



**Welcome to the
NATIONAL SMALL COLLEGE RUGBY ORGANIZATION
South Cup Championship
November 16 & 17, 2019**

**Hosted by
Life University**





To Competitors and Fans:

Congratulations to each team on earning the right to participate in the **2019 NSCRO South Cup Championship** on November 16 and 17, 2019 at the outstanding Lupo Family Field on the campus of Life University in Marietta, GA. NSCRO and Life University welcome you to this event. The winner will qualify for the NSCRO Mid-Atlantic South Region Championship that will be held on December 7-8, 2019 at the Poole Road Sports Complex in Raleigh RFC.

The NSCRO Representative in charge of this event is Eddie Roberts. His email is eddier@alafarm.com and phone is 206-309-8707.

Be sure to coordinate the **time** for your Team Check-In on Saturday at the field with Eddie

Teams and their fans are expected to conduct themselves in a positive light at all times.

Please review and distribute this welcome packet so all participants and fans are informed of important policies, procedures, and amenities that are critical to the success of this event.

Have a great rugby experience!

Steve Cohen, NSCRO President

Venue Information

Life University Sports Complex – Lupo Family Field
1496 Barclay Circle (faux address that provides closest location to the field)
Marietta, GA 30060

Google Maps – University Location: <https://goo.gl/maps/BHHnHPLDdTp>

Campus Map – Sports Complex Location 20:

<https://www.life.edu/about-pages/basic-information/campus-map/>

Field Surface: World Rugby approved synthetic turf. No restriction on type of boots.

Venue Contact:

Rosalind Chou, Head Coach, Life University Women's Rugby Club

Phone: 979-324-9371

Email: rosalind.chou@gmail.com

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Schedule

All times shown are Eastern Time Zone

Saturday, November 16

11:00 AM Semifinal Match #1

**Eckerd College (Florida RU Champion) vs.
Valdosta State University (Georgia RU Champion)**

1:00 PM Semifinal Match #2

**Tennessee Tech University (Dixie CRC Champion) vs.
Spring Hill College (Deep South CRC Champion)**

The NSCRO Heart and Soul Award will be presented to the non-winning semifinal teams.

Sunday, November 17

12:00 PM Championship Match

Awards Ceremony will follow the Championship match.

South Cup Past Champions

2013	Duke University
2014	Loyola University New Orleans
2015	University of North Florida
2016	University of North Florida
2017	LSU Alexandria
2018	Tennessee Tech University
2018*	Eckerd College

*Starting in 2018-19 competitive year, the South Cup was moved from the spring to the fall

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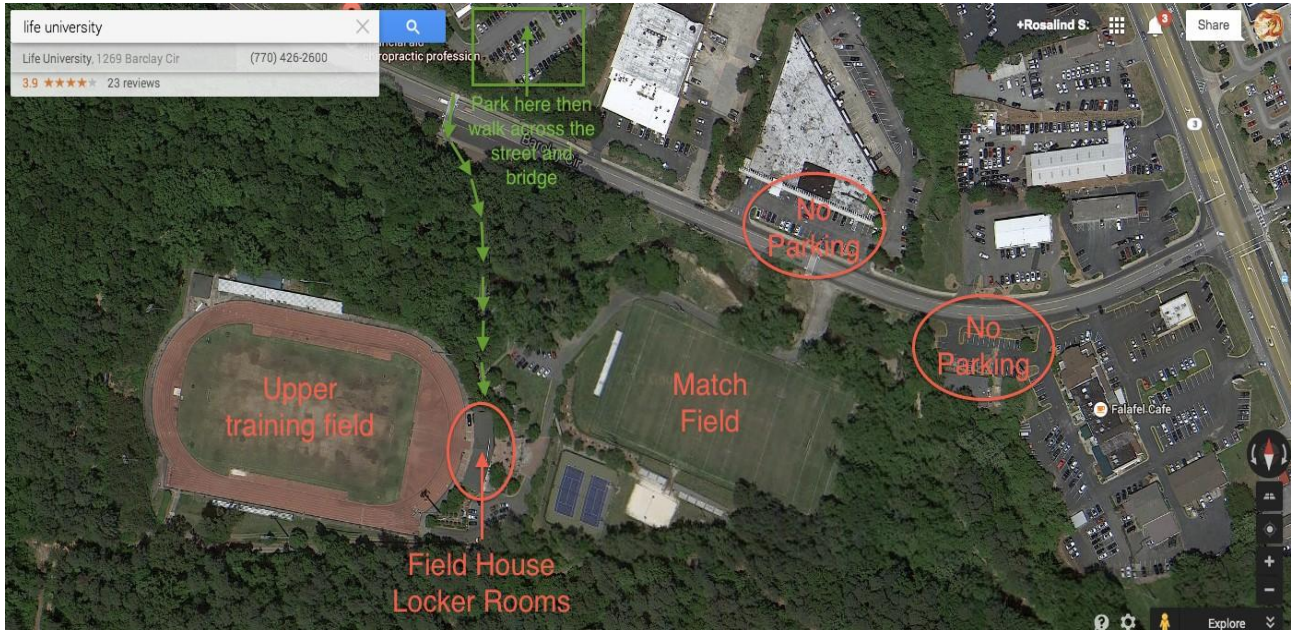


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Parking

See below for parking areas.



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Venue Usage Information and Policies

Match officials and NSCRO officials have the final say on all on-field issues, as appropriate. Campus security will be on site so please obey their requests. Teams are expected to control all fans, players, and coaches at all times, and act in a manner reflecting the ethos of the game. Individuals not complying with these policies may be asked to leave the facility and grounds. Life University also prohibits the use of noise makers that may serve as a distraction to participants and fans alike.

Facility Policies and Procedures

- Dogs are permitted if kept on a lease at all times. Owners are expected to clean up after their pets. Under no circumstances are dogs allowed on the playing surface.
- Outside food and non-alcoholic beverages are permitted.
- No Coolers (exception for hydration brought by athletes/coaches for use before/during games).
- No alcohol, drugs, and/or tobacco (smoke or smokeless) allowed - packs will be inspected.
- Children under the age of 18 must be supervised at all times.
- Life University will NOT be held liable for Damage, Property Loss, Injury or Death.

Gate Fee

The fee is \$10 per person both on Saturday and Sunday. Cash or credit card (with 3% fee added) is acceptable forms of payment. Children under the age of 12 and students are free. Teams and their staff will not be charged. You can pre-purchase a two-day ticket for \$17 at <https://squareup.com/store/liferugby/item/day-pre-sale-ticket>.

Concessions/Restrooms are available onsite.

Photography

If a club has its own "official" photographer that would like access field-side, this can be arranged for a single person. NSCRO asks in return that we have access - for our use - to photos taken. Please advise Eddie Roberts the name and contact info (phone, email) if you have someone and arrangements will be made with to allow them this special access.

Drinking Water and Ice

Life University will provide drinking water for the teams. The trainers will set it out in 5 gallon jugs, trainers will have ice. Everyone can refill team water bottles at that cooler station.

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Venue Usage Information and Policies (cont'd)

Laundry Service

Life University will provide laundry service for your team for \$20. You must email Rosalind.chou@life.edu in advance to request the service.

Locker Rooms

A schedule for team locker room usage will be made available on the day of the event and signage will be posted to help in directing the flow of traffic. Each Locker room has benches and showers which are to be shared among participants. **DO NOT LEAVE ANYTHING IN THE LOCKER ROOMS.** Life University is not responsible for any damaged, lost, or stolen property in the locker rooms. Users of the Team Locker Rooms are expected to place all of their garbage in the trash. Other than water, no food or beverage is allowed in the team locker rooms. Horseplay of any type is prohibited in the team locker rooms and adjacent areas.

Showers

There are showers in the two (2) team locker rooms. Users must supply their own bathing products and towels. The showers are shared space. It is imperative that everyone respect the privacy of other users of the showers. This includes reasonably limiting shower time, leaving the shower clean of any products or debris, not allowing water to pool, and avoiding unnecessary verbal, visual, or direct contact with other shower/dressing room users. If anyone observes behavior that violates these policies or is considered unsafe or offensive, please immediately report this matter to Life University staff.

Failure to Follow Above Locker Room Policies

All expenses for Life University to repair damage to and/or clean the locker rooms will be billed to the responsible team.

Trash and Clean Up

Please keep the venue clean by using the trash and recycle bins. Teams must clean up their sidelines, locker rooms and shower areas at the end of their use. Trash cans are placed in all locker rooms and alongside competition benches.

Ropes & Restraints

Players/coaches are to remain behind the fence along the sideline, except for those granted technical zone access. We ask for your assistance in encouraging good sportsmanship, use of language, and conduct. Spectators may not enter the playing enclosure. Please respect the athletes!

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Emergency Action Plan

Medical Information

Location: Lupo Family Field, 1496 Barclay Circle, Marietta, GA 30060

Event Director: Rosalind Chou, 979-324-9371

Medical Staff:

TBD

Medical Equipment: General prophylactic taping supplies, SAM splints, CPR masks, taping tables, and first aid supplies. AED (Automated External Defibrillator) will be field side.

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 field is located on 1496 Barclay Circle, Marietta, GA 30060. Turn onto Barclay Circle, Proceed 0.1 miles and turn left onto access road, Lupo Family Field (lower field) will be directly ahead.
3. The Event Director delegates responsibility of flagging down the ambulance (flagger will stand at the street or appropriate entrance). The Event Director or his designee will be responsible for clearing space for the ambulance when it arrives at the field.
4. A member of the medical staff 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 member of the medical staff 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.

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Medical Information (page 2 of 2)

- 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 World Rugby 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.

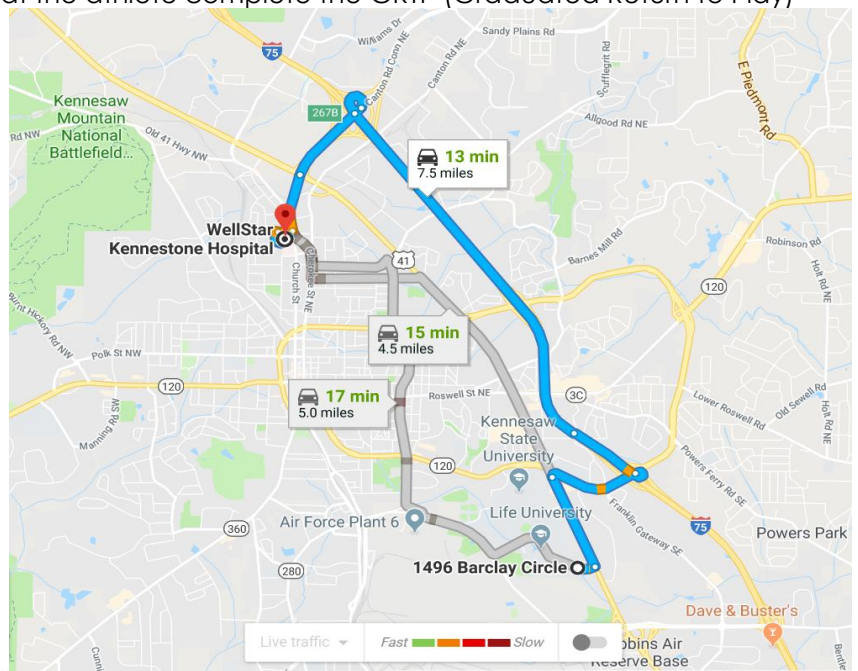
USA Rugby's policy requires that ALL rugby players, staff, parents, referees, volunteers, and even fans follow these five basic steps when dealing with suspected concussions:

- Recognize** – Learn the signs and symptoms of a concussion so you understand when an athlete might have a suspected concussion.
- Remove** – If an athlete has a concussion or even a suspected concussion he or she must be removed from play immediately.
- Refer** – Once removed from play, the player should be referred immediately to a qualified healthcare professional who is trained in evaluating and treating concussions.
- 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.
- 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

Wellstar Kennestone Hospital
677 Church Street
Marietta, GA 30060
(770) 793-5000

Total distance from pitch is 7.5 miles.



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Severe Weather and Lightning Policy (USA Rugby)

Level 1 – If you are planning outdoors activities, obtain the weather forecast beforehand. Know your local weather patterns.

Level 2 – If you are planning to be outdoors, identify and stay within traveling range of a proper shelter. Employ the “30-30 Rule” to know when to seek a safer location. The “30- 30 Rule” states that when you see lightning, count the time until you hear thunder. If this time is 30 seconds or less go immediately to a safer place. If you can't see the lightning, just hearing the thunder means lightning is likely within striking range. After the storm has apparently dissipated or moved on, **wait 30 minutes** or more after hearing the last thunder before leaving the safer location.

Level 3 – When lightning strikes, go to a safer location. Do not hesitate. What is a safer location? The safest place commonly available during a lightning storm is a large, fully enclosed substantially constructed building. Substantial construction also implies the building has wiring and plumbing, which can conduct lightning current safely to ground. Once inside, stay away from corded telephones, electrical appliances, lighting fixture, microphones, electric sockets and plumbing. Inner rooms are generally preferable from a safety viewpoint. If you can't reach a substantial building, an enclosed vehicle with a solid metal roof and metal sides is a reasonable second choice. Close the windows, lean away from the door, put your hands in your lap and don't touch the steering wheel, ignition, gear shifter or radio. Convertibles, cars with fiberglass or plastic shells, and open framed vehicles are not suitable lightning shelters.

Level 4 – If you cannot flee to a safer location, take action to minimize the threat of being stuck. Proceed from higher to lower elevations. Avoid wide-open areas, including sports fields. Avoid tall, isolated objects like trees, poles, and light posts. Do not consider unprotected open structures such as picnic pavilions, rain shelters and bus stops. Avoid contact with metal fences, metal bleachers, or other metal structures.

Level 5 – If circumstances or a series of bad decisions have found you outside of a shelter, far removed from a safer place when lightning is occurring, there are still measures to be taken. Put your feet together, squat down, tuck your head, and cover your ears. When the immediate threat of lightning has passed, continue heading to the safest place possible.

Level 6 – If the worst happens, there are key Lightning First Aid guidelines. First, if at all possible, call “9-1-1” immediately. Since all deaths from lightning strikes result from cardiac arrest and/or stopped breathing, begin treatment as soon as possible. CPR or mouth-to-mouth resuscitation is the recommended first aid, respectively.

The threat of injury due to a lightning strike is very prevalent. We unfortunately cannot control the weather, however can decrease the possibility of injury through education and proper precautions. By understanding and utilizing the five levels identified in the National Weather Service plan we can be assured that our teams are safe at all USA RUGBY events.

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Accommodations

Hampton Inn & Suites Marietta/Atlanta North

2136 Kingston Court
Marietta, GA 30067

Bookings - Team or Groups with 7 or more rooms – call Amy Boyer at 770-425-9977.

Individuals to call the hotel directly at 678-460-1160 and identify “NSCRO Rugby”

Discounted Rate: \$99 plus taxes per night

Room Block – 20 rooms with 2 double beds and 20 rooms with king bed and sofa bed.
4 persons allowed in each room.

Wyndam Garden Marietta/Atlanta North

455 Franklin Gateway SE
Marietta, GA 30067

Bookings - Team or Groups with 7 or more rooms – call Amy Boyer

- Individuals to use this link <https://www.wyndhamhotels.com/groups/gn/nscro-rugby>

Discounted Rate: \$89 plus taxes per night

Room Block – 30 rooms with 2 double beds; 4 persons allowed in each room.

Both **Hotel Amenities** include: free hi speed internet, free deluxe continental breakfast, free parking, use of business office (computer and printer)

Laundry Facilities – there are no guest laundry facilities at either hotel. Wyndham Garden can provide laundry services for a fee. The Hampton Inn does not have laundry services but there is a laundry facility nearby.

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Conduct of Players, Coaches and Spectators

All players and coaches must abide by the following Code of Conduct:

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 rugby, NSCRO, USA Rugby or the student athlete's college/university, or the image of collegiate rugby as a serious and disciplined athletic endeavor.

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. Any breach of this Code of Conduct will be addressed by the NSCRO. Disciplinarian and forwarded to the rugby organization having jurisdiction and school as appropriate.

The disciplinary actions of any club/player in question of violation will first be investigated by the NSCRO Disciplinarian. If the NSCRO Disciplinarian deems it necessary, the report will then be sent to the organization that has direct jurisdiction for the club/player (such as its Conference/Union). Based on their findings, if warranted, the registered player's school should be advised."

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.

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Enforcement of the Technical Zone Guidelines

Refer to Technical Zone map and details on page 13

Coaches

Each team may have two coaches in the technical zone. These coaches must be certified and registered with USA Rugby (as a member of the club) and listed on the NSCRO PEV form. Coaches must stay within the technical zone and may not serve as water carriers.

Water Carriers

Teams may have two water carriers wearing contrasting bibs or other contrasting attire so as not to be confused with the players. Water carriers must be on the team bench unless allowed onto the field at a stoppage in play. When a kicking tee is requested, it should be taken onto the field by one of the water carriers.

Medical

Teams providing their own medical staff must provide the appointment letter from the school to the NSCRO Representative. Medical personnel are not required to stay in the technical zone. However, if medical personnel make non-medical comments at or near match officials, the medical personnel will be restricted to the technical zone.

Temporary Suspensions

Players receiving a yellow card must sit in the administrative area between the technical zones, not behind the dead ball line or on the team benches. These players can be given water and warm-ups / jackets.

Spectators

Spectators are welcome on the opposite side of the field from the teams. No spectators or coaches are allowed behind the dead ball lines.

Sideline Behavior

We know that you are passionate about your team and have invested heavily to reach this point in the playoffs. We also know that you will disagree with referee decisions and we do not expect you to remain silent the entire match. However, engaging opposition coaches, shouting profanity, or loudly commenting on referee decisions or non-decisions is not within the spirit of rugby, the NSCRO Code of Conduct, the USA Rugby Code of Conduct, or World Rugby Regulation 20. If your sideline behavior becomes unacceptable (as determined by the match or NSCRO officials):

- On the first occasion, the match officials or the NSCRO Representative will ask that person to refrain from their behavior.
- In the case of repeated incidents, the match officials and NSCRO rep may require the person to leave the venue.
- If the person refuses compliance the match will be abandoned in favor of the other team.
- The incident will then be reported to NSCRO for disciplinary review.

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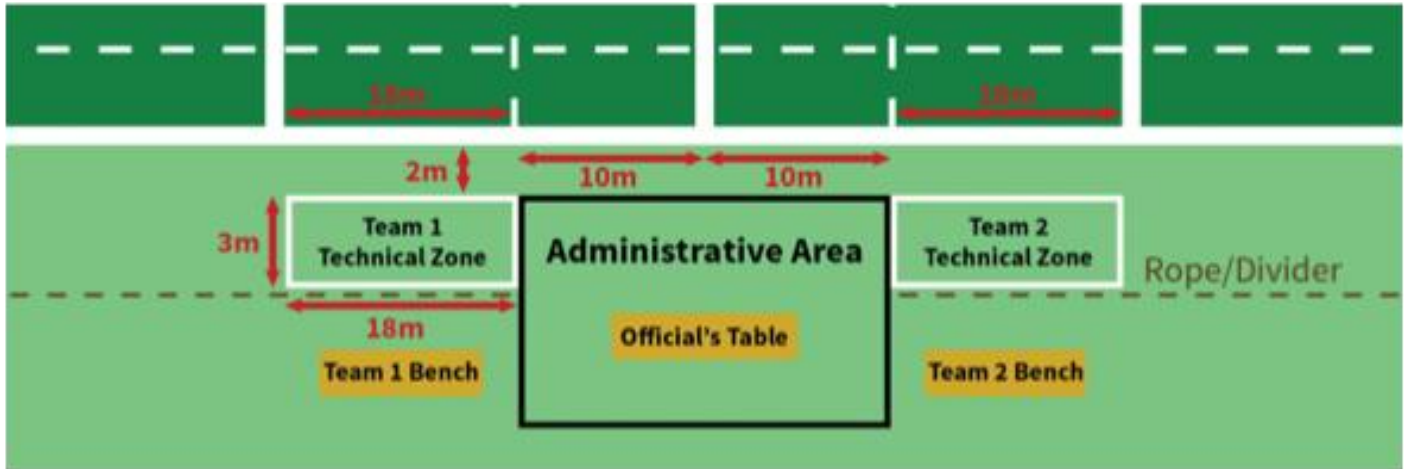




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USA Rugby Technical Zone & Sideline Management Guidelines



The #4 Official, with the support of the NSCRO Staff, shall enforce the below guidelines:

- Technical zone (TZ) defined as space in front of the rope/barrier between the 10m line and 22m line*
- Technical zone ends 2m from the touch line to give room for ARs and touch judges
- Coaches may not cross into the other team's TZ or leave their own TZ
- No more than 2 coaches are allowed in the TZ
- Coaches should not stand in/near the try zone or anywhere on the field of play
- Uncertified coaches should not be in the TZ
- #4 (Fourth Official) or Match Manager (data tracker) occupies the space between the 10m lines (Administrative Area)
- Chairs may be set up in the Administrative Area for disciplinary/sin bin purposes
- No coach or player is allowed in the Administrative Area except when petitioning for a substitution
- Teams may have two medical professionals "in front of the rope"
- Medical professionals may roam either sideline and are not confined to the TZ*
- Only one (1) medical professional per team is allowed per side of the field*
- Second medical professional must be across from the first medical professional on opposite sideline*
- Coaches are not allowed onto the field with medical personnel unless explicitly allowed by the match official
- Medical personnel should always introduce themselves to the match official(s) before the match begins
- Team benches should also be between the 10m line and 22m line* but "behind the rope" and not in the TZ
- Spectators should be on the opposite sideline from the teams unless a second rope is present to prevent mixing of spectators with players/staff/administrators
- Water carriers must stay "behind the rope"* unless the match official signals that they may enter the playing field
- Water carriers should endeavor to wear a top that clashes with the players on the field
- Coaches may not serve as water carriers
- Water carriers should not be in the TZ*
- Coaches should not huddle with teams on the field after scores
- Teams must warm up in the end they are attacking into, not the end they are defending
- Players warming up must wear a contrasting top to the players on the field (e.g., a penny)
- Teams should not warm up with balls, cones or other equipment (e.g., ruck pads)
- Teams should not warm up within 5m of the field of play
- If space demands it, teams may warm up in the try zone but only if they access the try zone by staying "behind the rope" to and from

*Variance specific to USA Rugby that differs from the World Rugby standard.

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