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NATIONAL SMALL COLLEGE RUGBY ORGANIZATION
**PACIFIC COAST REGION
CHAMPIONSHIP**



**HUMBOLDT
STATE UNIVERSITY**



30 - 31 March 2019 Western Oregon University Monmouth, OR



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To Competitors, Coaches and Fans:

Congratulations to each team on earning the right to participate in the **NSCRO Pacific Coast Region Challenge Cup Championship** event at the Western Oregon University Rugby Pitch located on the beautiful campus of Western Oregon University (WOU) in Monmouth, OR. The winner of this event will qualify for the National Championship to be held on April 27-28 at on the Siena College campus in Loudonville, NY.

The **NSCRO Representative** in charge of this events is **Andy Main**. His phone numbers are 503-838-8513 (o) and 206-427-2255 (cell) and email is maina@wou.edu. Please coordinate your travel/arrival plans as well as Team Check-In schedule with him ASAP.

WOUTV will broadcast the action live on cable both days starting at 10:45 am or watch online at: wou.edu/livestream.

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

- Teams and fans may park in Lot J, located off Stadium Drive. Parking is free in this lot
- There will be no "gate" charge for spectators at this event.
- NSCRO team check-in as well pre-game instructions with event staff will likely be done in the ORSU tent.
- Team tents may be set-up as needed, in designated areas. Event staff will direct teams to these areas
- All matches will be played on the WOU's turf Rugby pitch.
- 5-gallon water jugs will be filled and on the team benches for use just prior to and during matches. Water bottles are to be provided by the teams. No cups please
- Concessions will be available on site.
- Numerous Trash and Recycling Receptacles will be placed throughout the area - please use them and "police" your area after your match.
- Pets are not allowed at the WOU Rugby Pitch. ESAs are allowed if they are properly certified and identified.
- Area fields will be available for warm up according to conditions. Please consult with the site organizer for warm-up field use
- Locker rooms are available for post-game showers. Belongings should not be stored in the locker rooms.
- All players, coaches and spectators shall abide by the NSCRO's Code of Conduct and Alcohol Policy found herein.



We would like to thank Gavin Curtis, Oregon Allocator for the Pacific Northwest Rugby Referees Society for his support in providing the match officials.

Have a great rugby experience!

With you!

Steve Cohen
President, NSCRO
Email: president@nscro.org
Phone: 609-284-5658





Event Location & Schedule

All times shown are Pacific Time Zone

Western Oregon University Rugby Pitch – Stadium Drive N, Monmouth, OR 97361

Google Maps location: <https://bit.ly/2NuM0Nb>

WOUTV will broadcast the action live on cable both days starting at 10:45 am or watch online at: wou.edu/livestream.

Saturday – March 30, 2019 (Semifinals)

10:45 AM – Welcome Announcements and National Anthem

11:00 AM – Humboldt State University vs. Central Oregon Community College (semifinal #1)

1:00 PM – Western Oregon University vs. Azusa Pacific University (semifinal #2)

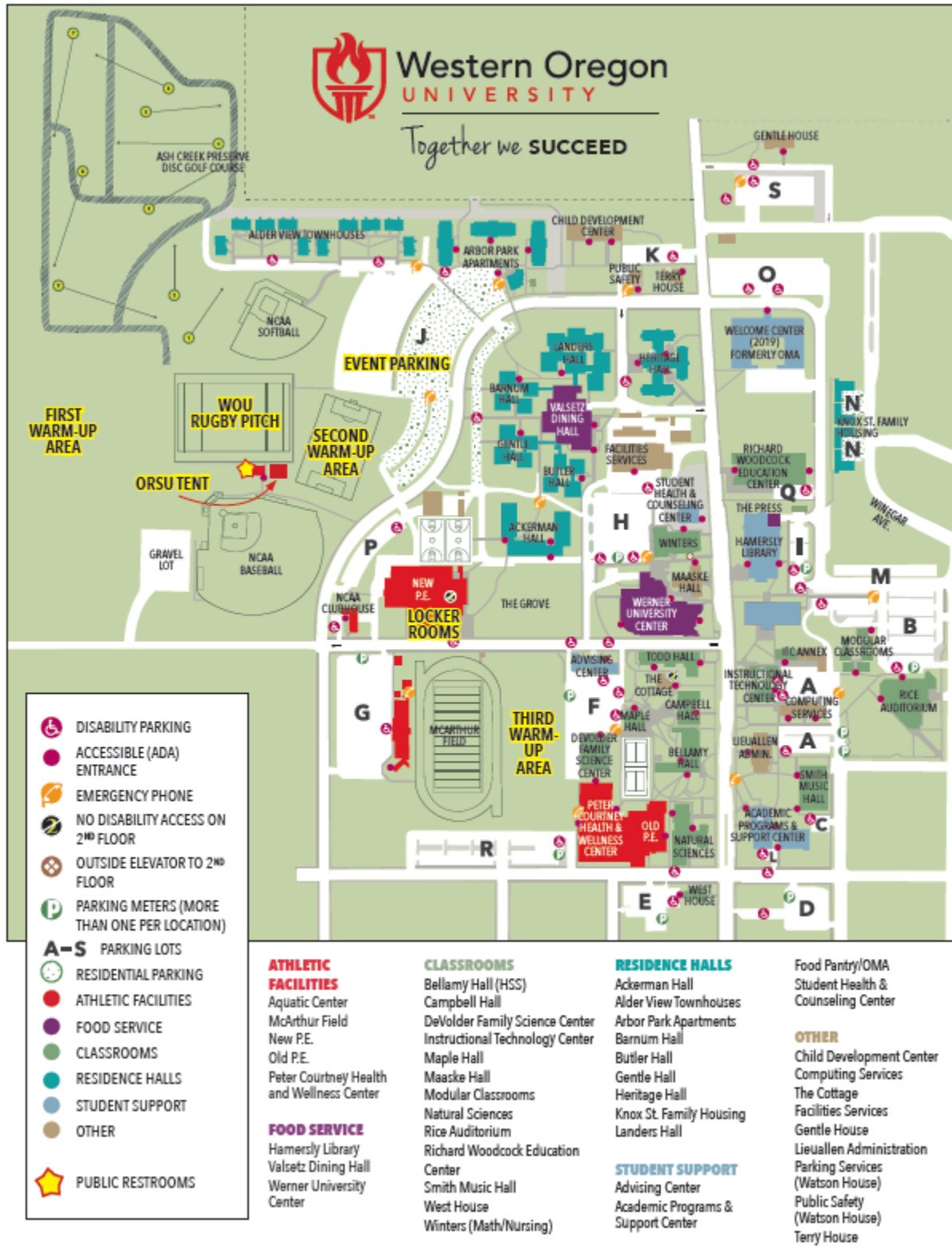
Sunday – March 31, 2019

10:50 AM – National Anthem

11:00 AM – Third Place Match

1:00 PM – Championship Match followed by Awards Ceremony for all 4 teams







Directions to the Western Oregon University Campus

Interstate 5 Northbound:

Take Exit 249 (Commercial Street). Follow Commercial into Salem, and as you near downtown, Commercial will curve to the right and become Liberty Street. Stay on Liberty until you reach Marion Street. Turn left, cross the Marion Street Bridge on to Highway 22, and follow the signs marked "Dallas/Ocean Beaches." Stay on Highway 22 until you reach Highway 99W. Take exit 16 on the right side of the overpass that puts you on Highway 99W. Go south about six miles to Monmouth. Take a right onto Main Street at the stop light. Follow Main Street west to Monmouth Avenue and turn right. Follow Monmouth Avenue through campus. Turn left on Stadium Drive. The field location and parking will be on your right.

Alternate Northbound Route:

Take Exit 228 and follow route 34 west towards Corvallis. After crossing the Willamette River into Corvallis, turn right at the second light onto scenic highway 99W. Continue north about 20 miles until you reach Monmouth. Turn left at the first stop light, onto Main Street. Follow Main Street west to Monmouth Avenue and turn right. Follow Monmouth Avenue through campus. Turn left on Stadium Drive. The field location and parking will be on your right.

Interstate 5 Southbound:

Take Exit 260A (Salem Parkway). Follow the Parkway into Salem. The Parkway will curve to the left and become Commercial Street. Stay on Commercial until you reach Marion Street. Turn right, cross the Marion Street Bridge on to Highway 22, and follow the signs marked "Dallas/Ocean Beaches." Stay on Highway 22 until you reach Highway 99W. Take exit 16 on the right side on the overpass that puts you on Highway 99W. Go south about six miles to Monmouth. Take a right onto Main Street at the stop light. Follow Main Street west to Monmouth Avenue and turn right. Follow Monmouth Avenue through campus. Turn left on Stadium Drive. The field location and parking will be on your right.



Accommodations

WOU University Housing is pleased to offer participating teams and their coaching staff lodging on campus for the NSCRO Pacific Coast Championship, March 30th and 31st, 2019.

We have exterior facing, suite style rooms on campus. Each room includes 3 extra-long twin beds, study/living area and private bathroom. We do not supply toiletries. Linens are included in your reservation and include: pillow, blankets, sheets, towel and washcloth.

Rooms are \$16 per person, per night for multiple occupancy, and \$25 per person, per night for single occupancy.

Space is **limited** and will be given out on a first come, first served basis.

To reserve your space, please contact Trina Horsey, Coordinator for Conference and Event Services, horseyt@wou.edu, 503-838-8658

If you have any questions regarding housing, meals on campus, or other campus activities, please contact Trina Horsey, Coordinator for Conference and Event Services, horseyt@wou.edu, 503-838-8658

Area Accommodations for Other Participants and Spectators:

College Inn
270 N. Pacific Hwy.
Monmouth, OR 97361
503-838-4438

MaMere's Bed & Breakfast
212 Knox St. N
Monmouth, OR 97361
503-917-8745

Best Western – Dallas Inn and Suites (about 15 minutes away by car)
250 Orchard Dr.
Dallas, OR 97338
503-623-6000

To learn more about local restaurants and shopping options please visit the Monmouth-Independence Chamber of Commerce at: <http://www.micc-or.org/event-calendars-and-brochures>. Another great local resource is: <https://www.explorepolkcounty.org/>.

Need wi-fi? You can login one of two ways...

Are you a registered user at another university or college? You can choose the “**eduroam**” wi-fi network and enter your institutional credentials to logon.

If you are not a registered user at another university or college, logon to our “**WOU-guest-open**” wi-fi network and follow the prompts to register as a Guest User.



Emergency Action Plan

Medical Information

Location: Western Oregon University Turf Field, Stadium Drive, Monmouth, OR 97361

Event Director: Andy Main, 206-427-2255

Medical Staff: [PT Northwest](#) will provide 2 nationally certified and state licensed athletic trainers for all matches. Names, and phone numbers of these Athletics trainers will be available once scheduled by PT Northwest.

Medical Equipment: AED kit, Full Medical kit, Vacuum Split kit, Bag-Valve-Mask and Medical Table

1. The Medical Staff on site will be responsible for treating minor injuries to players and for caring for more serious injuries until EMS personnel arrive. The Staff makes the decision and if an ambulance is not at the field, calls 911 to request EMS (ambulance).
2. Instruct EMS to report to **Western Oregon University Turf Field, Stadium Drive, Monmouth, OR 97361.**
3. The Event Director delegates responsibility of flagging down the ambulance (flagger will stand on Stadium Drive at the entrance to J parking lot). The Event Director or his designee will be responsible for clearing space for the ambulance by removing the bollard that blocks access to the east entrance to the turf field and opening the gates at the east entrance.
4. A member of the medical staff provides emergency care until EMS personnel arrive. Caregiver then provides pertinent info (cause of injury, vital signs, treatment rendered, and medical history) to EMS personnel and assists with emergency care as needed. If the match is on-going, the other member of the medical staff will pay attention to it.
5. The Event Director advises the Coach of the player's team to assign someone to accompany the athlete to the hospital as well as bring pertinent medical history of the player and their personal belongings, including medical insurance card and ID.
6. The injured player's club contacts parents/guardians/family as necessary.
7. The Coach is to complete the appropriate injury report as required by the player's school or organization.
8. If a player is diagnosed by a qualified healthcare professional that they sustained a concussion, the Event Director reminds the player's coach of the USA Rugby Policy regarding Concussions which includes the 5 Rs shown below as well as compliance with the World Rugby Concussion Guidelines.

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



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

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

Nearest Hospital

Salem Health West Valley Hospital

525 SE Washington St
Dallas, OR 97338
(503) 623-8301

7.5 Miles from Turf Field / Drive time estimated at 9-12 minutes



Lightning Policy

For NSCRO-sanctioned matches or events, the tournament/event director or the senior on-site referee is empowered to suspend play during adverse or predicted unfavorable weather conditions. The NSCRO Representative and head (or match) referee will jointly decide whether to resume play; either individual has the authority to cancel the proceedings.

As we all know, thunderstorms can strike at any time conditions are right, especially during the summer, early fall and spring months. If a storm develops and is felt to be dangerously close, you have a duty to postpone your practice, match, or event for safety reasons until the storm has passed. A safe location to wait out the storm is any fully enclosed, substantial building (e.g., locker room, classroom, office building). If a fully enclosed building is not available, a fully enclosed vehicle with a metal roof and the windows completely closed is a reasonable substitute. Do not touch any part of the metal framework while inside the vehicle. Once it is felt that the storm has safely passed, the local event coordinator will inform everyone that the teams can return to practice/event activities.

Here, again, are a few facts that we would like everyone to understand:

1. The "flash to bang" count of 30 seconds is what we will be using to make a decision to discontinue activity. The NCAA uses this as a guideline for discontinuation of play. If any participant has seen a lightning flash and the ensuing thunderclap can be heard at a count of 30 seconds or less, a storm is dangerously close.
2. Essentially, a 30 second flash-to-bang means that the storm is 6 miles away {the distance is determined by dividing 5 into the number of seconds, in this case 30}. It neither has to be raining nor extremely cloudy for a lightning strike to occur in the area where you are standing.
3. Even though a storm center passes miles to the right or left of where you are located, it does not mean that you and those with you are not in potential danger. Lightning has and does strike when a storm is seemingly not a threat. Lightning has been observed striking 10 miles from the storm center.
4. Any practice/match/event that is delayed due to a thunderstorm may resume 30 minutes after the last clap of thunder is heard. This is considered to be a safe period of time for any storm to clear the area and no longer be a threat. The storm is equally threatening on the back end as it is on the front end or sides.



Alcohol Policy

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

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

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

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



Conduct of Players, Coaches and Spectators

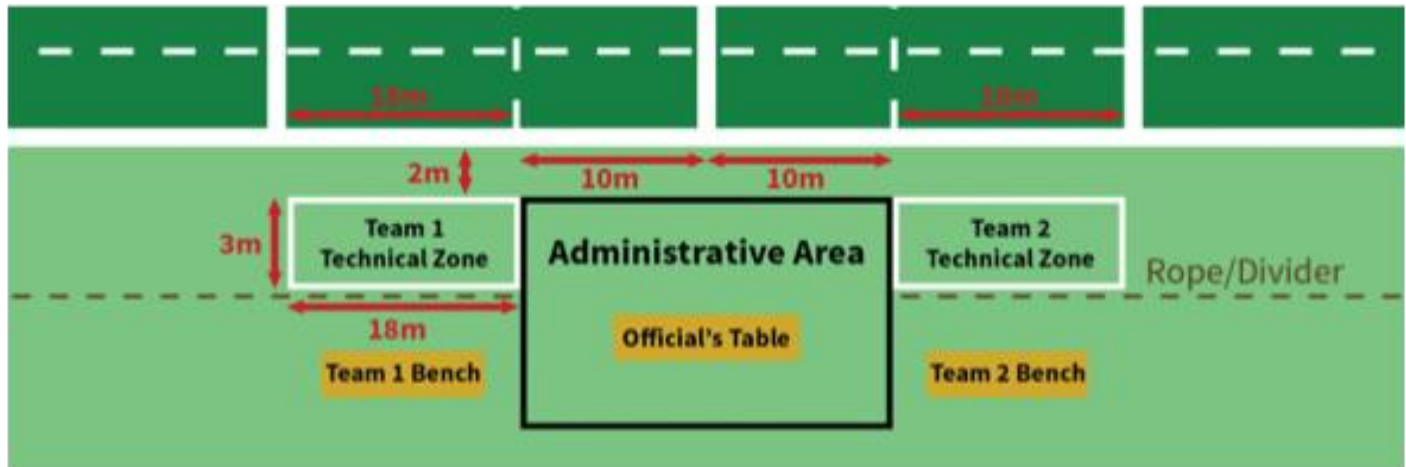
All players and coaches must abide by the following Code of Conduct:

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

Players, coaches and spectators are not to use foul language or make threatening remarks before, during or after the match. Such behavior whether directed at a teammates, opponents, match officials, spectator or even part of a pre-match "chant" or play call (such as for a line out) is unacceptable. Doing so will be considered a violation of the Code of Conduct. Any breach of this Code of Conduct will be addressed by the NSCRO. Disciplinarian and forwarded to the rugby organization having jurisdiction and school as appropriate.

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

USA Rugby Technical Zone & Sideline Management Guidelines



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

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

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