



Everyone's  
**GAME**

## School & Youth Competition & Game Play Opportunities

Kick Off Information  
Season 2022/23

inspiresport™



Leadership · Engagement · Achievement · Enjoyment · Respect



# Competition & Play Principles

Player Welfare is at the forefront of all we do	Focus on the <b>retention</b> and recruitment of players within our clubs and schools
Competition is <b>age and stage</b> appropriate	Opportunities to play <b>regular competitive rugby</b>
Focus on creating positive <b>player development environments</b>	<b>Volunteer &amp; staff resource</b> is valued and considered



# Promote Player Welfare & Wellbeing



**IF IN DOUBT,  
SIT THEM OUT**

*No PVG =  
No Youth Coaching*

***ALL Coaches must  
complete RugbyRight  
via SCRUMS.***  
*(Click through for access  
information)*

**Maximum Gametime -  
90 minutes per 48  
hours**

**Always follow the *Are  
You Ready to Play  
Rugby?* Age Banding  
Policies**

*Report all Serious  
Injuries via SCRUMS*

Player Welfare & Wellbeing are always a top priority for all involved with the game. For further information about the key areas highlighted here please follow the embedded links.

**RugbyRight** 

**Disclosure**  
SCOTLAND



**CONCUSSION | IF IN DOUBT,  
SIT THEM OUT.**







# CONCUSSION | IF IN DOUBT, SIT THEM OUT.



## GRADUATED RETURN TO PLAY - PROTOCOLS

Age Group	GRTP Stage 1 MINIMUM Rest Period	 CAUTION	GRTP Stages 2-5	 CAUTION	GRTP Stage 6 MINIMUM Return to play interval
18 and Under	14 Days	GRTP should only start if the player is symptom free and off medication that modifies symptoms of concussion	4 Stage GRTP progression every 48 hours, if symptom free	Contact sport should be authorised only if the player is symptom free and off medication <b>MEDICAL CLEARANCE RECOMMENDED</b>	14 day rest + 8 day GRTP = Day 23 post injury
Adults	7 Days		4 Stage GRTP progression every 24 hours, if symptom free		7 day rest + 4 day GRTP = Day 12 post injury
 CAUTION	Any player with a second concussion within 12 months, a history of multiple concussions, players with unusual presentations or prolonged recovery should be assessed and managed by health care providers with experience in sport related concussions.				

# Age Banding

## 1<sup>st</sup> September Cut Off & 2- Year Banding

- Each player's Age Grade for season 2022/23 is defined by their age on 1<sup>st</sup> September 2022. Please note this determines player Age Grade for the entire season and players do not transition to the next Age Grade midseason on their birthday.
- Scottish Rugby recommends that school and youth rugby is played in a maximum of two-year age bandings. Make sure to discuss with your opposition in advance if playing combined age-grade games

## Are You Ready to Play Rugby 'Play Up' Applications

- **U18 into Adult** - [Application form](#)
- **U16 into U18** – [Application form](#)
- Only apply if it's right for that player and not just to help raise a team



## Further Information

- Age Banding webpage can be found [here](#)
- Please send your Age Banding queries to [ayrtpr@sru.org.uk](mailto:ayrtpr@sru.org.uk)



# Player-centred, Development-driven, Competition-supported

Just a few examples of how this is brought to life through the competition and play programmes.

Everyone's  
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## Age Grade Law Variations

Safe, fun and enjoyable for all

### Increase playing opportunities & prevent burn out



- Half-Game Initiative – all players should play at least half a game*
- U16 & U18 Players can only play one National Competition fixture each weekend, and in one Cup competition in autumn phase*
  - Maximum Game-time = 90 minutes in 48-hour period*

### Competition Rules

- Play a Development Match to get the Game ON*
- Always match player numbers*
- Stop the game and adapt when a team gets 50 lead*

**GAME  
ON!**

# Competition Administration Checklist

- ☐ **Player, Coach & Match Official Registration** – *check it's accurate*
- ☐ **Fixtures** – *check in with opposition to make arrangements*
- ☐ **Referees** – *check in with local society & whostheref.com*
- ☐ **Result & Teamsheet Submission** – *agree who is responsible at your club/school and check permissions levels in SCRUMS*
- ☐ **Contacts** – *check 'Key contact for boys & girls rugby' in SCRUMS*
- ☐ **Competition Rules & Age Grade Policies** – *get familiar & ask for clarification is needed*



# Player Registration



- Unless a player (or their parent) has made themselves inactive, player registrations from last season will remain active in SCRUMS

- Signpost parents of **NEW** players to the registration page below and ask them to follow the process:

<https://scrums.scottishrugby.org/youth/register>



- Parents will need to provide their email address and accept the terms of use / privacy policy on behalf of their child.
- Players must be registered to be eligible to play in competition fixtures. Players not registered in the system cannot be added to Teamsheets.





# Fixture Organisation & Match Officials



Fixtures must be played on the dates set by Competition Administration, but the Competition Rules do provide a degree of flexibility to ensure all fixtures have the best opportunity of being completed.

- **Fixture Dates**

- If both teams agree to play on a different date (e.g. Saturday instead of Sunday or vice versa, Friday night or midweek) club/schools can request a change via Competition Administration.
- Requests must be submitted as early as possible, and the new date proposed must be before the final round of fixtures for that Conference/League.
- If agreed by Competition Administration clubs/schools must communicate to the referee society if appropriate (U18 fixtures).

- **Fixture Venue & Kick Off time**

- The Competition Regulations (see S&YNCRs pages 16-26) contain default positions, but club/schools are free to agree alternative arrangements.
- Club/schools must seek permission for a change in venue or Kick Off time for U18 fixtures well in advance as this may affect the allocation of match officials.
- Club/schools must update Competition Administration if an alternative venue (reversal or neutral) is agreed as this may impact travel funding.

- **Match Officials**

- Scottish Rugby or Regional Referee Societies appoint to U18 fixtures - appointments are made via [whostheref.com](http://whostheref.com). Key contacts for referee appointments can be found at end of this document.
- The host club/school is responsible for arranging a qualified referee for all other fixtures

# Travel Support

- Full details can be found in [Club Investment Fund Agreement](#) but the key change that will impact all involved is connected to the support towards 'Long Journeys'.
- As illustrated in this snapshot from CIF **ALL journeys** will now receive at least a minimum level of support.
- All fixtures contained within a Scottish Rugby competition, or development fixture programme, are covered by the scheme.
- Awards will be based on fixture details recorded in SCRUMS with proviso that a result and Teamsheet has been submitted for that fixture.
- Unless we're notified of alternative arrangements travel funding for Conference fixtures will be awarded based on the default venue arrangements contained in the National Competitions Rules.

## Schools & Youth Multiple Team Travel on same day.

- Return journey of up to 99 miles, 1-2 teams - **£100** per journey
- Return journey of up to 99 miles, 3-4 teams - **£200** per journey
- Return journey of up to 99 miles, 5 or more teams - **£300** per journey
- Return journey of 100 or more miles, 1-2 teams - **£300** per journey
- Return journey of 100 or more miles, 3-4 teams - **£600** per journey
- Return journey of 100 or more miles, 5 or more teams - **£900** per journey
- Return journey of 200 or more miles, 1-2 teams - **£350** per journey
- Return journey of 200 or more miles, 3-4 teams - **£700** per journey
- Return journey of 200 or more miles, 5 or more teams - **£1,050** per journey
- Return journey of 400 or more miles, 1-2 teams - **£500** per journey
- Return journey of 400 or more miles, 3-4 teams - **£1000** per journey
- Return journey of 400 or more miles, 5 or more teams - **£1,500** per journey
- Return journey of 600 or more miles, 1-2 teams - **£650** per journey
- Return journey of 600 or more miles, 3-4 teams - **£1,300** per journey
- Return journey of 600 or more miles, 5 or more teams - **£1,950** per journey

# Result & Teamsheet Submission



- **Results**

- To submit a result the SCRUMS user must have 'Coach/Team Manager', or 'Administrator' level permission in SCRUMS
- The Home Club/School is responsible for submitting the result - or other match outcome - via SCRUMS.
- Results must be submitted as soon as possible after Full Time and by **Monday at 10am at the latest**

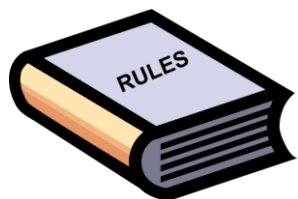
User  
Guide

- **Teamsheets**

- Submit online through SCRUMS **within 48 hours** for **ALL** fixtures **U13 – U18**
- Print a copy and pass to the referee and opposition 30 minutes before Kick-off



# Competition Rules



Schools & Youth National Competitions Rules (SYNCR) 2022/23 are available [here](#)

AREA	REMINDER OR CHANGE
Match Points	<b>CHANGE:</b> It is now 5 points for try, 2 for conversion, 3 for penalty or drop goal <b>at all age grades</b> . Previously it was 3 and 1 in U13 & U14
Player Eligibility	<b>REMINDER:</b> U16 & U18 players are only eligible to participate in one National Competition fixture each weekend. For avoidance of doubt Regional Conferences & Leagues are classified in the eyes of the SYNCR as National Competitions.  <b>CHANGE:</b> U16 & U18 players are only eligible to play for one Team in Cup competitions that fall under SYNCR i.e. all Cup competitions that are played in autumn phase of season.

# Contacts



Competition Administration	Referee Appointments
<b>National Competitions</b> Sam Parlane <a href="mailto:sam.parlane@sru.org.uk">sam.parlane@sru.org.uk</a>	<b>Borders Referee Society</b> Steven Dyer <a href="mailto:BRRS-Allocations@outlook.com">BRRS-Allocations@outlook.com</a>
<b>Caledonia Region</b> Mark Salter <a href="mailto:mark.salter@sru.org.uk">mark.salter@sru.org.uk</a>	<b>Caledonia Referee Society</b> Ted Coutts <a href="mailto:crr.allocations@gmail.com">crr.allocations@gmail.com</a>
<b>East Region</b> Lucy Winter <a href="mailto:lucy.winter@sru.org.uk">lucy.winter@sru.org.uk</a>	<b>Edinburgh Referee Society</b> Iain Goodall <a href="mailto:iaingoodall@me.com">iaingoodall@me.com</a>
<b>West Region</b> John Gillies <a href="mailto:john.gillies@sru.org.uk">john.gillies@sru.org.uk</a>	<b>West Referee Society</b> David Mathias <a href="mailto:d.mathias359@btinternet.com">d.mathias359@btinternet.com</a>
<b>Other</b> <a href="mailto:competitions@sru.org.uk">competitions@sru.org.uk</a> <a href="mailto:SCRUMS@sru.org.uk">SCRUMS@sru.org.uk</a>	<b>Scottish Rugby (Panel Referees)</b> Colin Brett <a href="mailto:colin.brett@sru.org.uk">colin.brett@sru.org.uk</a>

# Training & Education

The new [Minimum Coaching Standards](#) require all Coaches to be qualified by August 2024.

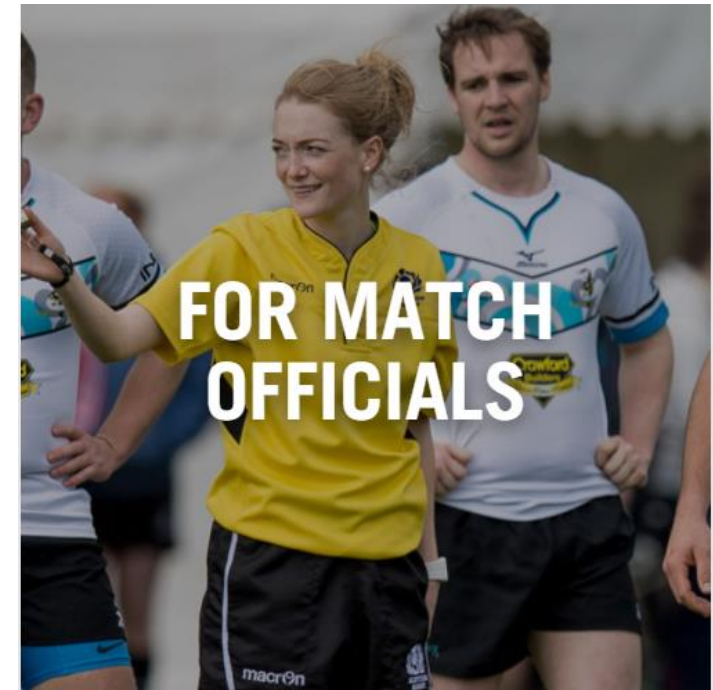
Click through below for the latest Coach and Match Official T&E opportunities...



## TRAINING HUB

POWERED BY  
 **Hive**  
learning

Don't forget Scottish Rugby's  
interactive Training Hub – it's  
crammed with coaching and  
match officiating resources





## Social Media Champion Checklist

Follow the checklist below to help you get started in your role, but we want to see your ideas too - so get creative!

- ☐ Ask for access to your club or school's social media page or ask to get set up
  - Instagram - Share images and videos
  - Twitter - Share instant updates, images and videos
  - Facebook - Share updates, videos and images
- ☐ Get some new followers on your pages
  - Include details of the social account(s) in a school or club email newsletter
  - Encourage all the players, parents, coaches and teachers to follow the account(s)
- ☐ Follow other teams in your conference to keep up to date on what they are doing
- ☐ Get all your club's age grade teams together for one big picture
- ☐ Promote your upcoming matches in advance
  - Upcoming game? Do a countdown, tell people how training is going for the game. Want a crowd? Encourage people to come along and cheer the team on at the side-lines. Get the players involved and share your team line up before the match.
- ☐ Share your journey
  - Is your game an away game? Keep your followers updated on everything from your travels.
- ☐ Keep followers updated throughout the season and give updates on how you are progressing through the league
- ☐ Share a full-time picture
  - Shaking hands with your opponents and/or celebrating at the final whistle
- ☐ Share the full-time score of your games
  - Think about how to keep it looking different each time - share an image of the players in action or a short clip
- ☐ Create an album of pictures from a game on Facebook or Instagram
- ☐ Share a video of someone scoring a try
- ☐ If your club/school website reports on scores or match reports, share the story
- ☐ Share a video of a rugby drill at training
- ☐ Highlight individual players and do a post about their performance or rugby story
- ☐ Share a boomerang of the team - have some silly fun
- ☐ Got a big match? Live Tweet your score updates
- ☐ Interview the captain before or after a game and post a story or video
- ☐ Retweet or share your coaches, players, school and club accounts if they post about the team
- ☐ Show Scottish Rugby what great work you're doing by tagging @Scotlandteam in your posts!

#AsOne

Everyone's  
**GAME**



Help raise the profile of the  
Schools & Youth Game through  
this [Social Media Checklist](#).

*@Scotlandteam*  
*#AsOne*