



**Welcome to the
NSCRO Mid-Atlantic South Region Championship**

April 1-2, 2017

**Hosted by
North Bay Rugby
and the
Capital Rugby Union**

NATIONAL SMALL COLLEGE RUGBY ORGANIZATION



www.nscro.org

The Home of Small College Rugby in America



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Dear Competitor,

Congratulations on earning the right to participate in the 2017 NSCRO Mid-Atlantic South Region Championship. NSCRO, North Bay RFC and the Capital RU welcome you to this event. The Region Champion will qualify for the National Championship to be held on April 29-30, 2017 at Infinity Park in Rugbytown USA – Glendale, Colorado.

The NSCRO Representative – in charge of this event for NSCRO - is Steve Cohen. Please coordinate with him ASAP the day, time and location for your Team Check-In.

We are all very fortunate for this competitive opportunity. Please be sure to keep our off-field standards at the same level as the on-field quality performance:

- o Teams should clean up their trash and kits after each match and at the end of the event.
- o Event t-shirts will be on sale.
- o Food and beverages will be sold.
- o With families present, athletes should monitor their language on and off the field of play.
- o Portable restrooms are available.
- o Bring your own canopy/tent as needed.
- o The North Bay RFC will provide teams with bottled water.
- o Alcohol – absolutely no alcohol is allowed. **Be sure your fans know this.**
- o Pets are allowed. If present, all pets must be leashed at all times.
- o No smoking on the grounds.
- o Medical Info – there will be 2 ATCs present. If a player needs pre-match taping, they should bring their own supplies. ATCs may be busy with injury assessment, treatment, etc. – which is their no. 1 priority - so players should plan their time accordingly with that in mind. There will be a cooler with ice for injury treatment for use by the trainers, we recommend that you have your own for this use in case their ice is fully used.
- o All players, coaches, and spectators shall abide by NSCRO Code of Conduct and Alcohol Policy, found herein.

NSCRO thanks USA Rugby for assigning match referee Mike Zurla and the Potomac Rugby Referees Society for providing additional match and assistant referees.

Best of luck and have a great rugby experience!

Jeff Adamczyk

Board President, North Bay RFC, steamrollerjeff@gmail.com, 443-966-5357

Matt Cipriano

Men's Collegiate Coordinator, Capital RU, matthewpcipriano@gmail.com

Stephen Cohen

President, NSCRO, president@nscro.org; 609-284-5658



Event Location & Schedule

Name of Venue – A. B. Demarco Memorial Park (behind Home Depot)

979 Beards Hill Road, Aberdeen, MD 21001

Google Maps location: <https://goo.gl/maps/rXsAZm58Pd12>

Drive to the rear of the Home Depot building where there is a gravel road that leads to the lower parking lot and North Bay pitch.

All times shown are Eastern Time Zone

Saturday, April 1

11am- Senior Club Match

North Bay vs. Philadelphia-Whitemarsh

1pm

Catholic University of America (NSCRO Mid-Atlantic North Champ)

vs.

Loyola University Maryland (NSCRO Mid-Atlantic South Champ)

3pm

Elon University (Southern Conference Champ)

vs.

Louisiana State University of Alexandria (NSCRO South Cup Champ)

Sunday, April 2

11am - 3rd/4th Place Match

1pm - Championship Match

followed by the NSCRO Awards Ceremony. All teams will receive awards.



Medical Information

Emergency Action Plan

NSCRO Mid-Atlantic South Region Championship – April 1-2, 2017

Event Director: Jeff Adamczyk, North Bay RFC, 443-966-5357

Medical Staff: ATCs –TBD

1. The Medical Staff on site will be responsible for treating minor injuries to players and for caring for more serious injuries until EMS personnel arrive. The Staff makes the decision and if an ambulance is not at the field, calls 911 to request EMS (ambulance).
2. Instruct EMS to report to the AB Demarco Memorial Park behind the Home Depot at 979 Beards Hill Road in Aberdeen. Advise them to drive to the rear of the Home Depot building; there is a gravel road that leads to the lower parking lot and North Bay rugby field.
3. The Event Director delegates responsibility of flagging down the ambulance (flagger will stand at the park entrance). The Event Director or his designee will be responsible for clearing space for the ambulance when it arrives at the field.
4. One ATC provides emergency care until EMS personnel arrive. Caregiver then provides pertinent info (cause of injury, vital signs, treatment rendered, and medical history) to EMS personnel and assists with emergency care as needed. If the match is on-going, the other ATC will pay attention to it.
5. The Event Director advises the Coach of the player's team to assign someone to accompany the athlete to the hospital as well as bring pertinent medical history of the player and their personal belongings, including medical insurance card and ID.
6. The injured player's club contacts parents/guardians/family as necessary.
7. The Coach is to complete the appropriate injury report as required by the player's school or organization.

Continued on next page



Emergency Action Plan (cont'd)

8. If a player is diagnosed by a qualified healthcare professional that they sustained a concussion, the Event Director reminds the player's coach of the USA Rugby Policy regarding Concussions which includes the 5 Rs shown below as well as compliance with the IRB Concussion Guidelines.

It is imperative that the athlete *does not return* to play until he or she is symptom-free and has been cleared for return to play by a qualified healthcare professional. USA Rugby strongly recommends that the player complete the GRTP (Graduated Return to Play) procedure prior to return to full play and competition.

USA Rugby's policy requires that ALL rugby players, staff, parents, referees, volunteers, and even fans follow these five basic steps when dealing with suspected concussions:

1. **Recognize** – Learn the signs and symptoms of a concussion so you understand when an athlete might have a suspected concussion.
2. **Remove** – If an athlete has a concussion or even a suspected concussion he or she must be removed from play immediately.
3. **Refer** – Once removed from play, the player should be referred immediately to a qualified healthcare professional who is trained in evaluating and treating concussions.
4. **Recover** – Full recovery from the concussion is required before return to play is authorized. This includes being *symptom-free*. Rest and some specific treatment options are critical for the health of the injured participant.
5. **Return** – In order for safe return to play in rugby, the athlete must be symptom-free and cleared in writing by a qualified healthcare professional who is trained in evaluating and treating concussions. USA Rugby strongly recommends that the athlete complete the GRTP (Graduated Return to Play) protocol.

Nearest Hospital

Harford Memorial Hospital (6 miles; can handle all medical issues)
501 S Union Ave, Havre De Grace, MD 21078

Exit Home Depot parking lot
LEFT onto Beards Hill Rd to the stoplight
LEFT onto Route 22
1.5 miles; Bear RIGHT onto ramp for US40 EAST (also N Philadelphia Blvd)
2.9 miles; Bear RIGHT onto MD7A East (also Revolution Str)
1.5 miles; Hospital is on far right corner (intersection of Revolution/S Union Ave)

Closest Regional Medical Center (16 miles; better for significant injuries)
Upper Chesapeake Medical Center
500 Upper Chesapeake Dr, Bel Air, MD 21014

Exit Home Depot parking lot
LEFT onto Beards Hill Rd to the stoplight
RIGHT onto Route 22
0.5 miles; Bear RIGHT onto ramp for I95 SOUTH (to Baltimore)
7.9 miles; EXIT 77B for MD24 NORTH (to Bel Air)
STRAIGHT through stoplight and merge onto MD24 NORTH
5.1 miles; LEFT onto Upper Chesapeake Dr (can't miss seeing the hospital)



Accommodations

There are many hotels within 6 miles of the pitch including:

Holiday Inn

1007 Beards Hill Rd, Aberdeen, MD 21001

(410) 272-8100

Comfort Inn

980 Hospitality Way, Aberdeen, MD 21001

(410) 273-6300

Hilton Garden Inn

1050 Beards Hill Rd, Aberdeen, MD 21001

(410) 272-1777

Alcohol Policy

Possession and/or consumption of alcoholic beverages is not allowed by anyone (players, coaches, spectators, etc.) in attendance at an NSCRO-sanctioned match or event. The onus of responsibility for compliance is on the individual club they are associated with. League matches played under the jurisdiction of a local Union or Conference are not considered sanctioned by NSCRO with regard to this policy.

If NSCRO enters into a written agreement that allows the facility owner to serve alcoholic beverages, the facility owner shall be required to enforce any and all applicable laws relating to the provision, sale and consumption of alcoholic beverages, including the prohibition of consumption of alcohol by minors.

Teams are requested to refrain from evening gatherings involving consumption of alcohol during attendance at an NSCRO playoff match or event.

Failure to comply with this Policy as well as applicable laws may result in team and/or player disqualification and/or enforcement by either college/university or city police. Any breach of this Policy at this event, as witnessed and reported by any individual will be forwarded to the appropriate disciplinary committee for action as well as possible disqualification from future NSCRO playoff matches

Conduct of Players, Coaches and Spectators

Collegiate rugby players and coaches represent their colleges and are ambassadors of collegiate rugby in the United States. As such, collegiate rugby players and coaches are expected to behave with dignity both on and off the field. Collegiate rugby players and coaches should not tolerate rude or anti-social behavior of any sort which would reflect negatively on the image of NSCRO, USA Rugby or the student athlete's college/university, or the image of collegiate rugby as a serious and disciplined athletic endeavor. Any breach of this Code of Conduct will be forwarded to the appropriate disciplinary committee for action.

Players, coaches and spectators are not to use foul language or make threatening remarks before, during or after the match. Such behavior whether directed at a teammates, opponents, match officials, spectator or even part of a pre-match "chant" or play call (such as for a line out) is unacceptable. Doing so will be considered a violation of the Code of Conduct and disciplinary action will be taken as appropriate by the appropriate Organization.