



2018-19 HIGH SCHOOL Policies, Procedures & Forms

A Southern California Youth Rugby High School team has a defined and verifiable affiliation with a high school, per divisional requirements. Each participating high school must have an approved and functioning ASB rugby club.

The SCYR High School League has three divisions: RED – Single School 15s; WHITE - Mixed School 15s; GOLD - Single School 7s. Each Division has specific requirements, policies and schedules.

Competitive Structure & Divisional Requirements

The 15s White and Red division play head-to-head league matches in December and January, with end-of-season play in February. The 7s division play intra-conference round-robin tournaments in January and February, ending with an end-of-season tournament in February.

NOTE: If SCYR/USAR sanctioned high teams play non-sanctioned teams, the CIPP insurance is not valid for that match. CIPP only applies to matches against SCYR/USAR sanctioned teams.

White Division (15s) -

In the White division, a minimum of 66% ($\frac{2}{3}$) of the players on the Match Report must attend the CORE school. The CORE school must include, at minimum, an approved ASB club on campus and the team must be named after the CORE school (exceptions may be granted on a case-by-case basis).

Match Reports must be submitted to the opposing coach by Friday 9:00 am each week for review. All efforts need to be made to resolve questions and abide by the High School Policies & Procedures by the coaches themselves prior to the game. If a coach does not agree with the Match Report by kick-off, this needs to be noted on the Match Report by the referee. If required after the match, the Match Report in contention will be reviewed and investigated by SCYR and subject to an administrative process fee.

Teams found to have missed the 66% threshold will be deemed a forfeit.

If schools are unable to meet the new White Division rule of 66% threshold of athletes from the school, then they must compete in the Gold 7s division.

Gold Division (7s) -

In the Gold division, 100% of the players on the Match Report must attend the CORE school. The defined and verifiable relationship with the CORE school must include, at minimum, an approved ASB club on campus and the team must be named after the CORE school (exceptions may be granted on a case-by-case basis).

The Gold Division will play weekly round-robin 7s tournaments in local conferences (ideally within a school district); participating teams will rotate hosting duties and a maximum of 4 teams will play

at each round-robin. Gold Division will hold a Championship Tournament at the end of the regular season.

Match Reports must be submitted to the opposing coach by Friday 9:00 am each week for review. All efforts need to be made to resolve questions and abide by the High School Policies & Procedures by the coaches themselves prior to the game. If a coach does not agree with the Match Report by kick-off, this needs to be noted on the Match Report by the referee. If required after the match, the Match Report in contention will be reviewed and investigated by SCYR and subject to an administrative process fee.

Teams found to have missed the 100% threshold will be deemed a forfeit.

Game Formats

RED and WHITE:

Games will be played on Friday nights, to improve referee and pitch availability and to align with the high school sports model. If matches absolutely can't be scheduled for a Friday, first alternative option is Thursday night (or other weeknight), second alternative option is Saturday morning before 11 am. Saturday matches do face referee availability challenges. JV games are encouraged to be held on a different night of the week than Varsity games.

Varsity games will be two 35-minute halves. JV games will be two 30-minute halves. During the regular season, there is no overtime period.

A minimum of 12 players is required for a regular season match.

End-of-season festival games require players to have played in at least 2 regular season matches.

No player should play more than 90 minutes in a single day. If both Varsity and JV are played on same day, eligible athletes may play in both, but must adhere to not playing more than 90 minutes in a single day.

GOLD:

Round-robin tournaments will be played on Friday nights to improve referee and pitch availability and to align with the high school sports model.

All tournament games will be 7-minute halves. The full round-robin should run approximately 2-3 hours.

A minimum of 7 players are required for an official match.

No player may play more than 90 minutes in a single day.

Varsity Team Composition

Standard minimum age for varsity games is 15; 14-year-old sophomores or freshmen may only play in varsity games with a signed USA Rugby U15 High School Waiver submitted to SCYR. 13-year-olds are prohibited from playing Varsity.

Junior Varsity Team Composition

Junior Varsity teams are to be made up of 9th and 10th grade student-athletes. Up to 5 juniors (15s White divisions) or 2 juniors (7s Gold division), who are first year rugby players may play in a JV match with the consent of the opposing coach before the match.

Seniors may not play on the JV team.

Match Forfeits

Forfeits are an automatic 28-0 loss, and -1 League Point.

If a team is given a forfeit due to having ineligible players on the Match Report, that team is subject to disciplinary action by SCYR.

ELIGIBILITY & REGISTRATION

Team Eligibility & Coach Requirements

All teams must meet the specified requirements of their Division.

Primary and secondary team contacts, Head Coaches, and Assistant Coaches must be identified on the Club/Detail page in MatchApt. Communication from SCYR will be sent to the contacts listed on the Club/Detail page.

Coaches must ensure that all athletes are fully registered with SCYR in MatchApt before participating in any practices, scrimmages or matches.

ALL coaches working with High School Rugby teams must be certified USA Rugby Level 200 coaches AND registered in good standing with both USA Rugby and SCYR.

Head Coaches MUST upload to MatchApt the signed High School Coach Agreement form by the start of the season, confirming receipt of these annual High School Policies and commitment to uphold all requirements and expected standards of behavior.

Head Coaches or Primary Admins MUST upload to MatchApt the signed Annual Member Club/HS Agreement by the start of the season.

Match Reports must be submitted to the opposing coach by Friday 9:00 am each week for review. All efforts need to be made to resolve questions and abide by the High School Policies & Procedures by the coaches themselves prior to the game. If a coach does not agree with the Match Report by kick-off, this needs to be noted on the Match Report by the referee. If required after the match, the Match Report in contention will be reviewed and investigated by SCYR and subject to an administrative fee.

All teams MUST submit a printed Match Report from MatchApt at each match.

Coaches MUST enter in MatchApt the specific location and kickoff time for all matches at least 2 weeks in advance to qualify for referee and athletic trainer allocation. (*see Sanctions*)

Individual Student--Athlete Eligibility

Player eligibility is per current California Interscholastic Federation (CIF) and USA Rugby guidelines. Middle School students, college students, high school graduates, high school dropouts, suspended/expelled students and students in juvenile hall are prohibited from playing in the High School Rugby League.

JV and Varsity student-athletes must be age 18 or younger on August 31 prior to the season (i.e. U19) AND must be a full-time high school student.

All participating student-athletes must be registered (registration paid and have all required releases and waivers submitted to Match Apt) and ID approved in Match Apt to be eligible to participate in the High School League. (*see Sanctions*)

Opposing coaches who feel a violation has occurred must protest (written) on the referee's Match Report, which is the official record of the match turned into SCYR prior to the kickoff of the match. (*see Sanctions*)

If a student-athlete attends a school with a High School Rugby Team, that student-athlete may only play High School Rugby for that school's team.

Exception: With approval of the HS Committee, seniors who have played with the Core school for 3 years may be grandfathered and play for their current team.

Exception: An athlete who attends a High School with a 7s team, but would rather play 15s, may play for the next closest White Division school, if that school accepts them and can still maintain the Core School requirements.

An athlete may appeal to play for a school that is not the next closest White Division School. Appeals should be sent to the VP of Competitions. Failure to do so could result in penalties against the program.

A student-athlete who does not have rugby at their school may play for any White Division school, provided that the High School program accepts them and can still maintain their Core School requirements.

High schools and student-athletes are mutually responsible for ensuring students are playing for the correct school if the student's school does not have a rugby team. (*see Sanctions*)

Athletes playing with a High School team are prohibited from playing with any other rugby teams (club, all-star, traveling, etc.) during the SCYR High School season (November-February). (*see Sanctions*)

If a school has teams in more than one division, each athlete may play only for a single division and not jump between teams (e.g. If the athlete plays for the school's White team, they may not also play for the school's Gold team).

Teams playing ineligible athletes will be deemed a forfeit and subject to disciplinary action. (*see Sanctions*)

Athlete Registration Requirements

All schools must fully Register and ID Verify all student-athletes in MatchApt **BEFORE** they participate in **ANY** practices, scrimmages or matches. Registration is complete when the following requirements have been submitted, verified and payment has been made. Coaches may not place athletes on Match Reports until all items have been completed.

High School League registration requires the following items to be uploaded ONCE in the athlete's high school career:

- Headshot Photo (see Match Apt for photo requirements)
- Proof of Date of Birth – Birth Certificate uploaded (once DOB is verified, document is removed from system for data safety reasons) OR DOB submitted on official school document (school ID or registrar letter)

High School League registration requires the following items to be uploaded EVERY YEAR:

- School ID – A copy of the current year's School ID showing name, grade and school. Can be valid high school ID, valid Charter School ID, or a valid home- school equivalent. Uploaded ID must match the athlete's school listed in MatchApt
- Grade Verification – Either on school ID or certified roster provided to SCYR by school registrar (or other school official) listing name, grade and birthdate,
- Parent/Guardian name & contact information
- Athlete Participation Waiver signed by Parent/Guardian (if under 18) or athlete (if age 18)
- Athlete/Parent Concussion Education Form signed by parent & athlete
- USA Rugby Release of Liability

Once an athlete has been registered, ID Verification must be requested and approved before an athlete can be placed on a Match Report.

Coaches and admins must register athletes and request verification by Wednesday of any given week for verification process. Any registrations occurring after Wednesday will not be guaranteed and the athlete may not be able to compete that week.

Once registered in MatchApt, SCYR registers the student with USA Rugby, which includes CIPP insurance, a secondary accident and liability insurance policy required to participate in rugby in the United States. Registration fees for 2018-19 are \$90 per student for the High School season (\$55 SCYR + \$35 USAR).

Schools that can meet all of USA Rugby's requirements can apply for Varsity CIPP Membership status. Teams that apply for and receive Varsity CIPP status with USA Rugby will not be assigned individual CIPP numbers. Athletes covered by Varsity CIPP status with their HS teams will need to separately register for individual CIPP coverage for any rugby played after their HS season (club season, All--Star or National Team events).

Policy Regarding Invitations to National Team Events

If a Student-Athlete is invited to an officially sanctioned USA Rugby National Team event, they must submit a HSAA waiver request to SCYR to maintain their High School season eligibility. Waivers to attend officially sanctioned National Team events should be submitted to SCYR Valory Reed (vreed@socalyouthrugby.org). Teams are under no obligation to reschedule a match to accommodate athletes choosing to participate in a National Team event.

COMPETITION RULES & REQUIREMENTS

Match Report Requirements

Every High School team must create a Match Report in MatchApt for every match (League, Non-League, scrimmage, touring team, etc.) and must print and bring two copies to the match, one for the opposing coach and one for the referee (the official Match Report). (*see Sanctions*)

Match Reports must be entered into Match Apt by 9:00 a.m. each Friday, prior to the respective match, during the playing season. If a Match needs to be rescheduled to another weekday (M-Th) the Match Report must be entered into Match Apt by 9:00 a.m. on the day of the Match.

Coaches should check the opposing team's roster and make sure eligibility requirements are met before the game. All efforts need to be made to resolve questions and abide by the High School Policies & Procedures by the coaches themselves prior to the game. If a coach does not agree with the Match Report by kick-off, this needs to be noted on the Match Report by the referee. If required after the match, the Match Report in contention will be reviewed and investigated by SCYR and subject to an administrative process fee.

The printed Match Report is considered the official record of the match.

Only eligible athletes may be on the Match Report for that match (no write-ins).

An athlete appearing on a Match Report is considered as having played in that match.

DO NOT include any athletes not present or not participating (athletes may be crossed out and initialed on the printed Match Report BEFORE kickoff).

ONLY fully ID verified athletes are eligible and permitted to play. All other ID Verification statuses are ineligible.

List athletes in the correct position and jersey number, so identifiable by referees.

Designate all front row replacements

Athletes listed as "Medically Ineligible" in MatchApt are in the concussion and/or medical protocol and cannot play or be added to the Match Report.

The printed Match Report must be submitted to the Referee BEFORE the match.

Teams are required to examine their opponent's printed Match Report and to complete a roster check (compare the athletes, lined up and in numbered jerseys, to the submitted Match Roster) BEFORE the match.

After the match, both Head Coaches must sign the referee's official Match Report verifying the final score. Note: While the referee is responsible for submitting the Match Report to SCYR, coaches ought to take a photo of the final, signed document, for their record.

Roster Size & Substitution

During regular season games there is no limit on the number of players that can be placed on the Match Roster, as long as meeting the White (66% Core) and Gold (100% Core) requirements.

The minimum percentage may only be applied up to a roster of 30 (White), after that, no additional students from other schools are permitted. No more than 9 students from other high schools are eligible on a roster size of 30.

A maximum of 2 homeschool/tiny charter school students may request to be grandfathered into the 66% (White) required from the Core school. Submit requests to the Competitions Committee.

In the regular season, substitutions are unlimited, and all eligible players may enter the match, but players may only play once in each half (temporary blood and front-row injuries excepted).

Roster Percentage Chart to Determine White Division Minimums:

Roster Size	33% (Non-Core School)	66% (Core School)
28-30	9	19-21
25-27	8	17-19
22-24	7	15-17
19-21	6	13-15
16-18	5	11-13
13-15	4	9-11

Medical Requirements & Athletic Trainer Allocation

SCYR's Player Welfare Program (PWP) provides Certified Athletic Trainers at all properly scheduled contact matches, access to concussion baseline online testing, and access to an injury tracking/management software. More PWP details are available at under the [Safety tab](#).

For SCYR to allocate Athletic Trainers appropriately, Coaches must enter specific match location and kickoff time into MatchApt AT LEAST 2 WEEKS IN ADVANCE to secure assignment of an Athletic Trainer (ATC). (*see Sanctions*)

Athletic trainers assigned to a match are listed on SCYR's Athletic Trainer's page, along with phone and email contact information. If there is a late change to your schedule you must inform Christine Mitchell (PWP Manager) at cmitchell@socalyouthrugby.org for the Athletic Trainers to be reallocated. (*see Sanctions*)

The primary duties of the on-site Athletic Trainer are to:

- Manage injuries, including suspected concussion
- Submit an electronic injury report, which is accessible to the parent and coach
- Tape injuries as time permits, however, the team and/or athlete must provide the tape

- The trainer is the only person permitted onto the field to tend to the injured athlete unless/until additional assistance is required to take the athlete off the pitch

Coaches and trainers are required to know and follow SCYR's Concussion Policy. As required by CA state law, coaches and administrators must complete mandatory concussion training before the season starts. SCYR has partnered with InjureFree to provide state-mandated online concussion training. Visit our [Concussion page](#) to login and complete the training. Completion of the training will be tracked, as SCYR is mandated to prove compliance to the state.

Additional in-depth resources are available at www.socalyouthrugby.org under the Safety tab.

Primary elements include:

- Any athlete suspected of concussion must be removed from the pitch and not permitted to return. The athlete must be taken to a doctor for concussion evaluation and will be marked as "Medically Ineligible" in SCYR's competition management system (cannot be placed on a match roster)
- Once diagnosed by a doctor, the athlete must rest for two full weeks; if then symptom free, they may begin SCYR's 5--stage Graduated Return to Play
- A signed SCYR Physician's Concussion Clearance form must be submitted to SCYR's PWP Manager to clear the athlete for resumption of play. If the initial doctor's evaluation declared no concussion, the doctor's clearance must be submitted to SCYR's PWP Manager Christine Mitchell (cmitchell@socalyouthrugby.org). (*see Sanctions*)

All teams must have a stocked Med Kit available at training and matches. Trainers will use supplies from the kit as needed during matches. Pre-assembled med kits appropriate for high school level teams are available for sale on [SCYR's website](#), along with a list of recommended supplies for coaches who wish to assemble their own kits. The page also contains med kit resupply information. (*see Sanctions*)

Every team must submit an Emergency Action Plan for each pitch/venue they regularly use. Coaches should submit the required information on SCYR's [EAP page](#): (*see Sanctions*)

Referee Allocation

For SCYR to allocate Referees appropriately, Coaches must enter specific match location and kickoff time into MatchApt AT LEAST 2 WEEKS IN ADVANCE to secure assignment of an Athletic Trainer (ATC) and the referee. (*see Sanctions*)

Check SCYR's Referees page to see the assigned referee. Contact the referee (Contact Info tab) on Monday to confirm kick-off time and location. If there is a late change to your schedule you must inform Bert Moeller (SCYR ref allocator) at bert.moeller@gmail.com and the assigned referee for the Referees to be reallocated. (*see Sanctions*)

Do not assume referees can stay for a second (e.g. JV) match if it has not been scheduled.

Monday Coach Protocol

SCYR has established the following protocol to reduce the number of unnecessary instances of referees and athletic trainers showing up for scheduled matches that do not take place or not being present for matches that have been added or changed without informing them and/or updating the system.

Every Monday, Coaches who are hosting HOME games that week:

- Check Referee and Athletic Trainer (ATC) assignments in MatchApt
- Call/text referee and athletic trainer to confirm (follow-up if need be for a response)
- Contact opposing coaches to confirm
- Log into InjureFree and check injury reports

Every Monday, Coaches who are AWAY that week:

- Respond to opposing coaches to confirm
- Log into InjureFree and check injury reports

Technical Zone & Sideline Management Requirements

All high school games must be played on regulation-size fields that are properly lined, have field flags, goal posts and goal post pads (football posts behind dead ball line & ok'd by ref exempted).
(see *Sanctions*)

All high school games must be played on fields with rope barriers and Technical Zones laid out according to SCYR's Technical Zone & Sideline Management Policy, which follow USA Rugby's guidelines. (see *Sanctions*)

Required field set up includes:

- Technical Zones for coaches (can be marked with cones); 2 coaches allowed in TZ
- Team bench areas separated from spectators by a second rope line
- An Administrative area for the #4 official/substitution check-ins & sin bins (can be a student team manager)

For a good article on the need for these guidelines, click [here](#).

Kit & Equipment

Only IRB approved equipment is allowed. No full leg "sliders/leggings" are allowed. Exceptions may be granted for girls following religious requirements. $\frac{3}{4}$ length (below knee) sliders are permitted ONLY on artificial turf fields and ONLY in a single color.

Teams must wear matching kit (same jerseys and same color shorts & socks). Jerseys must have numbers (so referees can ID athletes during play) and shorts should be rugby shorts.

Jerseys must be specific to the high school team (e.g. not jerseys from a Club team).

In regular season games, jersey numbers should match an athlete's Match Report number whenever possible. In playoffs, jersey numbers are required to match the Match Report.

Mouthguards can reduce the severity of mouth/jaw and concussion injuries and are always required. Referees are advised to check for mouthguards during the pre-game boot check.

Markings or paint on face are not allowed.

PLAYOFFS

Playoff Format

The Bonus Points system will be used to determine seedings for the White Division End of Season Tournaments. Only league games count toward the standings. Tiebreakers for playoffs will only consider league games.

Gold Division seedings will be based on the following points system during Round-Robins:

- 1st place - 4pts
- 2nd place - 3pts
- 3rd place - 2pts
- 4th place - 1pt

The White and Gold Divisions will hold an End-of-Season Festival/Tournament.

There are no JV playoffs.

Individual Student-Athlete Playoff Eligibility

Players must have played in 2 league games/round robins to be eligible for the playoffs.

In the White and Gold Divisions, student athletes should hold at least a 2.0 GPA to participate in the end-of-season play. Coaches or designated surrogates will be required to present the most-recent High School grade report, or progress report for each student-athlete on their respective team no later than 24-hours before their playoff matches for review by the coach of the opposing team. Certified Rosters with grades, signed by a school principal, registrar or accepted school official, will be accepted for students attending that school.

Playoff Roster Size & Substitutions

All divisions: same as regular season.

COMPLIANCE, CONDUCT & DISCIPLINE

Compliance, Sanctions, Protests & Appeals

Head Coaches are responsible for ensuring that their programs follow the High School Policies & Procedures laid out in this document.

Violations of these HS P&Ps will be adjudicated by the SCYR staff and High School Committee, if necessary.

Minimum sanctions for common violations and non-compliance are listed in Appendix B. Sanctions for violations can include forfeits, teams declared ineligible for playoffs, teams declared ineligible for the following High School season, teams demoted to a different division, and various sanctions imposed on coaches including suspensions and bans. SCYR staff and Committees/BOD have the right to impose sanctions greater than the listed minimums, at their discretion.

If an opposing team feels a violation has occurred, they must notify the referee BEFORE kick-off and the protest must be WRITTEN on the referee's official Match Report.

SCYR reserves the right to examine Match Reports, request information, review actions by any person or program involved in the High School League, and otherwise investigate any possible violations or compliance issues, and to adjudicate any issues per policy, at any time before, during or after the High School League season.

Teams or individuals who have received a Sanction may submit an appeal by filling out and submitting the current SCYR Appeal form found on the website:

<http://www.socalyouthrugby.org/page/show/2137872--discipline>

Conduct

All student-athletes, coaches, staff and team supporters are ambassadors of the sport of rugby and their high schools and are required to uphold the highest standards of behavior, on and off the field.

Coaches are responsible for teaching and demonstrating proper conduct to their athletes and the team's supporters and should be well versed in [SCYR's Code of Conduct, Statement of Culture & Values and Nondiscrimination & Diversity policies](#).

Teams will be held responsible for the actions of their coaches, staff, athletes and supporters and will face at least the minimum sanctions for infractions of the Code of Conduct.

Disciplinary Issues

All disciplinary issues will be decided by the SCYR Staff and Disciplinary Committee, if necessary. This includes on-field cards and other violations, as well as off-field Code of Conduct violations by any person at a High School rugby match.

Student-Athletes receiving red cards are automatically suspended 8 days or for the team's next game (whichever is longer) and may not return to play until cleared by SCYR.

The referee will note on the Match Report all cards and any additional infractions of the Laws of the Game or of SCYR's Code of Conduct by any athletes, coaches, other staff or team supporters and that information will go to the SCYR for review.

SCYR Sportsmanship Policy

The SCYR Sportsmanship Policy comes into effect at halftime, or any other time thereafter, when the difference in the score becomes 40 points or more. Either the coach of the team that is ahead by 40 or more points or the coach of the team that is behind may notify the referee that the Sportsmanship Policy will be invoked.

If it is within 10 minutes of full-time the losing coach may refuse it.

If the Sportsmanship Rule is invoked, the coaches of the team leading in the score should remove dominating players and field second-string players. Coaches may also consider possible player swaps.

If there are fewer players on the field for the losing team, players shall be brought on to replace sent-off players or players removed from the team that is ahead in the score. The team in the lead may also provide players to the team that is trailing in the score, if there are no more players available on the trailing team's bench. All benches shall be emptied,

and substitutes can come from players not originally named on a limited number roster (only if properly and fully registered with either of the two participating teams). Once the Sportsmanship rule is invoked, the winning team is recorded as a 5-point winner in the standings. The losing team may only record 1 bonus point for 4 tries. The score at the point the Sportsmanship policy is invoked becomes the recorded final game score. Scrums and lineouts become uncontested if there is significant disparity between the teams. (This is to try to even out possession.) After any score, a free kick is taken at halfway by the trailing team (instead of kick to 10-meter line by scored-upon team). 22-meter dropouts become free kicks on the 22. (These are to try to even out possession.) The criteria for tie-breakers using points-differential shall be capped at 40, so there is no reason to score more than 40 points over an opponent.



2018-19 HIGH SCHOOL Key Compliance Dates

SCYR 2018/19 HIGH SCHOOL RUGBY			
	<u>HS 10's - Continuation</u>	<u>HS 15's -Red/White Division</u>	<u>HS 7's - Gold</u>
<i>preferred match day</i>	Friday night	Friday night	Friday night
<i>New HS/Club app</i>	July 13, 2018	September 7, 2018	September 7, 2018
<i>Key contacts in Match</i>			
<i>Apt</i>	July 31, 2018	September 15, 2018	September 14, 2018
<i>Field Availability</i>	July 20, 2018	October 6, 2018	October 12, 2018
<i>Commitment Day</i>	August 31, 2018	October 12, 2018	November 9, 2018
<i>Schedule Day</i>	September 10, 2018	October 26, 2018	November 23, 2018
Friendlies/Pre-Season	September 28, 2018	Nov 23 and Nov 30, 2018	Dec 14 and Dec 21, 2018
League Week 1	October 5, 2018	December 7, 2018	January 4, 2019
League Week 2	October 12, 2018	December 14, 2018	January 11, 2019
League Week 3	October 19, 2018	December 21, 2018	January 18, 2019
League Week 4	October 26, 2018	January 4, 2019	January 25, 2019
League Week 5		January 11, 2019	February 1, 2019
League Week 6		January 18, 2019	February 8, 2019
League Week 7		January 25, 2019	
League Week 8		February 1, 2019	
Rain Make-up		mid-week	
EOS Festival/Tourney		WHITE: Sat, Feb 9, 2019	
Semi Finals		RED: Sat, Feb 9, 2019	
Championship		RED: Sat, Feb 16, 2019	Saturday, February 16, 2019



SANCTIONS

All sanction outcomes noted are of the minimum level and could increase in each case. Match forfeit results in 0-28 loss and minus 1 point.

INELIGIBLE ATHLETE

*Unregistered athlete participating in any way	Coach banned for one year
*Playing an athlete with unverified ID	Match forfeit
*Required signed waivers/forms not in SCYR software	Match forfeit
*Playing a senior in a JV match	Match forfeit
*Playing a 13yo in a varsity match	Match forfeit
*Playing a 14yo in a varsity match without USAR U15 waiver	Match forfeit
*Playing an athlete that also appears on another HS Roster (team jumping)	Match forfeit

MINIMUM SANCTION

COACH NON-COMPLIANCE

*Anyone coaching during games or practice who is not USAR Level 200 certified	Match forfeit
*Anyone coaching during games or practice who is not registered with USAR	Match forfeit
*Anyone coaching during games or practice who is has not completed Concussion Training	Match forfeit
*Required signed coach agreement not in SCYR software	Match forfeit
*Official printed Match Report not turned in before match	Match forfeit
*Match time/location not in SCYR software 2 weeks prior	Warning, 2 nd offense is Match forfeit

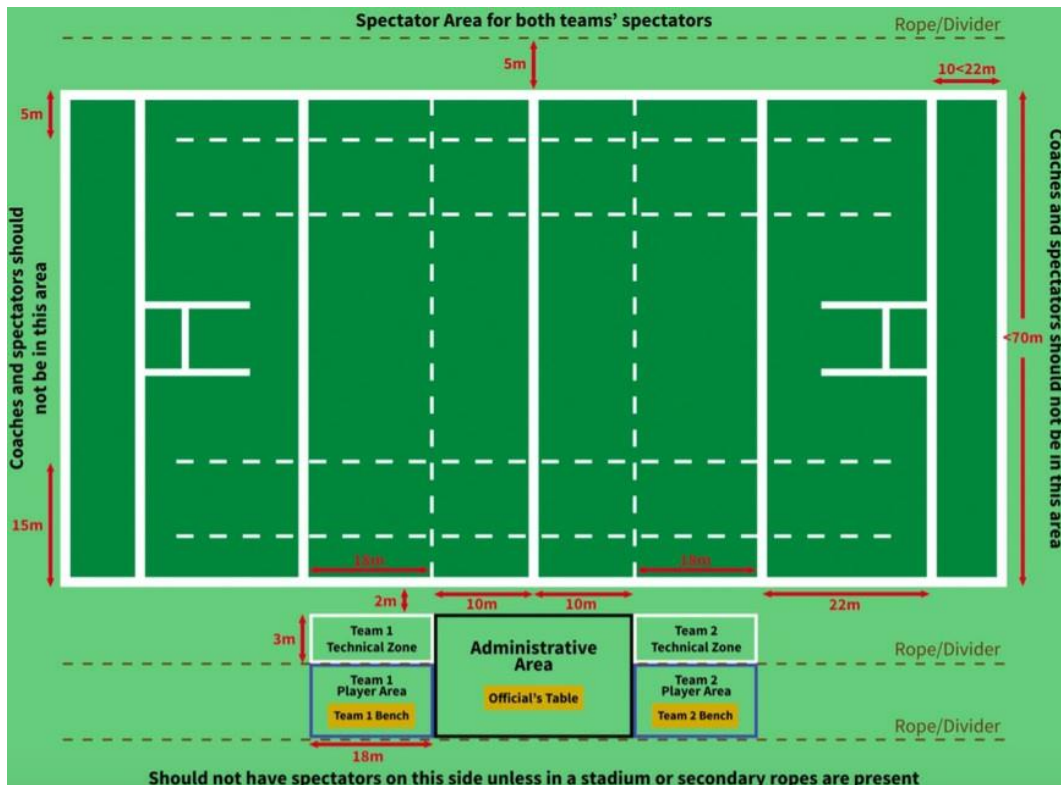
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TEAM NON-COMPLIANCE

*Core school requirements not met: Red – 100%, White – 66%, Gold – 100%	Match forfeit
*Not submitting non-Core athlete vetting form, nor keeping it current	Match forfeit
*Missing field lines, flags, goal posts, post pads, etc. affecting player safety	Match forfeit
*Technical Zone not set up	Warning, 2 nd offense is Match forfeit
*Missing stocked team medical kit	Warning, 2 nd offense is Match forfeit
*Hosting a match in location with no Emergency Action Plan on file	Warning, 2 nd offense is Match forfeit

MINIMUM SANCTION

SCYR TECHNICAL ZONE & SIDELINE MANAGEMENT



Technical Zone

- 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 & touch judges
- Technical zone may be marked out with cones or paint
- Coaches may not cross into the other team's TZ or leave their own TZ
- No more than 2 certified coaches are allowed in the technical zone
- Coaches should not stand in/near the try zone or anywhere on the field of play or huddle with teams on field after scores

Administrative Area

- #4 (Fourth Official) or Match Manager (stat kid) 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

Medical

- Teams may have a medical professional "in front of the rope" on either side of the field
- Medical professionals may roam either sideline and are not confined to the TZ
- 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 Bench Areas & Water Carriers

- Team benches should also be between the 10m line and 22m line but "between the ropes" and not in the technical zone
- The barrier behind the team bench areas must be a physical barrier such as a rope, hurdles, cones with line, etc.
- 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 in the team bench area, not the TZ, until match official signals they may enter the playing field
- Water carriers should endeavor to wear a top that clashes with players on the field
- IZ Water carriers should be reserve athletes and not coaches

Compliance

- Referees should be reminded to note on Match Report when the TZ/Sideline requirement are not met
- Teams that do not comply are subject to possible forfeits and/or sanctions, at the discretion of the HS Committee



2018-19 SCYR HIGH SCHOOL COACH AGREEMENT

As a coach in SCYR's High School League, I understand that I am a representative of this high school and of the sport of rugby and it is my duty and responsibility to uphold and enforce the highest standard of behavior for my staff, my team, and myself. With my initials and signature below, I agree to abide by the following declarations:

_____ I am committed to ensuring that I demonstrate positive and appropriate behavior at all times.

_____ I agree always to put the physical, mental, and emotional health and safety of my athletes above any individual or team performance outcomes.

_____ I have read, understood, and will abide by all SCYR policies including the SCYR Code of Conduct, Culture & Values statement, Nondiscrimination & Diversity Policies, Player Welfare & Concussion Policies, High School Policies & Procedures, and for Red Division coaches, the rules book for my CIF Section.

_____ I am responsible for the behavior of my staff, my student-athletes and my team's supporters and will work to create a positive culture that celebrates compliance with the Code of Conduct and will take immediate corrective action when violations occur.

_____ I have read, understood and will follow all requirements in the High School Policies & Procedures and agree that "I didn't know" is not an acceptable reason for non-compliance.

_____ I will ensure that all my student-athletes are properly and fully registered and ID verified within the Match Apt system, with all required releases, waivers, school, and parent/guardian information submitted, and I will never endanger an athlete by putting them on the field without being fully registered and on the printed Match Report.

_____ I will ensure that all my coaches, including myself, are properly trained and certified to coach contact rugby at the High School level. I understand that all coaches giving on-field instruction to student-athletes in my program are required to be registered in good standing with USA Rugby and to be Level 200 certified at minimum.

_____ I understand that the Disciplinary Committee is responsible for enforcing the Disciplinary P&Ps/Code of Conduct and that violations of the High School Policies will be adjudicated by the High School Committee with input from BOD, as needed. I agree to abide by these rulings.

Coach Name (Printed): _____

Coach Signature: _____

High School Team: _____ Date: _____



2018-19 SCYR ANNUAL HIGH SCHOOL TEAM AGREEMENT

SCYR Member Clubs have an ongoing responsibility to comply with the standards and policies that SCYR sets to ensure that youth rugby in Southern California is safe, fun, accessible, and true to the spirit of the game. As the Club/HS President/Leader, I am responsible for ensuring that our Club/HS policies & culture support these goals and that we are compliant with SCYR's standards, policies and requirements. With my initials and signature below, I agree to ensure that:

_____ All athletes participating with our Club/HS are properly and fully registered and ID verified within the MatchApt system, with all required releases, waivers, and parent/guardian information submitted before participating (practicing, scrimmaging, competing, etc.) with us. Further, all athletes participating in any competition will be listed on the team's official printed match roster submitted to the referee before the match.

_____ All Club/HS coaches are properly trained, certified as required, and registered and in good standing with USA Rugby, and trained to always put the welfare of the athletes above performance outcomes. Also, that all Club/HS Coaches have signed & submitted the Coach Agreement specific to the season they are coaching (e.g. High School or Club).

_____ Our Club/HS is responsible for the behavior of our coaches, administrators, athletes and supporters and we will work to create a positive culture that celebrates compliance with the SCYR Code of Conduct and take immediate corrective action when violations occur.

_____ Our Club/HS will follow all SCYR Policies & Procedures (P&Ps) to the absolute best of our ability and we will abide by rulings made by the Disciplinary Committee, the Executive Director and/or the appropriate Competition Sub-Committee if we should fail to follow the P&Ps. Our Club/HS is responsible for ensuring that our coaches, administrators, athletes and supporters are aware of all SCYR Policies & Procedures, including policies governing competition, nondiscrimination & diversity, player welfare and concussion, SCYR's Youth Variations, etc.

_____ I am responsible for ensuring that our Club/HS key contact information is accurate & up to date on the Club/Details page of the MatchApt system prior to each competitive season. I will ensure that the following positions are correct in MatchApt, including all contact information: Primary & Secondary Contacts and the Head Coach and Assistant Coaches of *every* one of our Club/HS's teams. I understand that SCYR uses this contact information to convey official notices to Club/HS leaders and Head Coaches in each Division and that if our data is not accurate and up to date, we are responsible for missing key information updates.

Coach or Admin Name (Printed): _____

Coach or Admin Signature: _____

High School Team: _____ Date: _____



USA RUGBY U15 WAIVER



Sign and submit to SCYR by uploading to student-athlete’s profile in CMS.

USA RUGBY WAIVER FOR UNDER 15 PLAYERS ENROLLED IN HIGH SCHOOL TO PARTICIPATE IN HIGH SCHOOL OR UNDER 19 RUGBY

THIS WAIVER MAY NOT BE USED FOR MIDDLE SCHOOL PLAYERS TO PLAY ON HIGH SCHOOL OR UNDER 19 RUGBY TEAMS. USA RUGBY’S ELIGIBILITY RULES PROHIBIT ANY PLAYER THAT IS NOT ENROLLED IN HIGH SCHOOL OR OF HIGH SCHOOL AGE TO PLAY FOR A HIGH SCHOOL OR UNDER 19 TEAM OR CLUB.

High School Rugby and Under 19 Rugby is defined as: Rugby played between players enrolled in high school or of high school age. These teams must be registered with USA Rugby as ‘High School Teams/Clubs’. This includes high school single school, multi- school, community club teams and teams made primarily of High School Players.

Policy:

No high school player, under the age of 15 shall train, practice, play, or be eligible to play High School or Under 19 Rugby without having first completed all applicable portions of this agreement. Completed agreements must be submitted to player’s club and available for review upon request of any match opponent or administrator.

As per USA Rugby Eligibility Regulations, the Undersigned consent to allow the player listed below to play High School or Under 19 Rugby (other than in front row positions); and agree to accept all responsibility and risks associated with playing in High School or U19 Rugby with players who may be stronger and more physically developed than the player. The Undersigned confirm that the player has an appropriate understanding of the physical attributes required of, and the risks to players, playing High School or Under 19 Rugby, and that the player has the requisite skills and experience to play High School or Under 19 Rugby.

We, the undersigned player, parent or guardian, and coach, by signing this agreement, agree that this document constitutes the required written agreements and consents required by the USA Rugby Policy for Under 15s Playing High School or U19 Rugby, thereby allowing the following player to play High School or U19 Rugby.

Player Name	USA Rugby Registration #	Signature	Date (Must be in High School)
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Coach Name	USA Rugby Registration#	Signature	Date
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Parent or Legal Guardian Name	Signature	Date
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SCYR CONCUSSION POLICY

SoCal Youth Rugby is committed to the health and well-being of our athletes – *player safety is far more important than any competitive outcome*. Concussion is a serious brain injury and it is imperative that coaches, athletes, parents, referees and fans treat concussions and suspected concussions with the utmost care. SCYR member clubs and teams are required to follow the SCYR's Concussion Policy, which is based on USA Rugby and World Rugby policy.

I. SCYR Concussion Policy

If an athlete is suspected to have suffered a concussion, s/he will be ineligible to practice or play until the full process below has been completed – this is for the safety and benefit of the athlete and his/her growing brain! During this period, the athlete will appear as “Medically Ineligible” on all match reports and must not be allowed to practice, play in matches, or engage in any other physical activity.

1. If an athlete is suspected to have suffered a concussion during a match, the athletic trainer (ATC) will remove the athlete from the match and notify athlete, parents (if present) & coach that athlete must be sent to doctor for evaluation.
2. The ATC will fill out an online injury report describing the injury, any actions taken by the ATC, and the ATC's recommendations regarding further assessment or treatment of the injury.
3. If a suspected concussion occurs at practice when an ATC is not present, the coach must remove the athlete from play immediately and should create an online injury report to notify SCYR of the suspected concussion. Contact PWP Manager for assistance.
4. Upon receipt of the injury report, SCYR's Player Welfare Program (PWP) Manager will contact the parent/guardian and coach listed in the athlete's MatchApt profile to notify them of the suspected concussion and to communicate next steps. *It is vital that Parent contact information is updated and accurate in the athlete's profile in MatchApt.*
5. The athlete must be evaluated by a physician (MD or DO) to properly diagnose a concussion or to be cleared.
 - a. If the initial physician's visit results in a diagnosis of no concussion, the diagnosis must be submitted to SCYR's PWP Manager using the SCYR Physician Concussion Clearance Form and the athlete will be cleared.
6. Following a concussion diagnosis, a full rest and recovery period is required before the athlete will be cleared to play -- this is critical to the athlete's health and safety!
 - a. World Rugby and USA Rugby require that children ages 18 and under must have complete physical rest for a minimum of two weeks following a concussion or suspected concussion.
7. If the athlete is symptom-free after two weeks, they may begin the SCYR Graduated Return To Play (GRTP) program. A physician's clearance to begin the GRTP protocol is recommended.
8. The GRTP incorporates a progressive exercise program to re-introduce athletes to sport following concussion. Each stage lasts 24 hours for children and the athlete must be without any symptoms to progress to the next level of activity. SCYR's GRTP form can be found on the SCYR Website and below.

9. Once the SCYR GRTP is completed, the athlete must return to the doctor to obtain a signed SCYR Physician Concussion Clearance Form clearing him/her to return to playing rugby. The form is on the SCYR website and below.
10. The parent/guardian must submit this physician's clearance letter to SCYR's PWP Manager. Once all documentation is submitted and verified, the athlete will be cleared to play in SCYR's MatchApt system and on all match reports.
11. Athletes are not permitted to compete until the Player Welfare Program Manager has removed "Medical Ineligible" from their MatchApt profile
12. If a coach or parent suspects an athlete has suffered a concussion at any time, they should immediately contact SCYR's PWP Manager
13. Resources:
 - a. SCYR's Player Welfare Program Manager: Christine Mitchell, cmitchell@socalyouthrugby.org, 706-390-7903
 - b. [Player Welfare Program website page](#):
 - c. [PWP Concussion page](#):

II. Concussion Training Requirements

The State of California passed new legislation (AB2007) in September 2016 requiring all youth sports organizations to annually provide & document concussion education for athletes, parents, coaches and administrators. SCYR has adopted the following requirements to ensure compliance and the greatest possible level of concussion awareness and responsible action by everyone involved in youth rugby in Southern California:

1. During the SCYR registration process, parents and athletes must read, sign and submit a concussion education document.
 - a. The document can be signed electronically within the athlete's profile in MatchApt or can be downloaded from the website, printed/signed/ scanned and emailed to emichalak@socalyouthrugby.org
2. Coaches and administrators must *annually* complete an online concussion training module.
 - a. SCYR has partnered with InjureFree to provide online concussion training, visit our Concussion webpage to login and complete the training. Completion of the training will be tracked, as SCYR is mandated to prove compliance to the state.

III. SCYR's Graduated Return to Play (GRTP) Chart

SCYR Concussion Graduated Return to Play Progression

Athlete Name: _____ **Injury Date:** _____ **Club:** _____

Before beginning graduated return to play protocol, athlete must have completed 2 week rest period and be 100% symptom free. It is recommended athlete sees a physician prior to beginning return to play process. Common concussion symptoms to check the athlete for include: headache, dizziness, problems focusing or remembering, neck pain, confusion or irritability, unusual behavior, visual problems such as blurry or double vision, complaint of feeling foggy mentally or simply 'not feeling right'.

Date:	Date:	Date:	Date:
Stage 1	Stage 2 (24 hours after passing stage 1)	Stage 3 (24 hours after passing stage 2)	Stage 4 (24 hours after passing stage 3)
Bike or jog 10 minutes Rest 5 minutes Check for symptoms Bike or jog 10-20 minutes Check for symptoms	Bike or jog 5 minutes Check for symptoms COMPLETE BOTH CIRCUITS, IN ORDER Circuit #1 - complete 3 rounds 10 Bodyweight Squats 10 Situps 10 Pushups Rest 5 minutes Check for symptoms Circuit #2 - complete 3 rounds 10 Burpees 10 Jumping jacks 10 Mtn. Climbers	Active / Dynamic Warmup NO TOUCH RUGBY, BAG DRILLS OR TACKLING DRILLS. NO LIVE PLAY OR 100% SPRINTING. Non-contact practice / drills (max 90 minutes) running, passing and catching drills, conditioning, running Check for symptoms	Active / Dynamic Warmup Full Practice No restrictions, monitor athlete Check for symptoms during and after
Monitor athlete for symptoms and only progress to next stage after 24 hours AND athlete is symptom free.	Monitor athlete for symptoms and only progress to next stage after 24 hours AND athlete is symptom free.	Monitor athlete for symptoms and only progress to next stage after 24 hours AND athlete is symptom free.	Once all stages of return to play progression are complete, scan and email to Wyatt Blue at wblue@socalyouthrugby.org along with physician medical clearance note and athlete will be cleared to return to rugby matches and competition.
Monitored by:	Monitored by:	Monitored by:	Monitored by:

Document must be signed by a Physician licensed in the state of California.

IV. SCYR's Physician Concussion Clearance Form Athlete Information

Today's Date: _____ Date of Injury: _____

Athletes Name: _____ Date of Birth: _____

Club & Team: _____

Concussion History

Date of last concussion: _____ Number of Concussions sustained: _____

How long did it take to recover from most recent concussion? _____

Does the athlete have an Impact or SCAT3 Baseline: Y/N

Given by: _____ Title: _____

Impact/SCAT3 Re-Evaluation completed by: _____ Date: _____

Signature: _____ Title/Role _____

To Be Completed by Physician:

At this time is the athlete is: Experiencing any concussion signs/symptoms at rest: Y/N

If Yes, describe signs/symptoms: _____

Experiencing any concussion signs/symptoms with physical or mental exertion: Y/N If Yes, describe signs/symptoms: _____

Is the athletes Impact / SCAT3 score within baseline ranges: Yes No N/A

Please initial all the following that apply

_____ Athlete has a concussion and may not return to physical activity or rugby practices/matches until medically cleared (SoCal Youth Rugby requires full 2-week rest period for any concussion, then 4 stage Graduated Return to Play Protocol)

_____ Athlete is fully symptom free and has completed two-week mandatory rest period and may begin Graduated Return To Play (see next page) on (date: _____)

_____ Athlete has been evaluated and assessed as NOT having sustained a concussion and may return to play immediately

Physician Name: _____

Physician Signature: _____

Date: _____ Phone #: _____

USAR VARSITY TIER REGISTRATION



Varsity High School Rugby Teams

Primer and process for registering with State Rugby Organizations and USA Rugby

USA Rugby has a strong commitment to developing varsity high school rugby teams throughout the United States. To this end, there is a new membership tier for schools that have adopted rugby as a varsity sport. This tier of membership is designed to make it easier and more cost effective for schools to add a rugby team to their school's athletic department. Most importantly, this tier of membership allows varsity high school teams to play against non-varsity teams without conflict of insurance and liabilities.

Quick facts about the Varsity High School Membership Tier:

1. This is a \$250 school membership, not a membership for individual players. Players will not be registered with USA Rugby and would need to join separately if wanting to play for any team outside their HS Varsity team.
2. This membership does not include insurance of any kind. Schools must cover their students, coaches and administration as part of this status. Your state organization will confirm this coverage in discussions with the school administration.
3. This membership is active only for the one designated high school rugby season in your state. It applies to warm up matches to that HS league, league matches, friendly matches during that HS season, playoffs and championship matches of that high school season. Any play outside of that season window does not fall under this membership tier; a team and players must register with USA Rugby as a High School Team (\$150) and players (\$30 per player).

How do we register for Varsity High School Rugby Team membership?

1. Contact your State Rugby Organization (SRO) for a link to their application.
2. Complete the application and alert your SRO upon its completion.
3. Your SRO will confirm the information in the application with your school administration and submit the application to USA Rugby.
4. Your school will be billed and make payment to the SRO for both SRO fees and the USA Rugby fee.

Anything else we need to know?

1. Coaches must register normally through USA Rugby's website, carry a level 200 coach certification and add all pertinent information for background checks and player safety requirements. Your SRO can assist you in this registration.