



Michigan Youth Rugby Association Handbook

Version 6, January 1, 2019

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Introduction

Welcome to the Michigan Youth Rugby Association ("MYRA"). Formed in 1997, MYRA is a Michigan non-profit corporation and IRS 501(c)(3) public charity that does business as "Rugby Michigan" and is the official governing body of youth rugby in the State of Michigan. MYRA operates under State Rugby Organization ("SRO") guidelines established by the United States of America Rugby Football Union ("USA Rugby") and provides boys and girls high school aged students with rugby competitions each Spring, Summer and Fall. MYRA is also working to establish educational programs and competitions for middle-school aged and younger students.

MYRA is governed by a Board of Directors and Executive Committee elected by the Board annually. Any new club desiring to compete in one of MYRA's sponsored leagues must apply in writing to the Secretary. MYRA holds two general meetings, one in December and another in June. Applications for club admission may be considered at either meeting. For a full listing of current MYRA clubs and contact information, visit the MYRA website at www.rugbymichigan.org.

MYRA requires every player, coach, administrator and club to enroll in USA Rugby's Club and Individual Participation Program ("CIPP") to participate in MYRA programs and events. The per player registration fees are used to cover both MYRA's operations and the cost of USA Rugby's governing structure, coaching clinics and basic liability insurance provided to its members. General information about CIPP enrollment and frequently asked insurance questions is available at www.USARugby.org.

The MYRA Board, Officers and Committees annually review and update Sections of this Handbook in an effort to provide all MYRA participants the opportunity to experience safe, competitive and fair rugby competitions. The 2019 MYRA Board, Officers and Committees are:

MYRA Board of Directors

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MYRA Officers

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Kate Anderson, Administrator	bkateanderson@yahoo.com
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MYRA Committees

Competition Committee	Establishes season league structure, playoff, championship venues and match play guidelines	Sean McTaggart worugbycoach@gmail.com
Disciplinary Committee	Establishes codes of conduct for players, coaches administrators and spectators and addresses disciplinary complaints and administers appropriate sanctions	Andrew Dauser andy@mihomeappraisal.com
Referee Development Committee	Coordinate and solicits referee assignments and development of referees for all levels of play	Ron Cornell, Chair rcornell@seyburn.com
Program Development Committee	Identifies growth potentials for new youth and Club/Team opportunities and sources of fund raising and eligibility for grants	Jim Clawson jwclawson@me.com

Section 1

Terms and Definitions

Except as stated otherwise, the following terms in this Handbook shall have the following meaning defined below.

Section 1.1 High School Club – Team made up of high school enrolled players from multiple high schools, which may field multiple Sides in accordance with the policies and procedures in this Handbook.

Section 1.2 High School Team – Team made up of high school enrolled players from a single high school, which may field multiple Sides in accordance with the policies and procedures in this Handbook.

Section 1.3 Fifteens Competitive Season – Governs fifteens competitions leading to a MYRA State Championship for boys and girls and runs from the start of the regular season match play through the completion of the current season State Finals.

Section 1.4 Sevens Competitive Season - Governs sevens competitions leading to a MYRA State Championship for boys and girls and runs from June through the completion of the current season State Finals.

Section 1.5 Match Roster – List of starting players and substitutions for any match leading to a MYRA State Championship.

Section 1.6 Qualifying Match – A match that leads to a MYRA State Championship.

Section 1.7 Side – A subgroup of a Club or a Team that represents varying levels of competition for any given match or set of matches; often designated as A-side, B-side, or C-side, with the “A-side” being the highest competitive level.

Section 1.8 MYRA Championship Event – Designates those events under the authority and jurisdiction of MYRA events. Includes:

Section 1.8.1 MYRA Playoffs and

Section 1.8.2 MYRA State Finals

Section 1.9 Event Schedule – The time period covering a single MYRA Championship Event, i.e. from team check-in through the final whistle in any given category, division, or gender.

Section 1.10 Play – Actually stepping onto the field either as a starter, reserve, or blood substitution for any length of time. A player can be named on the roster for a match and not actually “play” in the match.

Section 1.11 Exception – A circumstance that may be specifically listed in this Handbook that allows participation outside stated policies and procedures in this Handbook.

Section 1.12 Transfer – Official process of changing club affiliation. Waivers may be needed for transfers during the Competitive Season.

Section 1.13 Waiver – Required for any player to be eligible for competition in a particular category, division or gender outside of the policies and procedures in this Handbook.

Section 1.14 U18 – Being under 18 years of age.

Section 1.15 U19 – Being under 19 years of age.

Section 1.16 U15 – Being under 15 years of age.

Section 1.17 High School Rugby – Rugby played under the U19 Variations to the Laws of the Game by Clubs/Teams with players enrolled in High School or of High School age.

Section 1.18 Club Referee - A person designed by the Home team as a back-up referee in the event a referee is not assigned to cover a match. The designated person must be registered as a referee with USA Rugby and shall have successfully completed USA Rugby’s Intro to Referee course or who is Level 1 referee certified.

Section 2

High School Player Eligibility

Section 2.1 Players are eligible if they are 15 years of age and have not reached their 19th birthday by the September 1st that occurs before the start of the competitive season. A written waiver for a High School enrolled U15 player to play High School Rugby must be obtained (see Appendix A).

Section 2.2 Players, except those that have graduated, must be attending class full time, as defined by the High School registrar.

Section 2.3 Players must have certified High School transcripts or equivalent for either for two (2) consecutive semesters including the semester that falls during the Competition Season, or, for players that have graduated, the final semester prior to graduation during the current academic year.

Section 2.4 Players must be within four (4) years of the moment the player first enrolled in the ninth grade, regardless of when that player started playing rugby or had the ability to start playing rugby.

Section 2.5 Player must have played for the High School Team or High School Club in at least two (2) Qualifying Matches during the competitive season at least a week apart from each other prior to participating in a MYRA Championship Event.

Section 2.6 Players must not play in a Qualifying Match for any other Club/Team in a fifteens match, including the High School Team or High School Club, while those players' High School Qualifying Match season is in progress.

Section 2.7 Players must meet and remain in compliance with all applicable amateur standards.

Section 2.8 Physical Exams are recommended for each registered player and should be on file with the school or with the High School Team or High School Club. A medical waiver is mandatory; a copy of the waiver can be obtained through USA Rugby's website.

Section 2.9 A student is prohibited from representing his or her High School on both the boys team and girls team in the same sport during the same school year.

Section 2.10 Player must be enrolled in the current year's Club/Team and USA Rugby's Individual Participation Program (CIPP), with all dues fully paid, prior to participating in any match.

Section 2.11 With the exception of non-contact rugby, no girls shall play on a boy's team and no boys shall play on a girl's team in matches comprised of players that are normally twelve (12) years of age or older.

Section 2.12 Player must also adhere to the event-specific regulations and procedures for each particular MYRA Championship Event.

Section 2.13 A Player who transfers to a different school or geographic location and desires to change Club or Team affiliations may submit a transfer request to the Competition Committee Chair for approval.

Section 3

High School Club/Team Eligibility

Section 3.1 High School Club and/or Team must be enrolled in the current year's CIPP, with a minimum of 15 players per competitive side registered by March 20th. Any High School Club and/or Team with less than 15 registered members will be

under review for participation in the upcoming competition season by the applicable League Vice President and subject to a 2 point deduction in total points under Section 4.3. Additional High School Teams or Clubs may submit for approval to be included in the League by the Vice President of the League.

Section 3.2 High School Club and/or Team must have a CIPP enrolled Level 200 Coach who has successfully completed the applicable USA Rugby coaching certification.

Section 3.3 High School Club and/or Team must have a designated Club Referee who has successfully completed USA Rugby's Intro to Referee Course or who is Level 1 Referee Certified and CIPP enrolled with USA Rugby.

Section 3.4 High School Club and/or Team must adhere to the regulations and procedures for the particular MYRA Championship.

Section 3.5 High School Club and/or Team entering MYRA from other High School Rugby Unions must receive official clearance through their home union and MYRA.

Section 3.6 High School Team must be based on a State accredited school that issues High School Graduation Diplomas.

Section 3.7 High School Team shall be presented, by a registered list, that is limited to players that are registered students at the High School upon which the team is based.

Section 3.8 High School Club and/or Team may carry an unlimited number of players on its Registered List.

Section 3.9 High School Club can be represented by players that meet the Eligibility Guidelines (Player Eligibility) provided there is not more than five (5) exchange students on their Roster for any qualifying match leading to the MYRA State Championships.

Section 4

High School Match Structure

Section 4.1 All High School Clubs/Teams will be assigned to a League as determined by the Competition Committee.

Section 4.2 All High School Clubs/Teams will be regulated to a specific Division, as determined by the Competition Committee

Section 4.3 Points for all Qualifying Matches are scored as follows:

Win = 4 points

Draw = 2 points

Loss = 1 point for loss within 7 points of less of the team that wins

Loss = 0 points for loss of more than 7 points

Bonus 1 point for 4 tries or more

Bonus point is to promote try scoring instead of field goal attempts.

The loss for 1 point can be considered bonus point. This is to give reward and also incentive to teams to stay within 7 points. A losing team can earn 2 points by scoring 4 tries and finishing within 7 points.

Mercy Rule – Unlimited substitution for 30 point difference.

Section 4.4 Once a player has been named on a Match Roster for a Qualifying Match for a Side they are not allowed to play on a different Match Roster for a Qualifying Match.

Section 4.5 The Club/Team League and Division will be established prior to the scheduling of the match schedule. League and Division status of clubs/teams is presented to the Competition Committee for approval.

Section 4.6 Once a Club/Team has over 45 players on its Registered List and runs two active sides then the Club/Team must designate which Side the players are playing. For Club/Teams with less than 45 players on their Registered List the top 15 must be named/identified. The top 15 players (starting side) will be listed and not allowed to play down on its Match Roster for a Qualifying Match and/or MYRA Playoffs and/or State Finals. Match Rosters are traded between the coaches prior to kick-off of the Qualifying Match and sent to the appropriate league VP.

Section 4.7 The Match Roster shall have the players name, CIPP number, jersey number and position. The Match Roster shall be given to the opposing coach before kick-off. If there are limited jerseys then it is understood that substitutes may not be identified with a jersey number on the Match Roster.

Section 4.8 Matches shall be played in two 35 minute halves and is considered complete if 50 of 70 minutes played before play is suspended due to weather/safety concerns. There is no overtime play.

Section 4.9 Matches shall be played on the dates scheduled beginning at 5:30 p.m. or later depending upon referee availability. Date and start time for matches may be rescheduled so long as coaches and referee agree.

Section 4.10 All Clubs/Teams shall play a third twenty (20) minute period, or longer, unless both coaches agree to eliminate the third period in email/written form no later than Forty-Eight (48) hours prior to the start of the Qualifying Match. The third period will commence after the conclusion of the Qualifying Match. This third period is to promote development of players and referees. However, no player may play more than a total of 90 minutes per day.

Section 4.11 Each Club/Team must enter their game schedule into the MIRRS website. The website is www.mirrs.org.

Section 4.12 Each Club/Team shall provide referee feedback for all Qualifying Matches and MYRA scheduled events as requested by the governing referee society. This feedback is to improve the quality of the referee and to aid in the selection of referees for the State Playoffs and Finals.

Section 4.13 In the event that more than one Division of Competition is established, subject to the Competition Committee's discretion and decision, at the conclusion of the competitive season, the Club/Team of each Division that finished first at the end of the regular season match play (not including playoffs) will be relegated to the next higher Division, unless that Club/Team is a 2nd or 3rd side where it is anticipated that the players themselves move up through the Club/Team thus self regulating themselves up to the next Division.

Section 4.14 Subject to the playoff structure adopted by the Competition Committee, at a minimum, the top four (4) teams from each Boys League and Division, if applicable, and the top eight (8) Girls Club/Teams will move on to the MYRA State Playoffs.

Section 4.14.1 In the event teams within the same Division finish the regular season match play with the same number of league points, they shall be ranked as follows:

1. Winner of Head to Head competition.
2. Number of Division wins.
3. Highest differential between total points scored and total points surrendered from all Division matches.
4. Total number of tries scored.

Section 4.15 The Certified Coach, Trainer, and/or Referee Coach are allowed field side of the ropes.

Section 4.16 Each Club/Team shall provide a touch judge capable of properly assisting the referee for all matches.

Section 4.17 Ticket price for the MYRA State Championships shall not exceed \$5.00/person. Any fee, in excess of the \$5.00/person, is to be approved by the Board.

Section 4.18 Boys Division 1, 2 and Girls Leagues are 15's matches.

Section 4.19 MYRA Playoff Rules:

Section 4.19.1 If a ranked team fails to participate in playoffs and the next ranked team cannot attend, leaving a void in the playoff schedule, the highest ranked team in that league/division will receive the Bye.

Section 4.19.2 Matches are 30 minute halves.

Section 4.19.3 If regulation time ends in a tie, the Club/Team shall have a 10 minute break and then commence to play a 10 minute overtime period.

Section 4.19.4 If overtime ends in a tie, then each Club/Team shall proceed to sudden death 22 meter kicks, alternating on each kick, first team to miss after an opponent makes kick loses. Kickers must be chosen from players on the field at end of match.

Section 4.20 MYRA State Championship Final Rules:

Section 4.20.1 Matches are 30 minute halves.

Section 4.20.2 If regulation time ends in a tie, the Club/Team shall have a 10 minute break and then commence to play a 10 minute overtime period.

Section 4.20.3 If overtime ends in a tie, then each Club/Team shall proceed to sudden death 22 meter kicks, alternating on each kick, first team to miss after opponent makes kick loses. Kicker must be chosen from players on the field at the end of the match.

Section 5

Interpretation and Enforcement of Eligibility

To provide fair and equitable standards of eligibility through the season for all matches leading to and including MYRA State Championships, the Competition Committee may amend these Eligibility guidelines and/or make further regulations during the Season.

Section 5.1 League Vice Presidents are responsible for determining the Clubs/Teams that participate according to the structure established, and according to eligibility policies and procedures in this Handbook.

Section 5.2 The Competition Committee may revise rules during the competitive season for unforeseen concerns that conflict with intent of existing bylaws, (particularly if state play-off status is likely to be affected), the Committee may introduce regulations for the current Season and/or determine the results of matches that have not been played for reason related to the above exceptional and material circumstances.

Section 5.3 Any regulation or decision made by the Competition Committee shall become final and binding unless any Club/Team or Player(s) affected has submitted an appeal to the Chair of the Board of Directors within 48 hours.

Section 6

Eligibility Waivers

A Club/Team or Player may request an exemption from a particular eligibility guideline by submitting a writing, supported by required documentation, to the Competition Committee Chair at least ten (10) business days prior to any match for which the exemption is requested. The Competition Committee will have five (5) days from the date of receipt of all required documentation to respond to the request. Individuals seeking waiver requests should consider that backlogs of waiver requests can occur, and eligibility should be investigated and any waivers requested prior to the beginning of each Competitive Season. Timely waiver requests are considered and reviewed without charge (i.e., more than three (3) business days prior to event for which eligibility is requested). All waiver requests must be sent in writing to the Competition Committee Chair with a copy to the appropriate League Vice President.

Exemptions may be granted for legitimate geographic relocation for non-rugby reasons, family move, transfer, enrollment in educational programs or other personal situations.

Individual circumstances must be thoroughly explained and documentation should include:

- (i) Proof of dates(s) of enrollment in high school i.e official school transcripts, containing signature and/or seal of the registrar;
- (ii) All other documentation relevant to the specific waiver request;
- (iii) Any and all applicable medical documentation – only considered if medical condition was severe enough to prevent individual’s enrollment from High School one full academic year.

The timing of the request will factor into waiver consideration.

Section 7

Eligibility Challenges

All challenges to the eligibility of a Club/Team or Player will be handled by the Board of Directors. These include:

- 1) Challenges arising at or in relation to a Match leading to a State Championship Event;
- 2) Challenges arising regarding a player or Club/Team in a separate territory;
- 3) Unresolved differences within or between two (2) or more Clubs/Teams;

In the event of challenges during a MYRA State Championship Event, the designated MYRA official will collect all pertinent data from the protesting party and the challenged party. This information will be sent to the attention of the Board of Directors Chair as soon as possible and no later than 48 hours following the event. The challenged player(s) may compete in the event; however, if the allegations of ineligibility are found to be true the match will be declared a forfeit. If the challenged player(s) do not take part in the event then the match results will stand.

In the event of a challenge, all explanations and relevant data must be submitted to the Board of Directors Chair as soon as possible following the event.

Section 8

Eligibility Appeals

If a Club/Team or Player has been deemed ineligible by a League Vice President, the affected Player or Club/Team shall have the right to appeal to the Competition Committee. The appeal must contain the initial written ruling by the League Vice President, all relevant document and written communication regarding the decision. A Club/Team or Player may then appeal the decision of the Competition Committee by submitting a written request to the Board of Directors Chair who shall randomly choose a three-person panel from the Board of Directors to consider the appeal. The Panel must act on the appeal in a timely manner.

Section 9

Media Credentials for Playoffs and State

Media wishing to cover MYRA sanctioned events must contact the MYRA Program Development Committee Chair. Media pass holders should make a courtesy call to the sites where they wish to send reporters.

Permission to distribute audio or video of MYRA sanctioned events must be secured from the MYRA Program Development Committee in advance, and any applicable rights fees must be paid in advance. Video rights are prioritized as follows: 1. MYRA, 2. Home team outlet, 3. Visiting team outlet, 4. Other outlets, if a game is still available.

FEDERAL — The Amateur Sports Act of 1978 states that an amateur sports organization, which conducts competition, which is restricted to high school students, has exclusive jurisdiction over such competition. The United States Olympic Committee and national governing bodies for particular sports do not have authority to interfere with high school sports programs; by law, they have the obligation to minimize conflicts with school sports.

This legislation was revisited by the U.S. Congress in 1998, and none of the changes made then affected the autonomy of schools and their statewide organizations to administer multi-sport interscholastic programs without interference from the USOC and national single-sport governing bodies.

Section 10

Codes of Conduct

All coaches, players and supporters are required to abide by the codes of conduct described below. Failure to abide by these codes may result in disciplinary action, including, but not limited to, the imposition of penalties during a match, and the suspension or expulsion from all MYRA events.

Section 10.1 Coach Code of Conduct.

Section 10.1.1 Teach and provide a positive example of good sportsmanship and mutual respect to all players, coaches, referees and supporters.

Section 10.1.2 Provide a safe playing environment and never physically or verbally intimidate or assault a player.

Section 10.1.3 Respect game officials, referees, opposing coaches and players and never communicate with them in an abusive or intimidating manner.

Section 10.1.4 Never consume, or encourage or tolerate consumption of tobacco, alcohol or the use of illegal drugs prior to, during or after practices or matches.

Section 10.2 Player Code of Conduct.

Section 10.2.1 Exhibit good sportsmanship, fair play and mutual respect for all players, coaches, referees and supporters.

Section 10.2.2 Respect the laws of the game and never attempt to intimidate, abuse, assault other players or engage in dangerous play.

Section 10.2.3 Respect all game officials, referees, opposing coaches and players and never communicate with them in an abusive or intimidating manner.

Section 10.2.4 Never consume, or encourage or tolerate consumption of tobacco, alcohol or the use of illegal drugs prior to, during or after practices or matches.

Section 10.3 Supporter Code of Conduct.

Section 10.3.1 Encourage positive examples of good sportsmanship, fair play and mutual respect to all players, coaches, referees and supporters.

Section 10.3.2 Respect game officials, referees, opposing coaches and players and never communicate with them in an abusive or intimidating manner.

Section 10.3.4 Demand a tobacco, alcohol and drug-free environment and refrain from their use at all MYRA sponsored events.

Section 10.4 Referee Abuse/Sideline Misconduct. Verbal abuse directed at a match official or player from Team coaches/staff or supporters will not be tolerated. Protocol for addressing verbal abuse is set forth on Appendix B, USA Rugby's Sidelines, Discipline, Protocols, Procedures.

Section 10.5 Safe Sport Policy. All adults involved in any event sponsored by MYRA or any of its member Clubs or Teams shall abide by the US Center for Safe Sport Policy attached as Appendix C.

Section 11

Concussion and Safety Protocols

All MYRA sponsored events shall be structured to provide all players with quality instruction, training and competitive rugby techniques in a safe environment.

Section 11.1 Concussion Protocol. MYRA will follow the National Federation Sports Playing Rules For Concussions:

<http://www.mhsaa.com/Portals/0/Documents/health%20safety/Concussion2010.pdf>

and the USA Rugby Concussion Management – Identification and Treatment guidelines (Appendix D).

Section 11.2 Match Day. For each scheduled match, the host club is recommended to have a Certified Athletic Trainer (“ATC”), Emergency Medical Technician (“EMT”), or other medically qualified individual ready to provide aid to all participants. In addition, each host club is responsible for having on site during the match:

Section 11.2.1 Designated safety coordinator (preferably non-coach).

Section 11.2.2 Emergency/hospital contact sheet.

Section 11.2.3 Mobile telephone numbers for emergency medical assistance

Section 11.2.4 Medical/emergency contact information on site for each player.

Section 11.3 Crowd Control. All host clubs are responsible for supplying adequate crowd control measures/barriers to keep non-participating players and fans 5-10 meters off of the touch lines.

Section 11.3.1 Provided the venue permits, opposing clubs should occupy the same sides of the playing field.

Section 11.4 Technical Zones. All host clubs are responsible for lining the match pitch consistent with USA Rugby’s Technical Zone Guidelines as described in Appendix B. No match will be started until the match pitch technical zone is compliant as determined in the discretion of the Referee. All Clubs are required to follow the technical zone guidelines in Appendix B.

Section 12

Disciplinary Policy and Procedures

The MYRA Disciplinary Committee has established the following disciplinary policy and procedures modeled after USA Rugby’s National Disciplinary Regulations and Procedures for all matches, off-field misconduct, functions, or any other matters of disciplinary concern considered to be detrimental to the game of rugby (“Incidents”).

Section 12.1 Jurisdiction. MYRA has jurisdiction to administer this Disciplinary Policy and Procedures for all Incidents occurring in Michigan or outside of Michigan involving players, clubs, teams, coaches and supporters of clubs and teams, actively participating in MYRA sanctioned events during a Fifteens or Sevens Competitive season.

Section 12.2 Disciplinary Chair(s). The acting Vice Presidents for High School Boys East and West Leagues shall each serve as the Disciplinary Chair for the other league. The acting President shall serve as the Disciplinary Chair for the High School Girls League. The Vice President of Youth shall serve as the Disciplinary

Chair for all other non-high school U15 youth rugby. The Disciplinary Chair may determine appropriate penalties applicable to players, coaches, teams or supporters that are found to have exhibited conduct in violation of MYRA's published Policies and Procedures or otherwise detrimental to the sport of rugby. These penalties may include suspension from eligibility and expulsion from MYRA sanctioned events.

Section 12.3 Incident Report. Incidents requiring disciplinary action may be reported by referees, coaches, players, clubs and teams by sending a written Incident Report to the appropriate Disciplinary Chair within forty eight hours / two (2) days of the Incident. The written Incident Report shall include: (a) the offender's name; (b) club or team affiliation; (c) date, time, and location of the Incident; (d) the nature of the Incident; and (e) any action already taken in response to the Incident (e.g., Referee red card send-off).

Section 12.4 Penalties. Any player, or coach, who is sent off for the duration of a match for any reason is automatically suspended for eight days or one qualifying match (see Section 1.6), whichever is longer. This decision is not appealable.* Pending a review of the send-off report by the Disciplinary Chair, additional sanctions may be imposed. If additional sanctions are imposed, the player, or coach, has the right to a timely appeal. Any additional sanctions will be held in abeyance, upon receipt of an appeal, until review and ruling by the Appeals Committee. When a player, or coach, is sent off the field for the following reasons, the sanctions shall be in the range set forth below. These penalties are inclusive of the eight day or one qualifying match automatic suspensions.

*The minimum penalty of 8 days, including those listed in the following table, means 8 days or 1 qualifying match whichever is the longer. Any additional weeks that are part of a suspension must include a qualifying match to count towards fulfilling that suspension.

Infraction	First Offense	Second Offense/ Repeat Offense
Non Violent Technical Infractions (holding, obstructing, game delay)	8 days - 2 wks	3wks - 2 mos.
Minor Physical Offense (pushing, barging, over-the-top calls, early or late tackles)	8 days - 3 wks	4wks - 3 mos.
Major Physical Offense (kicking, punching, dangerous rucking)	8 days - 6 wks	4 - 10 weeks
Major Physical Offense (kicking or punching to the head or groin)	8 days - 12 wks	6 - 12 mos.

Major Physical Offense (player in defenseless position and/or with intent to injure)	8 days - 20 wks	9 - 15 mos.
Persistent Criticism / Disputing of Calls with Referee, within the "playing enclosure".	8 days - 3 games	4 - 6 games
Verbal Abuse and/or Threatening a Referee, within the "playing enclosure".	8 days - 5 games	6 - 10 games
Continuation of # 7 and/or Nonviolent Contact with a Referee After a Send-Off or at End of Game	8 days - 6 months	1 or more yrs.
Physical or Attempted Physical Assault of a Referee (on or off the field)	*Immediate Suspension. Unless overwhelming evidence is presented that would mitigate the situation, a minimum suspension of five (5) years will be assessed to the offender.	

Section 12.5 Undetected Foul Play. When foul play occurs, but is undetected by the Referee, or Touch Judges, it is the responsibility of the witness(es) to report it to the Referee as soon as practical, after the Incident. If it is not practical to report the Incident to the Referee, the witness(es) should send an Incident Report to the Disciplinary Chair within two (2) days after the Incident. Undetected foul play Incidents, if found to be true, should be penalized as if a Send-Off was ordered by the Referee, in addition to any other penalties, if appropriate.

Section 12.6 Off Field Conduct. Off field behavior that is detrimental to the image of the game of rugby can and should be reported by anyone by sending an Incident Report to the Disciplinary Chair as soon as practical, within two (2) days after the Incident, if possible. Off field Incidents will be reviewed on a case-by-case basis. Proven allegations of misconduct that tends to place the game in disrepute shall be dealt with in the strongest manner.

Section 12.7 Investigation. The Disciplinary Chair shall investigate any matters, subject to MYRA disciplinary jurisdiction, brought to the Chair's attention in writing. Upon receipt of an Incident Report, the Disciplinary Chair shall contact the accused offender and, if the accused is a player, the player's Club/Team coach. If necessary, the Chair shall interview those involved and request additional information or documentation of the Incident. The accused offender shall have the opportunity to

review all evidence of the Incident submitted to the Disciplinary Chair. The entire investigative process shall be documented such that written records of all communications, hearings, and decisions are retained by the Disciplinary Chair making the decision.

Section 12.8 Decision and Notification. The Disciplinary Chair shall render a written decision as soon as practical following an investigation into the Incident (the “Decision”). The written Decision shall be communicated to all parties involved, the Chairperson of the Disciplinary Committee and MYRA Secretary by mail, fax or e-mail and followed up by regular mail, as appropriate.

Section 12.9 Appeals. Any appeal of the Decision by a Player, Club or Team involved in the Incident must be made in writing to the Disciplinary Chair within 72 hours of notification of the Decision.

Section 12.9.1 Upon receipt of an Appeal, the Disciplinary Chair shall appoint 3 sitting officers and/or Board members to serve as the Appeals Committee. The Chair should forward all information and documentation regarding the Incident at issue to the Appeals Committee.

Section 12.9.2 The members of the Appeals Committee shall select an Appeals Chair to conduct the Appeal process and publish notices and a decision on the Appeal.

Section 12.9.3 The Appeals Committee shall determine the date, time and place for a hearing on the Appeal. The Hearing may be conducted telephonically, if the Appellant agrees. The Appeals Chair shall conduct the hearing. All parties involved shall be given the opportunity to present pertinent information during the Hearing. A majority vote shall decide whether to affirm, reverse or modify the Decision.

Section 12.9.4. The Appeals Chair shall publish a written decision on the Appeal within 48 hours after the hearing to all parties involved, the Chairperson of the Disciplinary Committee and MYRA Secretary by mail, fax or e-mail and followed up by regular mail, as appropriate.

Section 12.10 Reciprocity. MYRA recognizes all disciplinary actions, penalties or suspensions imposed on any individual, Club, or Team by any other governing body within the sport of Rugby Union Football.

Section 12.11 Tracking Offenders. All Decisions and Appeals shall be published and available on the MYRA website for a period of 4 years. Each year the Disciplinary Chair shall send copies of their Decisions to MYRA’s Secretary and Chairperson of the Disciplinary Committee for record keeping. Where appropriate, the Chairperson of the Disciplinary Committee may circulate Decisions and Appeals on suspended offenders to USA Rugby and any other geographic union or association having jurisdiction over the game of rugby where the offender is or will be geographically located.

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Appendix A

**USA RUGBY WAIVER FOR UNDER 15 PLAYERS ENROLLED IN HIGH SCHOOL
TO PARTICIPATE IN HIGH SCHOOL OR UNDER 19 RUGBY (Effective May
2013)**

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 also 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 (Must be in High School)	USA Rugby Registration#	Signature	Date
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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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Appendix B



USARUGBY

2017 SIDELINES, DISCIPLINE, PROTOCOLS, PROCEDURES

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INTRODUCTION

“It is through discipline, control and mutual respect that the spirit of the game flourishes and, in the context of a game as physically challenging as rugby, these are the qualities which forge the fellowship and sense of fair play so essential to the game’s ongoing success and survival.”

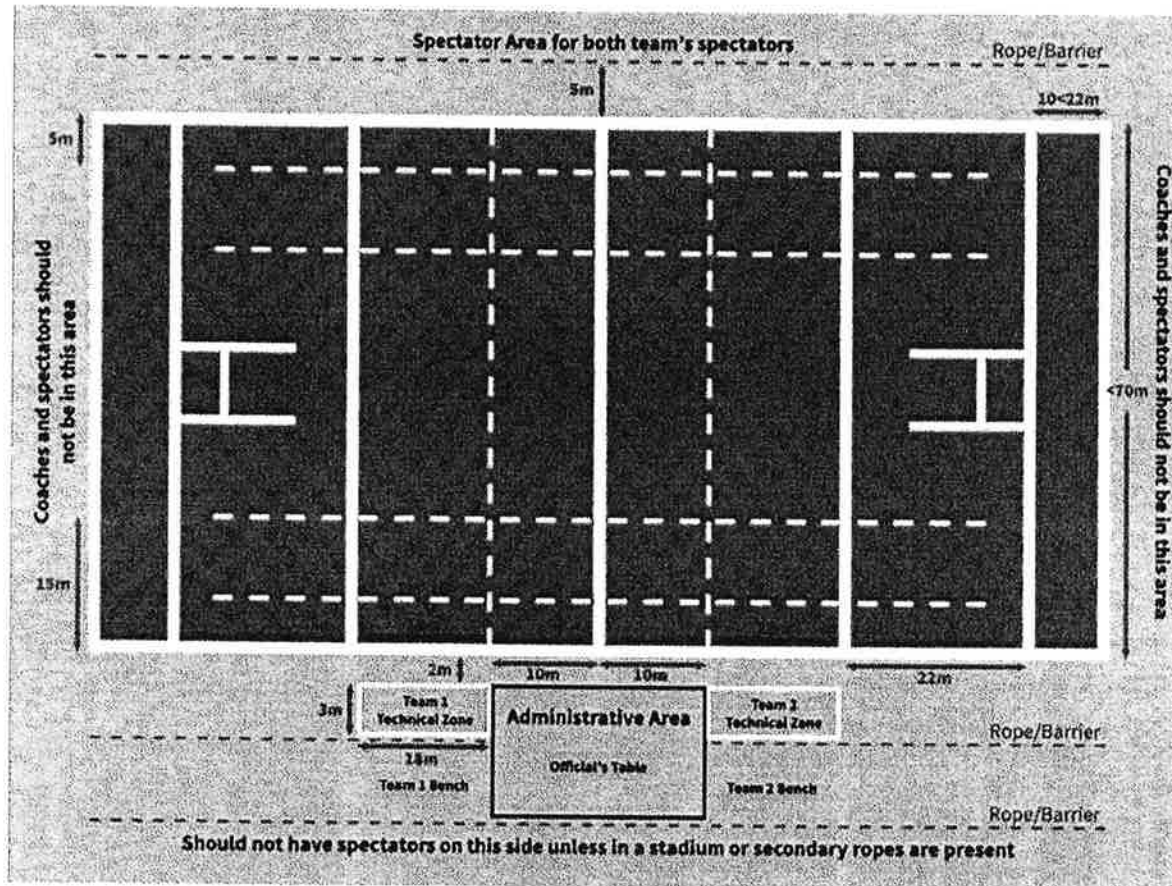
- World Rugby: Laws of the Game 2015

It is important that we, as a community, stand together and work together to develop rugby in the United States. It will be through mutual respect and support that we grow the game. Match officials, players, team administrators and fans should work together and refrain from verbal abuse toward each other, nor make any derogatory public remarks or comments, including on social media, as this behavior is not beneficial to the development and growth of the game.

It is our responsibility as participants, whether players, coaches, administrators or fans, to uphold the principles of the game, to ensure a safe environment for all.



TECHNICAL ZONES



1. Technical zone (TZ) defined as space in front of the rope/barrier between the 10m line and 22m line
2. TZ ends 2m from the touch line to give room for ARs/touch judges
3. The TZ may be marked with lines or cones
4. Both teams need to be on the same side
5. Coaches may not cross into the other team's TZ or leave their own TZ
6. No more than 2 coaches are allowed in the technical zone
7. Coaches should not stand in/near the try zone or anywhere on the field of play.



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8. Only certified coaches should be in the TZ.
9. Team benches should also be between the 10m line and 22m line, but “behind the rope” and not in the TZ
10. Coaches may not enter the field during the match at any time unless allowed by the referee. They may not huddle with teams on the field after scores
11. Teams must warm up behind the in-goal area of the side they are attacking into, not the defending side, but should not be in the in-goal area.
12. Teams should not warm up with balls, cones, or other equipment (e.g. ruck pads).

WATER CARRIERS

1. Each team is allowed 2 water carriers. A third water carrier may be allowed dependent on weather conditions.
2. Only substitute players may be water carriers, and need to wear identification that separates them from players on the field, i.e. Pinnies, Jersey inside out, etc.
3. Coaches may not serve as water carriers.
4. Water carriers may not enter the field when the opposition team is kicking at goal during a Penalty Kick.
5. Players may come to the touchline at any time to get water.

MEDICAL PROFESSIONALS

1. Teams may have two medical professionals.
2. Medical professionals may roam either sideline and are not confined to the TZ.
3. Only one (1) medical professional per team is allowed per side of the field.
4. Coaches are not allowed onto the field with medical personnel unless explicitly allowed by the match official.
5. Medical personnel should always introduce themselves to the match official(s) before the match begins.
6. Medical professionals should not make comments to the match officials regarding decisions.
7. Medical professionals may only enter the field through the referee’s permission, unless they determine that a player is prone or obviously in distress.



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ADMINISTRATIVE AREA: if applicable

1. #4 (Fourth Official) or Match Manager (data tracker) occupies the space between the 10m lines.
2. Chairs may be set up in the Administrative Area for disciplinary/sin bin purposes
3. No coach or player is allowed in the Administrative Area except when petitioning for a substitution.

SPECTATOR AREA

1. All fields should be cordoned off with ropes to provide a clearly marked area for spectators, on the opposite side to the technical zone.
2. Spectators should remain behind the ropes.
3. Ropes should be at least 5m from the touchline.



REFEREE ABUSE: Team Coaches, Team Staff or Team Substitutes

1. Verbal abuse directed at match officials or players should not be tolerated and the following process should be followed:
 - a. The referee will walk to the sideline on the halfway line. Call the head coach to the halfway line, and instruct them to ask the identified person to refrain from their behavior. If the identified person is the head coach the referee addresses them directly or may ask the team captain to assist.
 - b. On the second occasion the referee will EJECT the person from the grounds.
 - c. A zero tolerance approach should be applied and if the person refuses to leave the referee should request that team's captain to assist.
 - d. Failing compliance the referee abandons the match.
 - e. **NOTE: The referee restarts the game according to the latest stoppage and does NOT award a penalty due to the sideline behavior.**

REFEREE ABUSE: SPECTATORS

2. Verbal abuse directed at match officials or players should not be tolerated and the following process should be followed:
 - a. The referee will walk to the sideline on the halfway line. Call the home team head coach to the halfway line, and instruct them to ask the identified person to refrain from their behavior.
 - b. On the second occasion the referee will instruct the coach to EJECT the person from the grounds.
 - c. A zero tolerance approach should be applied and if the person refuses to leave the referee should request that team's captain to assist.
 - d. Failing compliance the referee abandons the match.
 - e. **NOTE: The referee restarts the game according to the latest stoppage and does NOT award a penalty due to the sideline behavior.**



DISCIPLINARY ACTIONS & PROCEDURES

USA Rugby has a policy of Zero Tolerance regarding sideline misconduct. Any behavior that might constitute misconduct on the part of player substitutes, coaches, and spectators should be reported to the appropriate disciplinary body and be reviewed and adjudicated pursuant to USA Rugby Disciplinary Procedures.

USA Rugby Disciplinary Procedures are established in order to secure and maintain consistency in the way in which discipline is administered and uniformity in the way in which Foul Play and Misconduct are dealt with at all levels of play of the sport of Rugby within the United States of America as intended by World Rugby in the promulgation of WR Regulations 17, 18, and 20.

While Foul Play and Misconduct are defined by World Rugby regulations, the initial responsibility and jurisdiction for the administration of these Disciplinary Procedures and for the initial adjudication and determination of appropriate disciplinary sanctions (if any) is held by the local Organizing Body most immediately responsible for sanctioning a competition (which currently includes LAUs, GUs, College Conferences, and SBOs.) Every local organizing body should familiarize itself with these procedures, and have in place systems, such as Foul Play and Misconduct reporting, that ensure proper and effective administration.

USA Rugby Disciplinary Procedures are found here:

<https://assets.usarugby.org/docs/membership/disciplinary-procedures-safesport-approved.pdf>

World Rugby Regulation 20.4(b) defines Misconduct to include:

Acting in an abusive, insulting, intimidating or offensive manner towards referees, assistant referees, Citing Commissioners, members of Disciplinary Tribunals or other officials or any person associated with the Host Union, the Rugby Body or the Unions participating in the Match or spectators;

Appendix C



USARUGBY

US Center for Safe Sport Policy - Revised as of Sept 7, 2018
Required Policies for interactions with minors

USA RUGBY POLICY FOR ONE-ON-ONE INTERACTIONS

The majority of child sexual abuse is perpetrated in isolated, one-on-one situations. By reducing such interactions between children and adults, you reduce the risk of child sexual abuse. However, one-on-one time with trusted adults is also healthy and valuable for a child. Policies concerning one-on-one interactions protect children while allowing for these beneficial relationships.

ONE-ON-ONE INTERACTIONS:

a. Application

This policy shall apply to:

- 1) Adults at a facility, event or team under the jurisdiction of USA Rugby or USAR member organization
- 2) Adult members who have regular contact with amateur athletes who are minors
- 3) An adult authorized by USA Rugby or a USA Rugby member organization to have regular contact with or authority over an amateur athlete who is a minor
- 4) Staff and board members of USA Rugby or a USA Rugby Member Organization (collectively, Adults).

b. Observable and interruptible

- One-on-one interactions between minors and an Adult (who is not the minor's legal guardian) at our facility or events are permitted, if they occur at an **observable and interruptible distance by another adult**.
- Isolated, one-on-one interactions between minors and an Adult (who is not the minor's legal guardian) at our facility or event are prohibited, except under emergency circumstances.

c. Meetings

- Meetings between Adults and minors at our facilities, events or team activities may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult.
- If a one-on-one meeting takes place in an office, meeting room, hotel room or any enclosed location, the door to the office must remain unlocked and open. If available, it will occur in a location that (if available) has windows, with the windows, blinds, and/or curtains remaining open during the meeting.





USARUGBY

US Center for Safe Sport Policy - Revised as of Sept 7, 2018
Required Policies for interactions with minors

d. Meetings with mental health care professionals

If a mental health care professional meets with minors at our facilities, events or team activities, a closed-door meeting may be permitted to protect patient privacy – provided that (1) the door remains unlocked, (2) another adult is present at the facility, (3) the other adult is advised that a closed-door meeting is occurring, and (4) written legal guardian consent is obtained by the mental health care professional, with a copy provided to our organization.

e. Individual training sessions

Individual training sessions between Adults and minors are permitted at our facility or by our member teams and events if the training session is observable and interruptible by another adult. The Adult must obtain the written permission of the minor's legal guardian in advance of the individual training session. Parents, guardians, and other caretakers must be allowed to observe the training session. Permission for individual training sessions must be obtained at least every six months.

a. Monitoring

When one-on-one interactions between Adults and minors occur at our facility, events, or team activities adults will monitor these interactions. Monitoring includes: knowing that the one-on-one interaction is occurring, the approximate planned duration of the interaction, and randomly dropping in on the one-on-one.

b. Out-of-program contacts

Adults are prohibited from interacting one-on-one with unrelated minor athletes in settings outside of the program (including, but not limited to, one's home, restaurants, and individual transportation), unless parent/legal guardian consent is provided for each out-of-program contact. Such arrangements are nonetheless strongly discouraged.



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USA RUGBY POLICY FOR MESSAGES AND RUBDOWNS

MESSAGES AND RUBDOWNS

a. Application

This policy shall apply to:

- 1) Adults at a facility, event or team activity under the jurisdiction of USA Rugby or a USA Rugby member organization
- 2) Adult members who have regular contact with amateur athletes who are minors
- 3) An adult authorized by a Covered Organization to have regular contact with or authority over an amateur athlete who is a minor
- 4) Staff and board members of USA Rugby or a USA Rugby member organization (collectively, Adults).

b. Licensed, certified professional

- Any massage or rubdown performed by an Adult on a minor athlete at our facilities, events or team activities or a training or competition venue is prohibited unless such Adult is a licensed massage therapist.
- Any massage or rubdown performed by a licensed professional must be conducted in **open and interruptible** locations. Any massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and licensed massage therapist in the room.
- Even if a coach is a licensed massage therapist, the coach shall not perform a rubdown or massage of an athlete under any circumstances.

c. Written consent

Written consent by a legal guardian shall be provided before providing each massage or rubdown on a minor athlete. Parents must be permitted to be in the room as an observer.





USA RUGBY POLICY FOR LOCAL TRAVEL

LOCAL TRAVEL

Local travel consists of travel to training, practice, and competition that occurs locally and does not include coordinated overnight stay(s).

a. Application

This policy shall apply to:

- 1) Adult members who have regular contact with amateur athletes who are minors
- 2) An adult authorized by USA Rugby or a USA Rugby member organization to have regular contact with or authority over an amateur athlete who is a minor
- 3) Staff and board members of USA Rugby or a USA Rugby member Organization (collectively, Participating Adults).

Transportation

- The organization does not arrange for local travel.
- Participating Adults who are not also acting as a legal guardian, shall not ride in a vehicle alone with an unrelated athlete who is a minor, absent emergency circumstances, and may only drive with at least two other minor athletes or another adult at all times, unless otherwise agreed to in writing by the minor athlete's parent/legal guardian in advance of each local travel.

b. Shared or Carpool Travel Arrangement

We encourage parents/legal guardians to pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangement.

- #### c.
- Parents/legal guardians should receive education concerning child abuse prevention before providing consent for their minor to travel alone with a Participating Adult.





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US Center for Safe Sport Policy - Revised as of Sept 7, 2018
Required Policies for interactions with minors

USA RUGBY POLICY FOR TEAM TRAVEL

TEAM TRAVEL

Team travel is travel to a competition or other team activity that the organization plans and supervises.

a. Application

This policy shall apply to:

- 1) Adult members who have regular contact with amateur athletes who are minors
- 2) An adult authorized by USA Rugby or a USA Rugby member organization to have regular contact with or authority over an amateur athlete who is a minor
- 3) Staff and board members at USA Rugby or a USA Rugby member organization (collectively, Participating Adults).

b. Team/competition travel

- When only one Participating Adult and one minor athlete travel to a competition, the minor athlete must have his/her legal guardian's written permission in advance and for each competition to travel alone with the Participating Adult.

c. Hotel rooms

- Participating Adults shall not share a hotel room or other sleeping arrangement with a minor athlete (unless the Participating Adult is the legal guardian, sibling, or is otherwise related to the minor athlete).

d. Meetings

- Meetings shall be conducted consistent with USA Rugby's policy for one-on-one interactions – i.e., any such meeting shall be **observable and interruptible**.
- Meetings shall not be conducted in a hotel room.

e. Team travel policies should be signed and agreed to by all minor athletes, parents, and Participating Adults traveling with the organization.

f. Participating Adults who travel with the organization should successfully pass a criminal background check and other screening requirements consistent with the organization's policies.





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Required Policies for interactions with minors

- g. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and **observable and interruptible** environments should be maintained.
- h. Parents/legal guardians receive education concerning child abuse prevention before providing consent for their minor to travel alone with a Participating Adult.



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Appendix D

APPENDIX D

USA RUGBY CONCUSSION MANAGEMENT - IDENTIFICATION AND TREATMENT					
	I Am an Athlete	I Am a Parent	I Am a Coach	I Am a Referee	
During the Match	If a concussion is suspected during a rugby match, this action must be taken	When I have taken a head impact in a game and I have THESE symptoms, I need to immediately remove myself from the match. Equally, if a teammate shows signs of a concussion, I alert my coach, medical staff and referee to the situation. I also urge my teammate to get checked out.	When my child shows SYMPTOMS of concussion. They should be removed from play. Find a coach and alert them to the situation. The coach will substitute the player.	When I see a player with SYMPTOMS of concussion, I ask my medical staff to check the player's condition immediately. If no medical staff, I personally check the player. If symptoms are present I immediately remove the player from the field. No player illustrating symptoms of concussion should be allowed to continue in a rugby match.	If I see an impact that could lead to concussion, I keep an eye on the player. If any player demonstrate SYMPTOMS of concussion, I immediately stop play and ask the medical and/or coaching staff to evaluate the player. If a player illustrates symptoms of concussion, they should be removed from the field. If a coach or medical staff has cleared a player to stay on the field but the player is showing signs of concussion, I require the player to leave the field for the safety of that player. I am the final word on the player's ability to continue.
After the Match	If a concussion is confirmed during/after a rugby match, this action must be taken	If I am showing signs of a concussion, I need to get to a medical professional who is trained in evaluating head injuries to be evaluated. I am out of practices and games until I am cleared to play, and I will follow the World Rugby Graduated Return To Play Protocols for my age group	If my child is showing signs of a concussion, I need to get them to a medical professional to be evaluated. They are out of practices and games until they are symptom-free and cleared to play, and I will follow the World Rugby Graduated Return To Play Protocols for my child's age group	If my player is diagnosed with a concussion, I will not allow that player to participate in practices or games until they are symptom-free, cleared by healthcare provider and have completed the World Rugby Graduated Return To Play Protocols.	I should coordinate with the medical staff and the coaching staff to ensure they have the information they need for the incident report on the injured player. I also make myself available for questions from medical staff in case the need arises.
Before returning to Play	When ready to play rugby again after a concussion, the following action should be taken	I am symptom-free, have fully completed my Graduated Return to Play Protocol from World Rugby and I am ready to play. I bring my completed paperwork to my coach for his approval before returning to practices or games	I ensure my child is symptom-free, has fully completed the World Rugby Graduated Return to Play Protocols. Once completed, I will present the completed paperwork to my child's coach with my approval for him/her to return to rugby	My player has fully completed the World Rugby Graduated Return to Play Protocols and is ready to play. I make sure I have a copy of the completed paperwork before allowing the player to return to practices or games. I keep an eye on the player for any lingering symptoms of concussion	Although my responsibilities do not extend past the initial match and post match, I keep a watchful eye on the players in future matches for symptoms of concussion and work with players, coaches, parents and medical staff to keep our rugby players safe.