



Club Handbook

Updated August 2024

CLUB SONG

We're the team that's the best,
We're the team that beats the rest,
We're the *boys/girls/kids* from Palmerston.
In the line outs we jump higher,
The back line is a flyer,
Beneath the tropic sun, boom boom.
Rain or shine, things are fine,
'cause we'll always cross the line,
We're the *boys/girls/kids* from Palmerston.
Palmerston, Palmerston Yeah Yeah Yeah!

ACKNOWLEDGMENT OF COUNTY

We acknowledge the Larrakia Nation as the traditional custodians of the country on which we enjoy the game of rugby in Darwin and Palmerston, and pay respects to Larrakia elders past, present and emerging. We acknowledge all Aboriginal and Torres Strait Islander people, their culture and connection to country and place; and welcome them as members of our club.

CONTACT DETAILS

CLUBHOUSE

81 Bonson Terrace, Moulden
Palmerston NT 0830

POSTAL

PO Box 2585
Palmerston NT 0831

PHONE

Mobile 0432 796 202

EMAIL

admin@palmerstonrugby.com.au or
juniors@palmerstonrugby.com

WEBSITE

www.palmerstonrugby.com.au

FACEBOOK

<http://www.facebook.com/PalmerstonRugbyUnionClub>

INSTAGRAM

@palmerstonrugbyunionclub

SUPPORT THOSE WHO SUPPORT US



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VISION • MISSION • VALUES

The Palmerston Rugby Union Club Vision, Mission and Values will guide the decision making, governance, culture and behaviours of the Club into the future.



VISION

To be recognised as the premier Rugby Union Club in the Top End

MISSION

Providing opportunities for players, coaches, administrators and volunteers to develop their skills in a positive, safe, well resourced, supportive and enjoyable environment.

Contributing to the wider community by providing an activity in a family safe environment and one that supports and encourages a healthy, active lifestyle.

VALUES

Positive
Respect
United
Character
Inclusive

INTRODUCTION

Welcome to a new season of rugby union. Whether you've been involved with rugby for many years or if this is your first year of rugby, we hope the season will be an exciting and rewarding one. And for those new to rugby, we hope that your involvement is the start of life-long enjoyment of the game for you and for your children. Many of our past and present players will attest to the strong friendships they have made, the confidence, fitness and team skills they developed, as well as the many opportunities that came as they moved through the grades.

Did you know that the most common reasons why kids play sport are:

1. It's fun
2. It's with friends
3. It makes them feel good
4. It allows them to learn new skills.

Those reasons don't change significantly for adults; we want to have fun, be healthy, and enjoy an environment that is safe, inclusive and fair. With this in mind, let's make this a season that all our players, parents, coaches, volunteers, supporters and officials will enjoy and remember.



ABOUT THE CLUB

Palmerston Rugby Union Club was one of the founding clubs of the Northern Territory Rugby Union, fielding teams in the original 1976/77 season. Back then, the city of Palmerston did not exist – the club was named after the original settlement in Darwin. In 1984 the club relocated south of the Berrimah line, and in doing so became the first major sporting organisation to call Palmerston home.

The club consists of both junior and senior teams. It has had many successes over the years, including premiership wins across all senior grades, a significant presence in representative teams and a successful junior program. Probably the club's greatest achievement however, has been the many people that have made up the club – the players, the supporters and volunteers. Our club fosters a strong community spirit, it is a non-profit organisation and it is run entirely by volunteers. It has thrived for so many years thanks to the valuable contribution of all those involved.

CODE OF CONDUCT

Rugby Australia (RA) is "committed to promoting and strengthening the positive image of Rugby and its Participants in Australia. To do so, we all need to be committed to living our core values of Passion, Integrity, Discipline, Respect and Teamwork." RA has expressed this commitment in a [Code of Conduct](#), which applies to all participants in our game, **including supporters**. It also underpins the code's [Child Safe Framework](#) and [Member Protection Policy](#).

Please ensure that you are familiar with the RA Code of Conduct. It is binding on you and the club. A good summary of expectations is found in "Expectations of Behaviour Guidelines", that can be found in the appendices of this handbook. The club endorses these expectations and requires that they be adhered to at all times. In particular, please be aware that **abuse of referees and other match officials is not tolerated** at Palmerston Crocs.

THE JUNIOR RUGBY COMPETITION

JUNIOR TEAMS

We field teams in all age groups of the junior competition. Teams and age groups are as follows:

Under 5	Under 7	Under 9	Under 11	Under 13	Under 15	Under 17
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Age grade eligibility is set by NTRU and based on the following year of birth groupings:

Under 5	Under 7	Under 9	Under 11	Under 13	Under 15	Under 17
2019-2020	2017-2018	2015-2016	2013 - 2014	2011 - 2012	2009 - 2010	2007 - 2008

On field playing numbers for teams are as follows:

Under 5	Under 7	Under 9	Under 11	Under 13	Under 15	Under 17
7	7	10	12	15	15	15

Players must be registered to participate in training and take the field during games. More information is available under “Registration” in the general information section of this handbook.

The teams are mixed gender up to and including the Under 11 age group and the club is expanding our youth girls programs for female athletes eligible for Under 13 and above. Our club is committed to providing opportunities for all players and supports the NT Rugby Union (NTRU) development pathways.

Our Junior Coordinator for the 2024/25 season is shared between Kate Eadie and Jess Burke. They can be contacted via email at juniors@palmerstonrugby.com.au and are your people to contact with any queries about junior teams.

JUNIOR TRAINING

- Training is held at our home ground on Tuesdays and Thursdays typically 5:15pm - 6:15pm.
Note: Some teams may vary their times due to coach availability.
- U5s and U7s generally finish at 6pm and U5s train on Thursdays only.
- Rugby union is a team game and all players are required to attend training, both for their own development and for that of the team.
- Please note that supervision is not available outside of training times and responsibility will not be taken for players prior to or after these times.
- Children not participating in training are the responsibility of their parent/guardian.

FRIDAY NIGHT GAMES

- The Darwin competition is organised by Northern Territory Rugby Union (NTRU) and we compete against junior teams fielded by other clubs in the Darwin competition, being:
Casuarina Cougars, Darwin Dragons, South Darwin Rabbitohs, Swampdogs, University Pirates, and Palmerston Raiders.
- Games are played at Rugby Park, Territory Rugby League (TRL) and Warren Park (South Darwin home ground) fields which are all located on Abala Road, Marrara.
- Games are played on Friday nights from 6pm onwards. Refer to the fixtures on Rugby Xplorer (app or website) for game times and field allocation.
- The rules of the game vary according to age level. Age-specific pathways progressively develop the individual and team skills of all players. Details can be found on the Rugby Australia website <https://australia.rugby/about/what-is-rugby/rugbys-rules>.
- The Under 5 to Under 11 competitions are played in a round robin format without finals.
- The Under 13 to Under 17 competitions are played for placing in a finals series that takes place in March.
- Coaches will endeavour to give all players the same amount of game time, in younger age groups, up to Under 11. From Under 13 onwards, game time may be impacted by the commitment to training, learning set-plays, and personal skill development. This also includes participation in the finals (where applicable).
- Please let your coach and/or manager know if your child is unable to make a Friday night game.
- PRUC (and all other participating clubs) are required to have an identified Game Marshal in attendance at all games from Under 11+. The Game Marshal is responsible for managing any sideline behavioural issues during matches. Our Game Marshals wear hi-vis vests with "Palmerston" printed on the back. **Please comply with the directions of Game Marshals.**
- Gate fees apply at all Marrara fields on Friday evenings for adults. The amount is set annually by the NTRU, and is **\$5 per person**. Season passes are available for purchase and are value for money if you know you will be attending all season.
- Rugby Park is a licenced venue and PRUC support NTRU's strict no BYO alcohol regulations. No alcohol is permitted to be brought into Rugby Park at any time. Territory Rugby League is a dry-area and no alcohol is sold or permitted in that area. Offenders may be asked to leave and penalties may be imposed on clubs whose club members are not abiding by these regulations.

JUNIOR HOME GAMES

- We are planning to conduct a number of junior games at home (Moulden Oval) this season, on Saturday afternoon's prior to the senior matches.
- The home game dates for season 2024-25 season are still in works.
- It takes a whole-club effort to have a great home day – please volunteer your time to help if you are able, with set-up, pack-up or on the barbeque and bar.

JUNIOR 7s

- As part of our pre-season activities, Palmerston Junior September 7s tournament is a family-fun event run by the club at our home ground. Further details are available on the club's socials and website [Junior 7s – Palmerston Rugby Union Club](#).
- First held in 2013 with 6 teams entered, the tournament has gone from strength to strength over the years.
- In 2017, it was recognised at the Australia Day Awards as the 'Palmerston Community Event of the Year'.
- In 2022, we returned from the pandemic and look forward to continuing our new "September 7s" into the future.

CHILD SAFETY AND MEMBER PROTECTION

- Rugby Australia is committed to a game that is fun, safe and inclusive for all. Under Sport Australia's integrity rules, Palmerston Crocs is bound by the RA [Child Safe Framework](#) and [Member Protection Policy](#).
- If at any time you hold a concern that a child is unsafe, or have any concerns about harassment, unfair treatment, abuse or any of the behaviours addressed in the policies above or the RA Code of Conduct, please contact Crocs' Member Protection Officer, Jacob Brant, on 0432796202.
- The NT Rugby Member Protection Information Officer is the CEO, Nathan McDonald, who can be contacted at ceo@ntrugby.com.au.



THE SENIOR RUGBY COMPETITION

Palmerston Crocs has a proud history across our senior playing ranks. Many players have gone on to represent the NT and to successful rugby careers interstate. One of our players, Gail Kerr-Barlow, played for the Wallaroos. Rugby is a game for life: whoever you are, we want you to enjoy our game, at our club, in a safe and inclusive way.

Senior players are role models to our juniors and building the connection with our juniors is an important part of our family culture at the club. Palmerston Rugby Union Club provides numerous opportunities to engage with your teammates on and off the field in team events like fishing and golf days as well as dinner nights after training. The club is also well known for its fundraising events such as the annual Darwin Show clean-up.

In season 2024-25, Crocs will field sides in the Men's A and B Grade competitions, and the Women's competition. Our veterans' (over 35) side, the Old Salties, will also play games during the season and like all our sides, we are on the lookout for new players!

TRAINING

- Training starts at 6:15pm and runs until 7.30pm, Tuesday and Thursday evenings.
- 30 minutes of every session is dedicated to physical conditioning.
- Please be at training on time and let your coach and/or manager know if you are unable to attend.
- Palmerston is known as the most physical and relentless team in the NT. Training as a Croc is tough but fun is a trademark of our culture.
- Rugby is a team game and all players are required to attend training, both for their own development and for that of the team.
- **Players must be registered** to participate in training and to take the field for games.
- Registration includes online payment via the Rugby Xplorer app or the [Rugby Xplorer](#) website. See the "Registration" section for a short user guide, hints, and tips.
- Rugby Xplorer includes a ZipPay option (follow the prompts in the app or on the website).
- Our Club Captina is Thomas Roe, aka Roey, and our club President is Jacob Brant. You'll see them both around so be sure to introduce yourself at training.

VALUES AND EXPECTATIONS

- **United, Discipline & Respect** are the current values identified by our players and reinforced by the coaches and the leadership group.
- At Crocs we expect players to show everyone respect and show personal discipline.
- Success on the field starts with preparation off it; adhering to the team dress, being punctual and giving your personal 100% effort at training is something we celebrate and it's these personal efforts that unite us as a club.
- Please familiarise yourself with RA's [Code of Conduct](#); and its [Member Protection Policy](#). The [Code of Conduct](#) section in the introduction of this handbook and the Behavioural Expectations guide in the appendices provide more information.

- **Abuse of referees and match officials is not tolerated** at our club. There are appropriate and formal channels through which the club can address the standard of match officiating.
- The other option is to volunteer as a referee yourself – the NT Rugby Referees Association is always on the lookout for new members.
- Referees will be focused on high contact – any contact above the level of the shoulders.
 - Application of the laws in this area has caused, especially the use of yellow and red cards, has caused some concern over the past two seasons.
 - Please review the foul play guidelines for high contact in the [appendices](#) for information on how referees are told to make judgments in this area.



GENERAL INFORMATION, FROM A to Z

CLOTHING / EQUIPMENT

- **Club jerseys:** these are handed out prior to each game for both Juniors and Seniors. These are then collected after the game and washed by a volunteer in readiness for the following week. It is expected that players show respect for the volunteers who look after the jerseys by returning worn jerseys to the designated bag after each game.
- **Club shorts and socks:** shorts and socks are included in the registration fees. All players **MUST** wear current season uniforms for Junior and Senior games.
- **Footwear:** Under 5 and Under 7 players may play in sports shoes (joggers/runners/sneakers) or football boots with moulded soles. Under 9 players and above must play in football boots. Please visit our 'boot exchange' and see if we have some free, pre-loved boots for you.
- **Mouthguard:** Under 9 players and above must wear a mouthguard both at training and during the games. A fact sheet about mouthguards from the NT Oral Health Services has been included in the appendices. Refer to the fact sheet for details on obtaining a mouthguard.
- **Headgear, shoulder pads etc:** These items are optional. While there is no evidence headgear prevents concussion, they may help reduce soft tissue injuries.
- **Additional clothing and merchandising,** such as supporter polo shirts and caps, are available for purchase from the Croc Shop, located in the clubhouse and open during training.

CLUBHOUSE FACILITIES

- The club has a licensed clubhouse which is open on training nights (from 5:15pm) and during home games. The clubhouse kitchen is utilised for club functions and other food preparation (e.g. for fundraising bbqs etc.).
- The clubhouse is an important part of the club. Club members and bona fide guests are welcome to drop into the clubhouse at any time.
- The clubhouse is managed and maintained by club volunteers. Your assistance in helping keep it clean and tidy is appreciated!
- Players are asked to please remove boots before entering the clubhouse to ensure the flooring is not damaged.

CLUB NIGHTS AND CLUB FUNCTIONS

- A season launch is held at the beginning of the season to welcome club volunteers to the season. All families are very welcome to attend.
- Club nights are held approximately four times throughout the season. All families are encouraged to attend. Meals are served in the clubhouse and families have the opportunity to meet other club members in a relaxed family setting while enjoying their meal.
- Senior home games are held at various times through the season with some invitational junior games played at these events. Families are welcome to come along and support these games. The club runs a BBQ at all home games.
- Presentation Night is held at the end of the season for all players and their families. Further details are provided closer to the date.

COACHES, MANAGERS AND MORE!

- All teams require a coach and a manager and from Under 11 also require a ground marshal. These are volunteer roles and it goes without saying that these roles are essential to you and your child's participation in rugby!
- This season's coaches and managers are listed on the club website and published on social media.

COMMITTEE

- The club is administered by the PRUC committee. The committee generally meets monthly at the clubhouse.
- Current committee members are listed on the club website.
- Committee members are volunteers and the contribution of player parents, partners, and friends to the committee is welcomed and encouraged.
- Our Annual General Meeting (AGM) is held on the **first Sunday in November**; however, interested club members are welcome to attend meetings as they occur.

COMMUNICATION

- The club keeps members 'in the loop' in a number of ways, as listed below. If you are ever unsure of anything, check with your team manager, coach, or one of our club volunteers in the clubhouse.
- **Website:** www.palmerstonrugby.com.au

- **Club newsletter ('Croc Tales'):** issued monthly via email. *Croc Tales* is an essential source of club information. Previous editions of *Croc Tales* can be found on the club website.
- **Facebook:** <https://www.facebook.com/PalmerstonRugbyUnionClub> Facebook updates are also posted on the website homepage.
- **Instagram:** @palmerstonrugby Instagram updates are also posted on the website homepage.
- **Notes:** hand delivered at training.
- **Email:** juniors@palmerstonrugby.com.au for all junior competition queries and admin@palmerstonrugby.com.au for all other questions you might have.

CONCERNS / QUERIES

- Any concerns or queries that you may have can be addressed with your or your child's team coach or manager in the first instance. Alternatively, the club President, Junior Coordinator, or committee members are also able to assist.

CONCUSSION MANAGEMENT

- Rugby Australia provides guidance regarding concussion which applies to everyone involved in Rugby across Australia. Details are available on the [Rugby Australia website](#).
- Palmerston Rugby Union Club strictly adheres to Rugby Australia's graduated return to play (GRTP) concussion management. Rest and return requirements are fixed and cannot be changed.
- Player wellbeing and safety is our top priority. Our club supports and encourages all coaches to follow the ***if in doubt, sit them out*** approach to concussion management, regardless of if a Blue Card has been issued. We appreciate families supporting our volunteers by also showing support for this approach.
-

FUNDRAISING

- As a club, we strongly believe in the value of young people being involved in sport and we significantly minimise our fees to encourage participation.
- Our biggest annual fundraiser is when club volunteers work at the Royal Darwin Show each July. We advertise for helpers in May and June and appreciate families from Under 5 to our Old Salties volunteering their time.
- We also have weekly fundraising events at Cazalys Club Palmerston, where PRUC volunteers host the Friday night raffles. The club is proud of this long-standing partnership with Cazalys and appreciative of our members who give up their time each week to support the club.

- We rely on our valued sponsors and ongoing fundraising efforts throughout the season to cover the costs required to put players on the field.
- As such, we encourage all club members to support our fundraising activities in some way.

GOOD SPORTS ACCREDITATION

- Palmerston Rugby Union Club is a **Level 3 Good Sports** accredited club and a *Level 2 Good Sports (Healthy Eating)* accredited club. *Good Sports* works with communities to make sports clubs safe and healthy by providing advice about managing alcohol responsibly and making clubs more family-friendly.
- As a Level 3 *Good Sports* club we abide by our liquor license, have bar management strategies in place and our bar staff attend Responsible Service of Alcohol training. We also try not to rely on revenue from bar sales by seeking other income opportunities, and we have a safe transport policy in place. For more information visit **GoodSports.com.au** or **Facebook.com/GoodSportsClubs**
- As a Level 2 *Good Sports (Healthy Eating)* club we encourage healthy food choices before, during and after sport, ensure healthy meal, snack or drinks options are available and promoted and limit the supply and promotion of less healthy food options.
- In 2014 and again in 2018 the club was named '**Northern Territory Good Sports Club of the Year**' in recognition of the work we have been doing as a Level 3 Good Sports club.

INSURANCE

- Rugby Australia has arranged the [National Risk Management and Insurance Program](#) on behalf of our member unions, their affiliate unions, clubs and referee associations.
- All participants (Players, Coaches, Officials, Volunteers) must be registered with RA in order to obtain coverage under the plan.
- Copies of the club's Public Liability insurance certificate are available from the President.

OCHRE CARD – WORKING WITH CHILDREN CLEARANCE (WWCC)

- All club volunteers (i.e. committee, coach, manager, referee) are required to hold an Ochre Card. Further details can be obtained from: <http://www.workingwithchildren.nt.gov.au/index.html>
- It is an NTRU requirement that all team officials update their WWCC number and expiry date within their Rugby Xplorer profile. Expired or empty WWCC details may prevent a team official from being added to the required team list in Rugby Xplorer Match Day.

- The club can complete a letter of support to endorse all volunteers with a permanent season position. Please contact Kate Eadie at juniors@palmerstonrugby.com.au if you require this form or have any questions about obtaining an Ochre Card.

REFEREES

- The club is responsible for providing referees for Under 5 and Under 7 games. NTRU will roster referees for Under 9 games and above.
- The club is responsible for providing assistant (sideline) referees for all Under 11 - Under 17 junior games. Please let us or your coach/manager know if you can help.
- Palmerston Rugby Union Club is committed to supporting emerging and continuing referees. We are proud of the large number of players who also referee throughout the season.
- Our Junior September 7s tournament has a long history as part of the referee pathway in the NT. Please contact Junior Coordinator, Kate Eadie, at juniors@palmerstonrugby.com.au if you would like further information.
- In 2022, our club proudly gained recognition for the Referee (Level 1) and Assistant Referee (Level 1) accreditations as SACE community-developed programs. All NT Certificate of Education and Training (NTCET) students who complete their referee accreditations can also apply for credit in their NTCET. See the SACE website for more information [Community learning - South Australian Certificate of Education \(sace.sa.edu.au\)](https://www.sace.sa.edu.au) or speak with the NTCET Coordinator at your child's school.
- The NT Rugby Referees Association (NTRRA) are a team of volunteers and need our assistance in recruiting referees. As such, we welcome and encourage interested parents, friends and family to put their name forward.
- Please remember that referees and match officials are part of our game too. **Abuse of referees and match officials** is not tolerated at our club.

REGISTRATION

- All registration fees must be paid in full by the start of the season.
- Fees must all be paid in full before club shorts, socks and player kit can be collected.
- Senior registration is a single online process with payment made via Rugby Xplorer.
- In 2024, junior registration is also a single online process with payment made via Rugby Xplorer.
- We still accept NT Sport Vouchers as part payment. If your child is eligible, apply for your \$100 sport voucher via the [Grants NT](https://grants.nt.gov.au/) website and email the voucher to juniors@palmerstonrugby.com.au.
- School students (aged 18 and above) who are playing senior rugby should pay the senior rugby registration fees. NT Sport Vouchers are still accepted and can be discounted from the fee.
- After receiving your NT Sport Voucher, our Junior Coordinator will generate a Rugby Xplorer discount code for you to use during registration payment. Discount codes are emailed to you directly from Rugby Xplorer and are single-use only. If you have multiple NT Sports Vouchers for multiple children, you will receive multiple discount codes.
- To register online, download the Rugby Xplorer app by searching 'Rugby Xplorer' in the app store (see figure 1 on page 18). Or you can register via the Rugby Xplorer website (shown below) and click the red "register" button, <https://xplorer.rugby/palmerston-crocs>.



- Sign up for or log in to your account (see figure 2 on page 18). You will need access to the email address that you are using to register, to verify your RX account.

If you are using the Rugby Xplorer app, follow these steps and refer to the screenshots on the next page to help:

- Click the three dots "More" at the bottom right corner – select 'register' (figure 4).
- Select 'Find a Club' (figure 5) and select which player you'd like to register (figure 6). Scroll down to 'next' (figure 7).
- Search 'palm' and select Palmerston Crocs JRUCF if you are registering for a junior side, or Palmerston Crocs RUFC if you are a senior player (figure 8).

- Registration type = Player + XVs Juniors NT + Season, or Player + XVs Mens + Season, or Player + Womens + Season.
- If you have a discount code, enter it at the payment screen (figure 10), tick the Terms and Conditions box, make online card payment for the balance or follow the prompts to use the ZipPay service.

RUGBY XPLOER APP REGISTRATION SCREENSHOTS

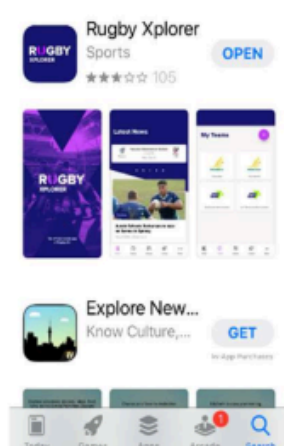


Figure 1: Download the Rugby Xplorer app

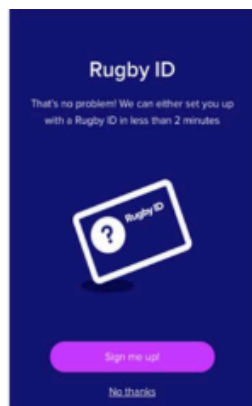


Figure 2: Sign up for new account OR next step

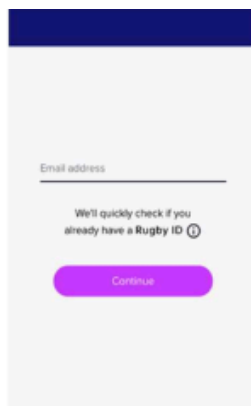


Figure 3: Sign in with existing account

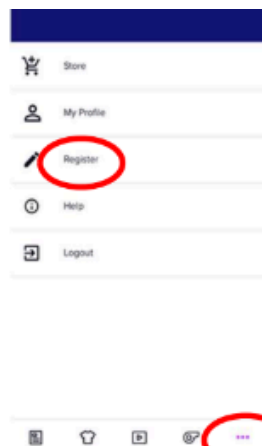


Figure 4: More at the bottom corner & register

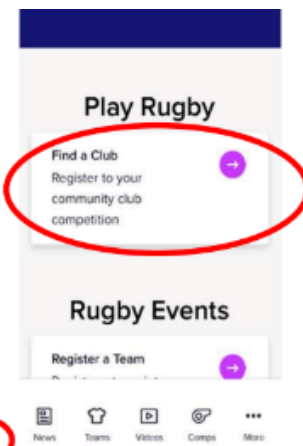


Figure 5: Find a Club

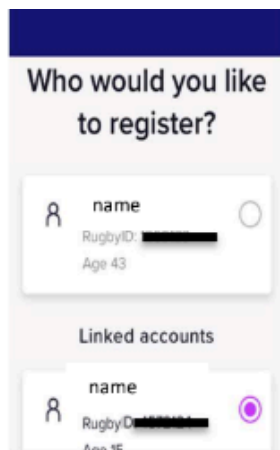


Figure 6: Pick who you want to register

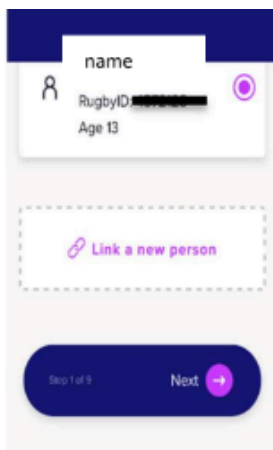


Figure 7: Click 'next' at the bottom

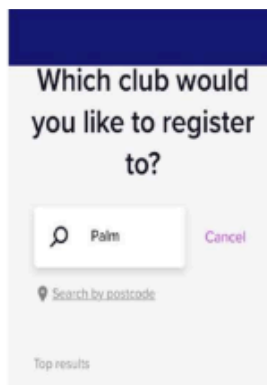


Figure 8: Search 'palm' and pick Palmerston Crocs JRUCF or Palmerston Crocs RUFC for seniors

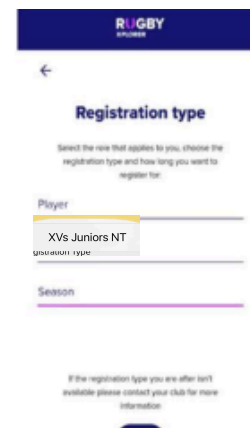


Figure 9: Click each field for: Player + XVs Juniors + Season

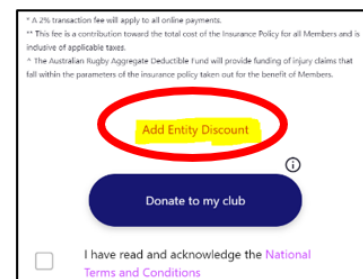


Figure 10: select "Add Entity Discount" to enter a discount code

SPONSORS

- Palmerston Rugby Union Club appreciates the generous support of our valued sponsors. Sponsors' logos are included on our training shirts and singlets, the website and our *Croc Tales* newsletter. Please support our sponsors where possible.
- We have a range of sponsorship packages available if you or your business is interested in sponsoring the club. A committee member would be happy to discuss these options with you.

TRAINING EQUIPMENT

- All players are asked to respect the training equipment used during training (balls, cones, pads, etc.). These were purchased using club funds raised through fundraising efforts or grant applications - i.e. through volunteers' time and energy!

VOLUNTEERS

- The club is run entirely by volunteers who generously give up their valuable time for the club. Volunteering also provides parents the opportunity to meet other like-minded parents and builds on the strong club spirit that exists in the club.
- Game day volunteer roles include being a Ground Marshal, running water, being an assistant (sideline) referee, photographer, and if you're qualified a first aid attendant.
- If you are interested in helping out in any way throughout the season - and would like to experience the satisfaction of being able to significantly contribute to your child's sport - then please let the club know.

APPENDICES

- o Expectations of Behaviour
- o Laws Summary for Under 6 to 12
- o Fact Sheet: Mouthguards
- o Foul Play Guidelines

Expectations of Behaviour Guidelines

The Expectations of Behaviour Guidelines are a simple outline for parents, teachers, coaches and players to ensure everyone is given the opportunity to enjoy the game to the maximum level. Rugby has always been a game that prides itself on fair play and enjoyment for all, so please adhere to these guidelines to ensure this continues.

For further information, please go to www.rugby.com.au/communityrugby

These guidelines have been developed to:

- Maintain the elements of enjoyment and satisfaction in Rugby;
- Make adults aware that young people play to satisfy themselves and not necessarily to satisfy adults or members of their own peer group;
- Improve the physical fitness of youth by encouraging participation in Rugby by making it attractive, safe and enjoyable for all young people; and
- Constantly remind administrators, coaches, teachers, referees and parents that Rugby must be administered, taught and provided, for the good of those young people who wish to play the game. It is their game.

Players

- Play for enjoyment, not just to please your parents, teacher or coach.
- Play by the laws of the game.
- Never argue with the referee's decision. Let your captain or coach ask any necessary questions.
- Control your temper – no 'mouthing off'.
- Work equally hard for yourself and for your team. Your team's performance will benefit and so will your own.
- Be a good sport. Applaud all the good play, whether it is done by your team or your opponent.
- Shake hands with all of the opposing team at the conclusion of the match, and clap them off in the spirit of good sportsmanship.
- Treat all players as you yourself would like to be treated. Do not interfere with, bully or take advantage of any player.
- Treat everyone equally regardless of sex, disability, ethnic origin or religion.
- Remember that the goals of the game are - to have fun, improve your skills and feel good.
- Co-operate with your coach, teacher, team mates, referee and opponents, for without them you do not have a game.

Parents/Spectators

- Remember that young people are involved in Rugby for their enjoyment, not yours.
- Encourage your children to play by the laws.
- Teach young people that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
- Remember that young people learn best by example. Applaud good play from both teams.
- Do not publicly question the referee's judgement and never his/her honesty.
- Support all efforts to remove verbal and physical abuse from the game.
- Recognise the importance of volunteer coaches, teachers and referees. They give their time and resources to provide a game for young participants.

Coaches/Teachers

- Be reasonable in your demands on the young player's time, energy and enthusiasm.
- Teach your players the laws of the game and for them to play within the laws.
- Ensure that all players get a game. The 'just average' players need and deserve equal time.
- Remember that young people play for fun and enjoyment and that winning is only a part of it. Never ridicule the players for making errors or losing a game.
- Be professional and accept responsibilities for your actions.
- Display high standards in language, behaviour, manner, dress, punctuality and preparation.
- Develop team respect for the ability of opponents, as well as the judgement of referees and opposing coaches.
- Discourage excessive talk on the field.
- Insist on a disciplined approach by the players.

LAWS SUMMARY FOR U6 TO U12

	U6	U7	U8	U9	U10	U11	U12
Player Numbers	7		7	10	12		15
Playing Area	1/4 field L:40m, W:25m		1/2 field L:60m, W:35m		Full field less 10m L:100m, W:60m		Full field L:100m, W:70m
Playing Time	2 x small-sided games, then 2 x 10min halves	2 x 15mins	2 x 15mins	2 x 20mins	2 x 20mins		2 x 25mins
Ball size	Size 2		Size 3		Size 4		Size 4
Conversions	No		Optional In front, 10m back		Yes Not past 15m-line		Yes Not past 15m-line
Kick-off	Punt 5m Exclusion zone		Punt or drop 5m Exclusion zone		Drop		Drop
Restart after score	Tap on half way by non-scoring team		Tap on half way by non-scoring team		Kick-off by non-scoring team		Kick-off by non-scoring team
Kicking	No		No		Yes		Yes
Tackle	2 handed tag on shorts No offside line for defence		Yes		Yes		Yes
Lineout	Tap restart	2 players No contest	2 players No contest	4 players No contest	5 players Contested No lifting		7 players Contested No lifting
Lineout receiver		Must pass	Must pass		All options		All options
Scrum	Tap restart	3 players No contest	3 players No contest	5 players No contest	6 players Contested 1m push		8 players Contested 1m push
Scrum half		Must pass	Must pass		All options #8 moves illegal		All options
When is Lineout and Scrum over?	Played by fly-half or bounces		Played by fly-half or bounces		Ball out		Ball out
Penalty Kicks and Free Kicks	Tap only Opp 5m back		Tap only Opp 5m back		All options Opp 10m back		All options Opp 10m back

COMMON PATHWAY LAWS FOR U6 TO U12

Player Numbers	Equal number of players on each team. If one team is short, teams MUST share players to reach the maximum number of equal players possible. Unlimited rolling replacements.		
Scrum	Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. Defending scrum-half can't go past midline and cannot leave scrum.		
Scoring	No Drop Goals No Penalty Goals	Tackle	Slingshot tackles, fending to the head and squeeze ball illegal
Lineout	No Quick Throw-ins No variation in numbers allowed Must have a lineout receiver	Foul Play	Yellow card = 5 minutes A player given a Yellow card or Red card may be replaced



Oral Health Services FACT SHEET

Mouthguard

Why do you need a mouthguard?

Damaged, knocked out teeth, broken jaws and cut lips can be sustained when playing sport. Wearing a custom-fitted mouthguard helps to absorb and spread the impact of a blow to your face, which might otherwise result in an injury to your mouth or jaw.

Dental injuries can result in time off school to recover, can be painful and damaging, and may involve lengthy and complex dental treatment. The cost of an injury to your teeth or jaw is much more than the cost of a custom-fitted mouthguard.

Types of Mouthguards

- Boil-and-bite: "do-it-yourself" option, less expensive than custom-made guards, however, the fit is not as good and it will not last as long
- Custom-made: offers the better protection, fit and comfort level compared to the "boil-and-bite" because it is made from a cast to fit teeth.

Where can you get mouthguards in the NT?

- Boil-and-bite
 - Available from sports stores and pharmacies
- Custom-made
 - Private Dentists – see the Yellow Pages for contact details
 - Oral Health Services NT provides free mouthguards to primary school children when the first four permanent front teeth appear. Suitability for a mouthguard can be checked by a dental therapist or dentist. Mouthguards are also provided to middle and high school students.

You will need to bring a letter from your coach or your registration receipt to your appointment.

To make an appointment for a mouthguard fitting please call:

Darwin Dental Clinic	8922 6466	Katherine Dental Clinic	8973 8577
Palmerston Dental Clinic	8999 3314	Gove Dental Clinic	8987 0425
Flynn Drive Dental Clinic	8951 6713		

**healthy
Territory**
A Territory Government Initiative

FOUL PLAY GUIDELINES



RUGBY
REFEREES

#partofMORE

Objective- player safety and welfare

Focus areas

1. High Tackles
2. Shoulder Charges
3. Dangerous Cleanouts
4. Head-to-head collisions

Foul Play Process

HEAD CONTACT PROCESS

- High tackles
- Shoulder charges
- Dangerous cleanouts
- Head on Head
- Leading elbow/forearm

Degree of Danger	Indirect Contact	Direct Contact
Low Force	Low	Medium
High Force	Medium-High	High

LIFT TACKLE

Past horizontal?

- PK – land on feet
- YC – land on side/ back
- RC – land on head/neck

INTENTIONAL KNOCK ON

Realistic chance to regather?

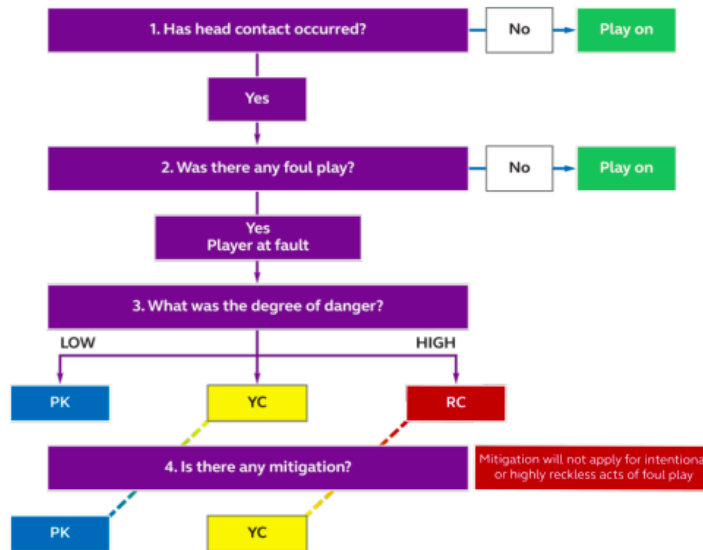
- PK – if no?
- YC – prevented a line break opportunity
- YC & PT – if a probable try scoring opportunity

CONTACT IN THE AIR

Realistic position?

- PK – land on feet
- YC – land on side/back
- RC – land on head/neck

WR HEAD CONTACT PROCESS



Mitigating Factors:

- Tackler makes attempt to change height
- Ball carrier suddenly drops in height
- Tackler is unsighted
- Level of control
- If upright – passive vs dynamic

NOTES...