**Guide to Youth Rugby**

Tag/Mini/Midi/Junior Rugby

<table>
<thead>
<tr>
<th>AGE GROUPS</th>
<th>DEVELOPMENT LEVEL</th>
<th>PLAYING TIME</th>
<th>PLAYERS PER SIDE (max)</th>
<th>BALL SIZE</th>
<th>PITCH SIZE (max)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 7</td>
<td>Non-contact</td>
<td>Fixture: 10mins each way</td>
<td>7 - a - side</td>
<td>Size 3</td>
<td>40m by 30m +2m each in goal area</td>
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<tr>
<td></td>
<td>Mini Tag rugby</td>
<td>Triangular: 7 1/2 mins e/w Festival: 5mins e/w</td>
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<tr>
<td>Under 8</td>
<td>Non-contact</td>
<td>Fixture: 10mins each way</td>
<td>7 - a - side</td>
<td>Size 3</td>
<td>40m by 30m +2m each in goal area</td>
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<tr>
<td>Under 9</td>
<td>Mini-contact</td>
<td>Fixture: 15mins each way</td>
<td>9 - a - side</td>
<td>Size 3 and 4</td>
<td>60m by 35m +5m each in goal area</td>
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<tr>
<td></td>
<td>Rugby</td>
<td>Triangular: 10 mins e/w Festival: 6 mins e/w</td>
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<tr>
<td>Under 10</td>
<td>Mini-contact</td>
<td>Fixture: 15mins each way</td>
<td>9 - a - side</td>
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<tr>
<td>Under 11</td>
<td>Midi-rugby</td>
<td>Fixture: 20mins each way</td>
<td>12 - a - side</td>
<td>Size 4</td>
<td>60m by 43m +5m each in goal area</td>
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<tr>
<td></td>
<td></td>
<td>Triangular: 15 mins e/w Festival: 7 mins e/w</td>
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<tr>
<td>Under 12</td>
<td>Midi-rugby</td>
<td>Fixture: 20mins each way</td>
<td>13 - a - side</td>
<td>Size 4</td>
<td>60m by 43m +5m each in goal area</td>
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<td></td>
<td></td>
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<tr>
<td>Under 13</td>
<td>Junior rugby</td>
<td>Fixture: 25mins each way</td>
<td>15 - a - side</td>
<td>Size 4</td>
<td>Full size pitch</td>
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<tr>
<td>Under 14</td>
<td>Junior rugby</td>
<td>Fixture: 25mins each way</td>
<td>15 - a - side</td>
<td>Size 4</td>
<td>Full size pitch</td>
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<tr>
<td>Under 15</td>
<td>Junior rugby</td>
<td>Fixture: 30mins each way</td>
<td>15 - a - side</td>
<td>Size 5</td>
<td>Full size pitch</td>
</tr>
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<td>Junior rugby</td>
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<td>15 - a - side</td>
<td>Size 5</td>
<td>Full size pitch</td>
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</tbody>
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*Age groupings: are taken at midnight on 31st August/1st September at the beginning of the season in which matches are to be played.
Dear PARENT/CARER,

On behalf of Houghton Rugby club I would like to welcome your child to the club and provide you with some information about our activities. The club provides opportunities for rugby for children between U7 and U18 to receive coaching and competition in rugby. All coaching is by qualified coaches who are trained and have been screened for their suitability for working with young people.

Included in the Welcome Pack which should have accompanied this letter is information on the clubs Child Protection Policy and the code of conduct expected of club officials, players and parents. We would appreciate it if you could read these carefully as HRUFC is committed to providing a safe effective environment for children to play rugby.

We would also appreciate it if you could take the time to complete the enclosed club membership and medical consent forms.

Information is also provided on what your child will be expected to wear for training sessions and for match days and a brief guide to the rules relating to each age group which some parents may find interesting.

If you would like to talk to someone at the club about this information or your child's involvement with the club, please contact the team manager relevant to your child.

We welcome parents to all training and competitions and value your support. We are keen to try and involve parents in the club and would appreciate your help should you like to get more involved - just ask one of the coaches or complete the enclosed form and hand in to the bar staff.

We thank you for your cooperation and look forward to meeting you at some point in the future.

Club Chairman
Players will agree to:

- Abide by the rules and spirit of the game
- Not use deliberate or dangerous play, poor sportsmanship or foul language
- Behave in a manner which will not put another person at risk
- Respect the directions of coaches at all times, both for their safety and the safety of others
- Show respect and courtesy at all times to coaches, referees, teammates, opponents and parents
- Be gracious in victory and defeat. Fun, enjoyment and skill development are the most important parts of the game
- Be punctual at all times
- Let coaches know of your availability for matches/training
- Treat equipment with respect, and respect the facilities provided by Houghton Rugby Club

Coaches will agree to:

- Encourage a sense of fair play and sportsmanship and set a good example of sportsmanlike conduct
- Use appropriate language and refrain from inappropriate or foul language
- Show respect and courtesy to players, referees, opponents, parents/guardians and fellow coaches
- Respect the long-term development of players and respect that winning is not the ultimate goal
- Never employ methods or practices that could involve risks to the health or development of the players or fellow coaches and volunteers
- Not to manipulate rules in order to take advantage of opponents
- Not to touch any young person in an intrusive or sexual manner
- Respect players confidentiality

Parents/Guardians and Spectators will agree to:

- Always encourage and applaud good play for both teams
- Never ridicule or shout at players, and show respect for coaches and referees
- Remember that players are taking part for enjoyment. Rugby should be fun

Parents/Guardians to:

- Help players to achieve their objectives
- Ensure that the club has your emergency contact number(s)
- Ensure that the Club Registration Form and the RFU Registration Form are completed, signed and returned
- Share concerns, if you have them, with club officials
- Be aware that the club has a duty of care and therefore, where appropriate, assist coaches with the supervision of players, particularly where numbers are large and there is a need to transport youngsters to away games

Violation of the code of conduct and action to be taken:

If as a parent/guardian, player, coach or observer you feel that part of the code of conduct is being broken, it is essential that this is raised with a coach or the coordinator or the Child Protection Officer, who will deal with the matter in the appropriate manner. It is essential that this is done quickly so that action can be taken to address the concern.

In cases of inappropriate player behaviour each instance will be noted with the coach. If this behaviour is disruptive to the enjoyment of the session or other players and coaches, action will be taken.

Action for cases of inappropriate player behaviour:

1. First incident – player will be told to correct behaviour in session
2. Second incident – player will be asked to stand on sidelines for remainder of session
3. Subsequent incidents – parent will be informed and appropriate action taken

The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse. All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

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Minis and Junior Section - Child Protection Policy

The following procedures and guidelines have been adopted by Houghton RFC for three main reasons:

1. To ensure the safety of children and good practice of club operations.
2. To protect the interests of club members and coaches.
3. To comply with the requirements of The Children Act, which became law in Oct 1991, and is a major piece of legislation affecting children, their parents and those who work with children.

Child Protection Procedures and Guidelines

- Only recognized coaches/volunteers and authorised visitors/parents/guardians will be permitted on site during training/matches.
- Only officially appointed Coaches will be permitted to control Houghton RUFC activities.
- All children under 8 years of age must be accompanied by a parent/guardian when arriving and leaving the Club unless written agreement is provided otherwise beforehand.
- Every child must be signed in on the register when arriving.
- No child is permitted to leave the site without parental consent during coaching sessions.
- Children will not be released from the Club’s facilities to anyone who is not recognised as the official collector of the child.
- Equipment shall be suitable, child centred, and in good repair.
- Accident records shall be properly maintained for each child including details of names, address, telephone, emergency contact, details of health etc.
- Any personal information about any child will be kept completely confidential by the Club.
- Details of all coaches/volunteers will also be kept on record.
- All coaches/volunteers will be checked by the Criminal Records Bureau.

Child Protection

As the provider of coaching sessions and games all of our members and coaches have a duty of care to protect all children under their supervision from possible cases or causes of abuse. Our members’ and coaches main role in the protection of children will be:

1. To be aware of the symptoms children may display if suffering from any form of abuse.
2. To report any suspicion they may have about possible cases of abuse.

Child Sickness/Injury

If a child becomes unwell or is injured whilst under the supervision of the Club and it is the appropriate coach/first aider’s judgement that it is to that child’s detriment to stay on site, the following procedure will be adopted:

- The child will be removed from activities that are likely to deteriorate their state of health.
- The relevant coach/first aider will contact the relevant parent.
- The relevant coach/first aider will record all information about the incident on the Incident Report Form.

If the parent/guardian cannot be reached:

- The relevant coach/first aider will ensure that the child is supervised until the parent/guardian can be reached.

Children Taking Medication

- Children who take medication, of any nature, will be responsible for administering it themselves.
- Under no circumstances will any club member/coach accept responsibility for securing or administering a child’s medication.
- Any medication that a child brings to the club must be labelled with the child’s name.

Although these are ‘rules’ club members and coaches will be encouraged to use their common sense and decide when it would be appropriate to handle medication, e.g. a coach may hold medication such as inhalers while a child participates in physical rugby activities.

Equity Policy Statement

This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
Training Kit

In cold/wet weather, players must wear appropriate clothing to include a track suit/waterproofs or similar to top of the normal training kit of shirt and shorts. Wear rugby boots - if in doubt about the type of studs for rugby, please ask the Team Manager/coach.

When the ground is hard, it is also advisable to wear jogging bottoms (particularly younger members). Remember when it is sunny to ensure your child has adequate sun protection including cap and suncream.

Match Kit

Mini Rugby

A club shirt is available to purchase. The match kit is to be worn for training as well as matches. In cold/wet weather wear a track suit or similar and a hat, during warming up sessions and whilst on the touchline. Bring a change of clothes (shirt/tie for U14’s upwards) and a towel for after the match.

Please bring your own water bottles to sessions

Junior Rugby

A clu kit is provided for matches which must be handed in at the end of each game. In cold/wet weather players should be encouraged to wear a track suit or similar and a hat, during warming up sessions and whilst on the touchline. A Club tie, white shirt and black trousers must be worn after each game.

General Advice

• Always wear a mouth guard for training. Mouth guards MUST be worn for matched otherwise you will not be permitted to play.
• Wear shin guards
• Wear boots with kite marked studs recommended for rugby other wise you will not be permitted to play.
• Do not wear jewellery
• Do not chew gum
• An up to date tetanus injection recommended.
• Protective clothing eg. Headguards, shoulder pads, may be worn if they conform to IRB Regulations
• Remember to take in fluids regularly

General Information

Parents are encouraged to support the youngsters and help out at the club in any way they can, if they wish to do so. Predominately, we need the help of parents/guardians to transport youngsters to matches. Other events, such as discos, BBQ’s or other social events are occasionally arranged by the minis/junior section as well as numerous activities organised by the senior section.

A fixture list will be provided for each player at the beginning of the season and will also be posted on the clubhouse notice board along with other important information. If in any doubt about fixtures, please contact your Team Manager. Fixtures may be cancelled or a venue changed at short notice. It would be helpful to let your Team Manager know of your availability, should it change due to injury, illness or any other reason so that they can re-organise the teams for matches.

Contact Numbers - Team Managers

• Mini’s U7’s - U12s,
  Jeff Crossley Tel: 07812 566123
• Juniors, Julie Crowther - Tel: 0780 1124 222

or contact the clubhouse on 0191 5841460