



# 2021/22 FRONT ROW EXCEPTION FORM

## 17 Year Old Players in Adult Rugby (Male players)

COMPLETED FORM TO BE EMAILED TO [ayrtpr@sru.org.uk](mailto:ayrtpr@sru.org.uk)  
ALL SECTIONS OF THE FORM ARE COMPULSORY

A player 17 years of age wishing to participate in adult rugby in the front row (prop or hooker) must also apply for approval from Scottish Rugby prior to participation in adult rugby. The player may not play in the front row in senior rugby (XVs, 10s or 7s) until his neck strength has been tested by a Scottish Rugby Union approved medical practitioner and Scottish Rugby approval has been received. The coach and player must comply with the Under-18 Players in Adult Rugby policy, and complete the Under-18 Players in Senior Rugby application form along with this Front Row Exception form.

Medical studies support that players in the front row (prop or hooker) are exposed to a higher level of serious injury than players in other positions.

### PLAYING EXPERIENCE AND LEVEL

Please enter the number of years' experience playing in the front row:

Did you play in the front row last year? **YES** or **NO**

If No, please state why not:

Level of rugby played at in the front row (e.g. representative/pathway):

School/club team:

### LEVEL OF COACHING AND TRAINING RECEIVED

1. Have you received any specialist front row coaching in the last two years? **YES** or **NO**

If Yes please specify the details (e.g. what coaching, identify the coach and their level of qualification and experience etc):

### STRENGTH & CONDITIONING

Do you undertake a regular strength programme? **YES** or **NO**

If Yes, how many times a week do you complete strength training? \_\_\_\_\_ per week

How many years have you been completing a regular strength programme? \_\_\_\_\_ years \_\_\_\_\_ months

#### PLAYER

I believe that my physical development, skill level and experience are sufficiently high that I am capable of competing safely in the front row with players in senior rugby.

I understand that I will be competing against older players and this may involve an increased level of injury risk.

The personal data submitted when completing this form will be processed by Scottish Rugby Union Limited in accordance with its Privacy Policy (available at <https://www.scottishrugby.org/privacy-policy>)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

#### COACH

In my opinion, the player's physical development, skill level and experience is sufficiently high that the player is capable of competing safely in the front row with the players in the proposed senior rugby competition.

I have explained to the player and his parent or guardian that the player will be competing against older players and this may involve an increased level of injury risk.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_



## IF IN DOUBT, SIT THEM OUT.

For more information visit [sportscotland.org.uk/concussion](https://sportscotland.org.uk/concussion)