

Bulimba Riverside Junior Rugby Club

Handbook

January 2016



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1. INTRODUCTION

Bulimba Riverside Junior Rugby Club (BRJRC) is a thriving junior rugby club, committed to providing a safe, friendly environment for families to enjoy junior rugby and enable all players to develop their love of the game.

The club works toward providing quality coaching, which enables all players to develop their rugby skills in a safe and supportive environment. First and foremost players, play for the club, secondly an age group and then a team.

2. 2015 MANAGEMENT COMMITTEE MEMBERS

All members of the BRJRC are

- President – Riaan Theron
- Vice President – Sue Duke
- Treasurer – Jason O’Brien
- Secretary – Lindie Theron (Acting)
- Registrar – Scott Horsborough
- Football Manager – Matt Kingstone

If you have any queries about the club or your team please contact your Team Manager as a first port of call, or refer the query to riversiderugby.bulimba@gmail.com

3. VOLUNTEERS

The club relies heavily on volunteers to fill a range of roles during the course of the year. Each team requires;

- Coach,
- Manager,
- Touch Judge
- Field Marshall
- Home Game Referee (6 – 9 only).

The club Football Manager works with coaches, managers, touch judges and referees to ensure the required accreditation is completed.

All volunteers working with players will need a Blue Card, which they organise with the Club Registrar.

All teams will act as BBQ conveners throughout the season, the club BBQ Co-ordinator will liaise with Team Managers regarding dates, where to source produce and how to run the BBQ.

4. TRAINING TIMES

Training for most age groups occurs on a Friday Night from 6.00pm – 7.00pm. Wednesday Night training is available for the 10 – 15 Age Groups only.

In 2016 the Under 13 and 14 age groups will train between 5.00pm and 6.30pm on Wednesday and Friday.

To ensure all teams have the space required to complete drills and to ensure Riverside is working with other tenants of the Bulimba Junior Sports Club all training times are determined by the Football Manager, if a team wishes to train at an alternative time to the times above please contact riversiderugby.bulimba@gmail.com

5. COMPETITION

The Brisbane Junior Competition is managed by the BJRU (Brisbane Junior Rugby Union) who form the competition draw.

In the early weeks of the competition the draw may be available for a week or two at a time, however a full season draw does become available.

Parents should access the BJRU website to access details of the draw when the competition is underway or check the club noticeboard at training on Friday Nights.

There may be changes to the draw at times due to the unavailability of grounds or teams, you will be notified as soon as possible if this occurs.

6. KEY DATES

The club has a number of key events throughout the season, and these are communicated via the key dates calendar.

This is available on the club website and through your Team Manager.

7. REGISTRATION

BRJRUC provides the option of returning players to pre-register for the new year, at the end of each season. The pre-registration option opens for new players, one month after the pre-registration closing date for returning players.

This enables teams to be formed and some pre-season training to commence for the 10 – 15 age groups prior to sign on days (which are usually held in February each year).

Registration fees for the 2016 season are \$290 per play and are comprised of;

- Player levies – ARU, QRU and BJRU,
- ARU Insurance,
- BJSC Grounds and Facilities Usage Costs,
- Merchandise costs,
- Team Photos and Trophies and End of Year Function,

- Equipment Costs,
- Sports Medic Costs.

All players must complete a registration form and make full payment of fees prior to playing any competition games.

8. POLICIES AND PROCEDURES

BRJUC has a number of key operating procedures, which are contained the following pages, these are;

- Team Formation Process – explaining how players are allocated to teams,
- Internal Grading Process – the process used where there is more than one team in the 10 – 15 age groups,
- Code of Conduct.

These policies are available on our website. If you have any questions about the procedures please contact a committee member.

A. TEAM FORMATION PROCESS

The club limits the number of players in each team to manage game time and to manage the allocation of specialist playing positions to teams.

AGE	PLAYERS ON THE FIELD	PREFERRED MAXIMUM TEAM SIZE
6, 7 and 8	7	10
9	10	14
10 and 11	12	16
12 – 15	15	23

The club will allocate additional players to teams from time to time to balance the team experience, cover players away for extended periods due to injury or illness or to ensure specialist positions are adequately covered.

This will be to a maximum of

- 11 players in the Under 8's
- 16 players in the Under 9's
- 18 players in the Under 10's and 11's,
- 23 players in the 12 – 15 age groups.

Where team caps are reached for an age group the club will create a waiting list, and form an additional team when there are sufficient players to form that team.

These principles underpin the clubs Team Formation Process for all age groups.

TEAM FORMATION PROCESS – 6 to 9 AGE GROUPS

Teams in the 6 – 9 age group are formed using the following criteria, in order of priority;

<p>TEAM CAPS</p>	<ul style="list-style-type: none"> • Each team has a maximum number of players. Team caps have been established to ensure each team has enough players throughout the season, and players are able to be allocated reasonable game time.
<p>SIBLING ALIGNMENT</p>	<ul style="list-style-type: none"> • The club will allocate siblings to teams of the same playing name, to ensure families who have children playing in different age groups are more likely to be in the one playing location on game day. • When the BJRU (Brisbane Junior Rugby Union) develop the draw for teams in the 6 – 9 age group, they try where possible to have teams with the same team name at the same playing fields. This is not always possible, and from time to time teams with the same playing name will be at different fields.
<p>BALANCE EXPERIENCE LEVELS</p>	<ul style="list-style-type: none"> • Players start to play rugby at different ages • To balance experience levels within teams, the club will allocate players to teams at the commencement of the season to try to make sure all teams have some experienced players. This is to avoid some teams have a skew toward new or inexperienced players, so the boys can learn from each other. Where there are a number of players “repeating” an age group they will be spread evenly across the teams in the respective age group.
<p>SIMILAR TEAMS TO PREVIOUS YEARS</p>	<ul style="list-style-type: none"> • After considering the requirements of Sibling Alignment and Balancing Experience the club will look to allocate players to the team they were in the previous year. • Each year some changes will be required to ensure new siblings to the club are in a team of the same playing name as their older sibling, and we have teams in the 6 – 9 age group that are balanced with experience levels.

TEAM FORMATION – 10 to 15 YEAR AGE GROUPS

When players reach 10 – 15 years, formation of teams must consider the impact of the increasing contestability of games, the addition of new positions and the increased need for specialist training for some positions. In considering all of the above BRJRC will form teams in these age groups using the following approach;

<p>MORE THAN ONE TEAM</p>	<ul style="list-style-type: none"> • Where there are enough players to have two teams the club will allocate the players to a team with similar playing skills. This can occur through a variety of ways including independent assessment, a trial game and coach feedback. • This practice manages the safety and development of all players by ensuring players are in teams with those of comparable ability and training is directed at the right level for the players’ current skill level.
<p>WHERE THERE IS ONE TEAM</p>	<ul style="list-style-type: none"> • <i>Ensuring all critical playing positions are able to be filled.</i> <ul style="list-style-type: none"> ○ The junior rugby pathways require players to progressively acquire new skills as they get older. Without having appropriately skilled and trained boys in critical roles it is not possible to form a team. ○ As playing positions become more specialised coaches will allocate boys to positions based on skill levels, experience and physical attributes. • <i>Safety</i> <ul style="list-style-type: none"> ○ Each player must be able to safely enjoy playing rugby and consistently demonstrate they can complete the key responsibilities of the position they are playing – ie tackling, cleaning out, passing. • <i>Teams of similar playing ability</i> <ul style="list-style-type: none"> ○ Where it is evident in a team there is a predominant skew toward a common playing ability, players who have not yet developed the required/comparable skills or those whose playing ability exceeds that of the other team members, may be encouraged to seek a team with others of a similar playing ability.
<p>WHERE THERE ARE NOT ENOUGH PLAYERS TO FORM A TEAM</p>	<p><i>Insufficient Players</i></p> <ul style="list-style-type: none"> • Where there are not a sufficient number of interested players or sufficient players of a similar playing ability registered with the team, BRJRC may work with other clubs to form blended teams or hybrid teams to enable players to continue to play rugby with those of similar playing ability. <p>The club will at all times work with players and their families to locate an appropriate team for all players.</p>

B. INTRA – CLUB GRADING PROCESS

The document below outlines the approach to team composition for 10 – 15's in 2015 where the Bulimba Riverside Junior Rugby has more than one team in an age group.

BACKGROUND

Riverside Rugby is a growing Junior Rugby Club formed in 2003 to provide an alternative junior sports club to those living in the Bulimba, Hawthorne and Balmoral areas.

The club has grown organically from this time to reach 290 registered players in 2014.

Due to the clubs growth and broadening appeal as an alternative to the Premiership Clubs, from Under 10's onwards Bulimba Riverside Junior Rugby will allocate players to teams through an internal grading process, where more than one team exists in an age group to ensure;

- each team has an appropriate number of backs and forwards and players trained in key positions,
- players are in a team where they share a common approach to game day,
- players are playing in teams with others of a comparable skill level.

GUIDING PRINCIPLES

- Where more than one team exists for teams in the 10 – 15 year old age groups they will run as a squad for the first 4 weeks of the season to enable all players to re-build their individual fitness levels, re-discover their rugby skills and enable new players with the club the time to meet others in their age group and where required develop basic rugby skills,
- All players will be provided with the opportunity to nominate their preferred position and alternative positions they would like to be considered for,
- Team composition will be determined by an independent selection panel, in consultation with the Bulimba Riverside Junior Rugby Club Football Manager,
- The divisions each team will apply to join will be determined after the grading process, based on team composition,
- Any questions about the process or outcomes of process should be submitted to the Football Manager, and the Riverside Rugby Management Committee.

INTRA-CLUB GRADING PROCESS

PROCESS STEP	APPROACH	OUTCOMES	PERSON RESPONSIBLE
SQUAD TRAINING – 3 WEEKS <i>12 FEB</i> <i>19 FEB</i> <i>26 FEB</i>	<p>All players within an age group join for preliminary squad training</p>	<p>Boys get to know all of the boys within their age group at the club.</p> <p>Coaches become familiar with all of the boys within an age group.</p> <p>Coaches lead the entire squad in basic fitness, ball skill, and tackle, ruck, maul drills.</p>	<p>Age Group Coaches</p>
	<p>The training squad is to be split into forwards and backs based on the preference indicated by the players</p>	<p>Boys complete fitness training appropriate to their focus</p> <p>Drills conducted based on each groups specific focus</p> <p>Coaches lead the entire squad in end of session game.</p>	<p>Age Group Coaches</p>
INTRA CLUB TRIALS - TEAM FORMATION <i>28 FEB</i>	<p>Coaches are to allocate players to two evenly matched teams - providing each player with the opportunity to trial for their preferred position for at least half a game.</p> <p>The Riverside Rugby, Football Manager confirms the team composition for the club trials.</p>	<p>Two evenly weighted teams are formed, and a trial game is convened.</p>	<p>Age Group Coaches</p> <p>Football Manager</p>

PROCESS STEP	APPROACH	OUTCOMES	PERSON RESPONSIBLE
INTRA CLUB TRIALS <i>28 FEB</i>	Three independent selectors and the Football Manager observe a trial game between all players in the respective age group.	A trial game of two evenly weighted teams is convened. Independent selectors view the game and observe players.	Age Group Coaches Football Manager 3 Independent Selectors
SELECTION OF TEAMS <i>1 MARCH</i>	The three selectors, Football Manager and Registrar review their observations from the trial game and allocate players to teams, which best suit their current playing ability.	All registered players in an age group are allocated to a team.	Football Manager 3 Independent Selectors Registrar
APPOINTMENT OF COACHES and MANAGERS <i>1 MARCH</i>	The Football Manager and Registrar review the nominations for coaches and managers and appoint qualified coaches and managers to each team.	All teams have appropriately qualified coaches and managers appointed.	Football Manager Registrar
COMMUNICATION OF TEAMS <i>1 MARCH</i>	The Riverside Rugby Registrar and Rugby Manager communicate the team members, coaches and managers.	Coaches, Managers and Parents are advised of the team composition and recommended divisions for each team in 2015. Managers are provided with the contact lists for their teams for the season.	Registrar
TEAMS COMMENCE TRAINING <i>5 MARCH</i>	Teams start training in preparation for the BJRU Grading Games.	Training Commences	Appointed Coaches
BJRU GRADING GAMES <i>13 MARCH</i>		BJRU Grading Games Commence	

C. CODE OF CONDUCT

Bulimba Riverside Junior Rugby is a thriving junior rugby club, committed to providing a safe, friendly environment for families to enjoy junior rugby and enable all players to develop their love of the game.

The club works toward providing quality coaching, which enables all players to develop their rugby skills in a safe and supportive environment.

All players, spectators, parents, coaches and officials at Riverside Junior Rugby are bound by the following Code of Conduct, along with the ARU, QRU, BJRU and BJSC Codes of Conduct.

Where a player, spectator, parent, coach or official contravene this Code of Conduct they may be required to meet with the Management Committee, and the player, spectator, parent, coach or official may be sanctioned.

All players, spectators, parents, coaches and officials are;

- expected to make themselves familiar with the Competition Rules appropriate to their players age group, and comply with those rules,
- not to use social media to disparage or dispute decisions made by team or club officials or organising bodies,
- to maintain a positive perspective on game day, encouraging both teams and not engaging in verbal abuse, sledging or inappropriate language,
- not to approach the referee or touch judge throughout or after the game. All questions for the referee are to be channelled through the team captain,
- to talk to team officials directly where they have a question about a player's progress, game time or any other aspect of the game.

Parents have a responsibility to ensure;

- players attend training and game days ready to play with all appropriate safety equipment,
- coaches and team officials are aware of any injuries or conditions which may impact a player's ability to engage in team sport.
- players want to play rugby, and understand the commitment required to participate in team sport.

Coaches and managers must;

- ensure they have completed all requested accreditation requirements to meet the responsibilities of the role,
- arrive at training and game day ready to work with the team and to treat each other with respect,
- ensure coaching is appropriate for the age group they are responsible for, and is not likely to cause injury,
- advise the club if they require assistance with coaching or development of team members, or if there are team members who are not able to safely play,
- work with all players to continue to develop their skills, no matter the players experience level or capability.