sidcup 3	Old Colfeians 1	Sevenoaks 2
10:45	Old Elthamians 2	Dartfordians 2	Sidcup 3
11:00	Sidcup 3	Becchamians 2	Dartfordians 2
11:15	Sevenoaks 2	Old Colfeians 1	Becchamians 2
11:30	Sidcup 3	Dartfordians 2	Old Colfeians 1
11:45	Old Elthamians 2	Sevenoaks 2	Sidcup 3
12:00	Old Colfeians 1	Becchamians 2	Old Elthamians 2
12:15	Sevenoaks 2	Sidcup 3	Becchamians 2
12:30	Dartfordians 2	Becchamians 2	Sevenoaks 2
12:45	Old Elthamians 2	Old Colfeians 1	Dartfordians 2



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# Under 8's Order of Play

## U8s Pitch 1 (5 mins each way)

### Group 1 Teams

Sidcup 1	Old Elthamians 1
Old Colfeians 1	Becchamians 1
Westcombe Park 1	Sevenoaks 1

Time	Team 1	Team 2	Referee
10:00	Sidcup 1	Old Colfeians 1	Sevenoaks 1
10:15	Westcombe Park 1	Old Elthamians 1	Sidcup 1
10:30	Becchamians 1	Sevenoaks 1	Westcombe Park 1
10:45	Sidcup 1	Old Elthamians 1	Becchamians 1
11:00	Becchamians 1	Old Colfeians 1	Old Elthamians 1
11:15	Westcombe Park 1	Sevenoaks 1	Old Colfeians 1
11:30	Becchamians 1	Old Elthamians 1	Sevenoaks 1
11:45	Sidcup 1	Westcombe Park 1	Becchamians 1
12:00	Sevenoaks 1	Old Colfeians 1	Sidcup 1
12:15	Westcombe Park 1	Becchamians 1	Old Colfeians 1
12:30	Old Elthamians 1	Old Colfeians 1	Westcombe Park 1
12:45	Sidcup 1	Sevenoaks 1	Old Elthamians 1

## U8s Pitch 2 (5 mins each way)

### Group 2 Teams

Sidcup 2	Old Elthamians 2
Old Colfeians 2	Becchamians 2
Westcombe Park 2	Sevenoaks 2

Time	Team 1	Team 2	Referee
10:00	Sidcup 2	Old Colfeians 2	Sevenoaks 2
10:15	Westcombe Park 2	Old Elthamians 2	Sidcup 2
10:30	Becchamians 2	Sevenoaks 2	Westcombe Park 2
10:45	Sidcup 2	Old Elthamians 2	Becchamians 2
11:00	Becchamians 2	Old Colfeians 2	Old Elthamians 2
11:15	Westcombe Park 2	Sevenoaks 2	Old Colfeians 2
11:30	Becchamians 2	Old Elthamians 2	Sevenoaks 2
11:45	Sidcup 2	Westcombe Park 2	Becchamians 2
12:00	Sevenoaks 2	Old Colfeians 2	Sidcup 2
12:15	Westcombe Park 2	Becchamians 2	Old Colfeians 2
12:30	Old Elthamians 2	Old Colfeians 2	Westcombe Park 2
12:45	Sidcup 2	Sevenoaks 2	Old Elthamians 2

# Under 8's Order of Play

## U8s Pitch 3 (5 mins each way)

### Group 3 Teams

Dartfordians 2	Westcombe Park 3
Beckenham 2	Old Elthamians 3
Old Colfeians 3	Sevenoaks 3

Time	Team 1	Team 2	Referee
10:00	Dartfordians 2	Beckenham 2	Sevenoaks 3
10:15	Old Colfeians 3	Westcombe Park 3	Dartfordians 2
10:30	Old Elthamians 3	Sevenoaks 3	Old Colfeians 3
10:45	Dartfordians 2	Westcombe Park 3	Old Elthamians 3
11:00	Old Elthamians 3	Beckenham 2	Westcombe Park 3
11:15	Old Colfeians 3	Sevenoaks 3	Beckenham 2
11:30	Old Elthamians 3	Westcombe Park 3	Sevenoaks 3
11:45	Dartfordians 2	Old Colfeians 3	Old Elthamians 3
12:00	Sevenoaks 3	Beckenham 2	Dartfordians 2
12:15	Old Colfeians 3	Old Elthamians 3	Beckenham 2
12:30	Westcombe Park 3	Beckenham 2	Old Colfeians 3
12:45	Dartfordians 2	Sevenoaks 3	Westcombe Park 3

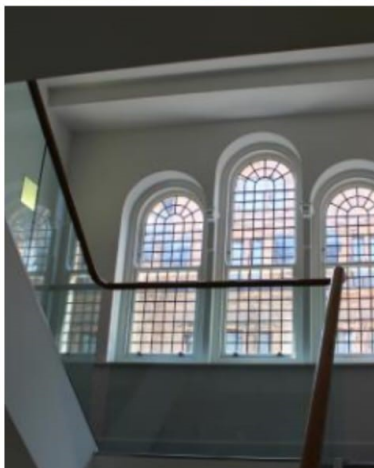
## U8s Pitch 4 (5 mins each way)

### Group 4 Teams

Old Colfeians 4	Park House 1
Sevenoaks 4	Millwall Lions 1
Beckenham 1	Dartfordians 1

Time	Team 1	Team 2	Referee
10:00	Old Colfeians 4	Sevenoaks 4	Dartfordians 1
10:15	Beckenham 1	Park House 1	Old Colfeians 4
10:30	Millwall Lions 1	Dartfordians 1	Beckenham 1
10:45	Old Colfeians 4	Park House 1	Millwall Lions 1
11:00	Millwall Lions 1	Sevenoaks 4	Park House 1
11:15	Beckenham 1	Dartfordians 1	Sevenoaks 4
11:30	Millwall Lions 1	Park House 1	Dartfordians 1
11:45	Old Colfeians 4	Beckenham 1	Millwall Lions 1
12:00	Dartfordians 1	Sevenoaks 4	Old Colfeians 4
12:15	Beckenham 1	Millwall Lions 1	Sevenoaks 4
12:30	Park House 1	Sevenoaks 4	Beckenham 1
12:45	Old Colfeians 4	Dartfordians 1	Park House 1

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# Under 9's Order of Play

## U9s Pitch 1 (5 mins each way)

### Group 1 Teams

Sidcup 1	Old Elthamians 1
Dartfordians 2	Becchamians 1
Westcombe Park 1	Sevenoaks 1

Time	Team 1	Team 2	Referee
10:00	Sidcup 1	Dartfordians 2	Sevenoaks 1
10:15	Westcombe Park 1	Old Elthamians 1	Sidcup 1
10:30	Becchamians 1	Sevenoaks 1	Westcombe Park 1
10:45	Sidcup 1	Old Elthamians 1	Becchamians 1
11:00	Becchamians 1	Dartfordians 2	Old Elthamians 1
11:15	Westcombe Park 1	Sevenoaks 1	Dartfordians 2
11:30	Becchamians 1	Old Elthamians 1	Sevenoaks 1
11:45	Sidcup 1	Westcombe Park 1	Becchamians 1
12:00	Sevenoaks 1	Dartfordians 2	Sidcup 1
12:15	Westcombe Park 1	Becchamians 1	Dartfordians 2
12:30	Old Elthamians 1	Dartfordians 2	Westcombe Park 1
12:45	Sidcup 1	Sevenoaks 1	Old Elthamians 1

## U9s Pitch 2 (5 mins each way)

### Group 2 Teams

Dartfordians 1	Old Colfeians 2
Millwall Lions 1	Sevenoaks 3
Sidcup 2	Old Elthamians 2

Time	Team 1	Team 2	Referee
10:00	Dartfordians 1	Millwall Lions 1	Old Elthamians 2
10:15	Sidcup 2	Old Colfeians 2	Dartfordians 1
10:30	Sevenoaks 3	Old Elthamians 2	Sidcup 2
10:45	Dartfordians 1	Old Colfeians 2	Sevenoaks 3
11:00	Sevenoaks 3	Millwall Lions 1	Old Colfeians 2
11:15	Sidcup 2	Old Elthamians 2	Millwall Lions 1
11:30	Sevenoaks 3	Old Colfeians 2	Old Elthamians 2
11:45	Dartfordians 1	Sidcup 2	Sevenoaks 3
12:00	Old Elthamians 2	Millwall Lions 1	Dartfordians 1
12:15	Sidcup 2	Sevenoaks 3	Millwall Lions 1
12:30	Old Colfeians 2	Millwall Lions 1	Sidcup 2
12:45	Dartfordians 1	Old Elthamians 2	Old Colfeians 2



# Under 9's Order of Play

## U9s Pitch 3 (5 mins each way)

### Group 3 Teams

Becchamians 2      Sidcup 3  
Sevenoaks 2      Westcombe Park 2  
Old Colfeians 1      Dartfordians 3

Time	Team 1	Team 2	Referee
10:00	Becchamians 2	Sevenoaks 2	Dartfordians 3
10:15	Old Colfeians 1	Sidcup 3	Becchamians 2
10:30	Westcombe Park 2	Dartfordians 3	Old Colfeians 1
10:45	Becchamians 2	Sidcup 3	Westcombe Park 2
11:00	Westcombe Park 2	Sevenoaks 2	Sidcup 3
11:15	Old Colfeians 1	Dartfordians 3	Sevenoaks 2
11:30	Westcombe Park 2	Sidcup 3	Dartfordians 3
11:45	Becchamians 2	Old Colfeians 1	Westcombe Park 2
12:00	Dartfordians 3	Sevenoaks 2	Becchamians 2
12:15	Old Colfeians 1	Westcombe Park 2	Sevenoaks 2
12:30	Sidcup 3	Sevenoaks 2	Old Colfeians 1
12:45	Becchamians 2	Dartfordians 3	Sidcup 3

**Today's First Aid is supplied by AB Medical Services**





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# Under 10's Order of Play

## U10s Pitch 1 (6 mins each way)

### Group 1 Teams

Sidcup 1                      Old Elthamians 1  
 Old Colfeians 1          Sevenoaks 1  
 Westcombe Park 1

10:00	Sidcup 1	Old Colfeians 1	<i>Old Elthamians 1</i>
10:20	Westcombe Park 1	Old Elthamians 1	<i>Sidcup 1</i>
10:40	Sevenoaks 1	Sidcup 1	<i>Westcombe Park 1</i>
11:00	Old Colfeians 1	Westcombe Park 1	<i>Sevenoaks 1</i>
11:20	Old Elthamians 1	Sevenoaks 1	<i>Old Colfeians 1</i>
11:40	Sidcup 1	Westcombe Park 1	<i>Old Elthamians 1</i>
12:00	Old Colfeians 1	Sevenoaks 1	<i>Sidcup 1</i>
12:20	Sidcup 1	Old Elthamians 1	<i>Sevenoaks 1</i>
12:40	Westcombe Park 1	Sevenoaks 1	<i>Old Colfeians 1</i>
13:00	Old Colfeians 1	Old Elthamians 1	<i>Westcombe Park 1</i>

## U10s Pitch 2 (6 mins each way)

### Group 2 Teams

Dartfordians 1                      Westcombe Prk 2  
 Park House & Millwall Lions      Old Elthamians 2  
 Sidcup 2

Time	Team 1	Team 2	Referee
10:00	Dartfordians 1	Park House/Millwall	<i>Westcombe Park 2</i>
10:20	Sidcup 2	Westcombe Park 2	<i>Dartfordians 1</i>
10:40	Old Elthamians 2	Dartfordians 1	<i>Sidcup 2</i>
11:00	Park House/Millwall	Sidcup 2	<i>Old Elthamians 2</i>
11:20	Westcombe Park 2	Old Elthamians 2	<i>Park House/Millwall</i>
11:40	Dartfordians 1	Sidcup 2	<i>Westcombe Park 2</i>
12:00	Park House/Millwall	Old Elthamians 2	<i>Dartfordians 1</i>
12:20	Dartfordians 1	Westcombe Park 2	<i>Old Elthamians 2</i>
12:40	Sidcup 2	Old Elthamians 2	<i>Park House/Millwall</i>
13:00	Park House/Millwall	Westcombe Park 2	<i>Sidcup 2</i>

# Under 10's Order of Play

## U10s Pitch 3 (6 mins each way)

### Group 3 Teams

Sevenoaks 2      Old Elthamians 3  
Dartfordians 2      Becchamians 1  
Tonbridge Juddians

Time	Team 1	Team 2	Referee
10:00	Sevenoaks 2	Dartfordians 2	Old Elthamians 3
10:20	Tonbridge Juddians	Old Elthamians 3	Sevenoaks 2
10:40	Becchamians 1	Sevenoaks 2	Tonbridge Juddians
11:00	Dartfordians 2	Tonbridge Juddians	Becchamians 1
11:20	Old Elthamians 3	Becchamians 1	Dartfordians 2
11:40	Sevenoaks 2	Tonbridge Juddians	Old Elthamians 3
12:00	Dartfordians 2	Becchamians 1	Sevenoaks 2
12:20	Sevenoaks 2	Old Elthamians 3	Becchamians 1
12:40	Tonbridge Juddians	Becchamians 1	Dartfordians 2
13:00	Dartfordians 2	Old Elthamians 3	Tonbridge Juddians





# Under 11's Order of Play

## U11s Pitch 1 (7 mins each way)

### Group 1 Teams

Dartfordians 1      Millwall Lions 1  
Sidcup 1      Beckenham 1  
Westcombe Park 1      Old Colfeians 1

Due to 6 teams in this group, times have been staggered as close as possible to maintain 7 min each way and not have an U11 group finishing much later than others.  
Please work with marshals and each other in this group.

Time	Team 1	Team 2	Referee
10:00	Dartfordians 1	Sidcup 1	Old Colfeians 1
10:17	Westcombe Park 1	Millwall Lions 1	Dartfordians 1
10:34	Beckenham 1	Old Colfeians 1	Westcombe Park 1
10:51	Dartfordians 1	Millwall Lions 1	Beckenham 1
11:08	Beckenham 1	Sidcup 1	Millwall Lions 1
11:25	Westcombe Park 1	Old Colfeians 1	Sidcup 1
11:42	Beckenham 1	Millwall Lions 1	Old Colfeians 1
11:59	Dartfordians 1	Westcombe Park 1	Beckenham 1
12:16	Old Colfeians 1	Sidcup 1	Dartfordians 1
12:33	Westcombe Park 1	Beckenham 1	Sidcup 1
12:50	Millwall Lions 1	Sidcup 1	Westcombe Park 1
13:07	Dartfordians 1	Old Colfeians 1	Millwall Lions 1

## U11s Pitch 2 (7 mins each way)

### Group 2 Teams

Dartfordians 2      Sidcup 2  
Old Elthamians 1      Old Colfeians 2  
Sevenoaks 1

Time	Team 1	Team 2	Referee
10:00	Dartfordians 2	Old Elthamians 1	Sidcup 2
10:20	Sevenoaks 1	Sidcup 2	Dartfordians 2
10:40	Old Colfeians 2	Dartfordians 2	Sevenoaks 1
11:00	Old Elthamians 1	Sevenoaks 1	Old Colfeians 2
11:20	Sidcup 2	Old Colfeians 2	Old Elthamians 1
11:40	Dartfordians 2	Sevenoaks 1	Sidcup 2
12:00	Old Elthamians 1	Old Colfeians 2	Dartfordians 2
12:20	Dartfordians 2	Sidcup 2	Old Colfeians 2
12:40	Sevenoaks 1	Old Colfeians 2	Old Elthamians 1
13:00	Old Elthamians 1	Sidcup 2	Sevenoaks 1

# Under 11's Order of Play

## U11s Pitch 3 (7 mins each way)

### Group 3

Westcombe Park 2      Becchamians 1  
Old Elthamians 2      Beckenham 2  
Sevenoaks 2

Time	Team 1	Team 2	Referee
10:00	Westcombe Park 2	Old Elthamians 2	Becchamians 1
10:20	Sevenoaks 2	Becchamians 1	Westcombe Park 2
10:40	Beckenham 2	Westcombe Park 2	Sevenoaks 2
11:00	Old Elthamians 2	Sevenoaks 2	Beckenham 2
11:20	Becchamians 1	Beckenham 2	Old Elthamians 2
11:40	Westcombe Park 2	Sevenoaks 2	Becchamians 1
12:00	Old Elthamians 2	Beckenham 2	Westcombe Park 2
12:20	Westcombe Park 2	Becchamians 1	Beckenham 2
12:40	Sevenoaks 2	Beckenham 2	Old Elthamians 2
13:00	Old Elthamians 2	Becchamians 1	Sevenoaks 2



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are always  
there for me

♥ playing together

♥ rugby



England  
Rugby

TRY RUGBY  
WITH US!



# Sidcup RFC Girls

## Give Rugby a Try!

Email: [girlsrugby@sidcuprfc.co.uk](mailto:girlsrugby@sidcuprfc.co.uk)

Phone: Polly +44 7976 612 815



# DEphoto

## Capturing Memories

[dephoto.biz](http://dephoto.biz)

### AGE GRADE RUGBY

COMPETITIVE MENU	Friendlies, Triangulars & Festivals					Waterfall Tournament
	Quilter Kids First Rugby					
PLAYER PROGRESSION						
	Max numbers - 4 Max Pitch Size(m) - 20x12 Max mins per half - 10 Max mins per day - 50	Max numbers - 6 Max Pitch Size(m) - 45x22 Max mins per half - 10 Max mins per day - 50	Max numbers - 7 Max Pitch Size(m) - 60x30 Max mins per half - 15 Max mins per day - 80	Max numbers - 8 Max Pitch Size(m) - 60x35 Max mins per half - 15 Max mins per day - 60	Max numbers - 9 Max Pitch Size(m) - 60x43 Max mins per half - 20 Max mins per day - 70	Max numbers - 12 Max Pitch Size(m) - 60x43 Max mins per half - 20 Max mins per day - 70
NEW	U7	U8	U9	U10	U11	U12
	• Tag	• Tag - 6 tags to score	• Contact game starts • Tackle including hold	• 3 player uncontested scrum • Ruck and maul - 1 support player per team • Tackle not hold	• 3 player scrum - strikes, no push • Ruck and maul - 4 support players per team • Kicking - no fly back	• 5 player scrum - strikes, no push • Ruck and maul - unlimited • Feed-off below scrum

Sidcup Rugby Football Club thanks its sponsors for  
their continued loyal support



**MCBRIDES**  
CHARTERED ACCOUNTANTS



# GIVE RUGBY A TRY

## Come and Play Rugby at Sidcup RFC



"In rugby there's a place for everyone: big, small, thinker, grafter, slow or quick. Everyone in the team is equal and you can all bring your own personality. I think, as well, the realisation that you are all part of something bigger, the values, it makes you a better person."

Jonny Wilkinson

At Sidcup RFC we have a vibrant club attracting boys & girls of all abilities from our Micros (u4s) right through to our Senior teams.

Whilst actively promoting the 'Spirit of Rugby' we encourage the traditional core values of the game: TEAMWORK, RESPECT, ENJOYMENT, DISCIPLINE and SPORTSMANSHIP.

Whether you are interested in trying rugby for the first time or are returning after a break, please email your contact details to [playrugby@sidcuprfc.co.uk](mailto:playrugby@sidcuprfc.co.uk) and we will put you in touch with the relevant coaches.



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All new players welcome -  
regardless of age or experience,  
Give Rugby a Try.



Sidcup RFC



@sidcuprugby



SidcupRFC



# [www.sidcuprfc.co.uk](http://www.sidcuprfc.co.uk)

For more information contact us at: [playrugby@sidcuprfc.co.uk](mailto:playrugby@sidcuprfc.co.uk)



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