

Are You Ready to Play Rugby? Season 2010/11 Update



Under-16 in Under-18 Men's rugby – Physical Maturity Assessments

Following feedback received from clubs and schools last season, we are organising two initial rounds of regional assessment centres at the start of the 2010/2011 season.

The first round will be held in late August (to suit clubs) and a further round in early September when all the schools are back. Schools and clubs should endeavour to have all players wishing to be put through the exception process attend one of these sessions; as any further sessions will be organised on an ad hoc basis, and the date and venue of these centres can not be guaranteed.

Proposed venues and dates for the start of the season are listed below. We will continually update this list on the Scottish Rugby website and will circulate the final list at the end of July:

Highlands & Islands

- Inverness – 26/08/10, time TBC
- Inverness – 16/09/10, time TBC
- Orkney – TBC

Grampian

- Stonehaven – Late August, TBC
- Aberdeen – Early September, TBC
- Ellon – TBC
- Gordonstoun – TBC

Edinburgh & Lothians

- Murrayfield – 28/08/10, TBC
- Murrayfield – 14/09/10, 3pm
- Dunbar – TBC

Glasgow South

- Ayrshire – 23/08/10, 7pm
- Ayrshire – 13/09, 7pm
- Ardrossan - TBC

Scottish Borders

- Borders (club venue TBC) – 21/08/10, TBC
- Borders (Newtown St Boswells) – w/c 06/09/10, TBC
- Dumfries – TBC

Glasgow North

- Strathblane – 09/09/10, 6pm
- Glasgow – Late August, TBC
- Glasgow – Mid-September, TBC
- Lomond – TBC

Tayside & Fife, Central

- Dundee – 25/08/10, time TBC
- Dundee – 15/09/10, time TBC
- Strathallan – TBC
- Stirling – TBC

In order to attend an assessment centres, a completed application must have been submitted to Ange Bridges (ange.bridges@sru.org.uk), the Scottish Rugby *Are You Ready to Play Rugby?* administrator, and an appointment invitation email must have been sent to the coach / teacher

- Players without an appointment will not be tested
- Players must complete the online IRB Rugby Ready test (www.irbrugbyready.com) prior to their assessment

Please indicate your preferred assessment centre on application form. Appointments will be given on a first come, first serve basis.

Deadlines for Under-16 in Under-18 Rugby and Under-18 in Men's Senior / Adult Rugby

Scottish Rugby will begin taking 2010/11 applications for *Are You Ready to Play Rugby?* from July 26 2010

- Under-16 in under-18 rugby applications with a preferred assessment date in August must be submitted no later than August 9, 2010. Applications received after this date may not be granted an appointment in the first round of assessments in August.
- Under-16 in under-18 rugby applications with a preferred assessment date in early September must be submitted no later than August 30, 2010. Applications received after this date may not be granted an appointment in the second round of assessments and may need to wait for an ad hoc assessment.
- Under-18 in senior rugby applications must be submitted no later than August 9, 2010 in order to be processed before the beginning of the season on September 1. Applications received after this deadline cannot be guaranteed to be processed by this date.

Age-grade law variations

Scottish Rugby enforced the policy requirement that all clubs and schools follow the age-grade law variations to allow youngsters to learn the game in a structured, consistent and safe manner. As per the recommendations in 2009, these laws are currently being reviewed for season 2010/11 following the conclusion of a research project by Exeter University and feedback gathered from the rugby community. Updated age-grade law variation cards will be circulated to all schools and clubs in August.

Minimum Standards in Coaching, Teaching and Refereeing

As per last season, it is a requirement that all players applying for an exception under the *Are You Ready to Play Rugby?* process must have completed the online IRB Rugby Ready course. This is a short, self-checking assessment which provides valuable information on all safety aspects of rugby and models of good practice. Please ensure that players have completed this test **prior** to submitting in their application form for assessment.

- The online IRB Rugby Ready course is also a minimum requirement for all rugby teachers, coaches and referees in Scotland
- *Are You Ready to Play Rugby?* applications will not be accepted unless the player's teacher/coach has completed this requirement
- The online Rugby Ready course can be found at www.irbrugbyready.com.

Practical Rugby Ready

In 2009, Scottish Rugby stated their intention to increase the minimum requirement by following some other tier one unions in introducing a new practical update course for all teachers, coaches and referees at the start of every season (for example, the introduction of the course in New Zealand led to a huge decrease in the instances of serious spinal injuries).

Planning is well underway for the roll-out of Scottish Rugby's new course, the Rugby Ready Practical, for all coaches, teachers and referees. This will be delivered in schools and clubs throughout Scotland by rugby development and coach education staff, and also some teachers, at local venues from September 1, 2010. Plans are well under way for over 120 courses to be run in September next season. Further details on all of the courses will be circulated in August.