

## AJRA Application for Dispensation - Special Addendum

<b>PLAYER INFORMATION</b>		
Name:	Gender: M F	
Email:	Telephone:	
Club:	Position:	Front Row: Y / N
Date of Birth:	Weight:	lbs
<b>What age grade/division are you requesting dispensation for? From _____ To: _____</b>		
<p>This document is deemed to be in conjunction with the Basic Dispensation Application for players in the following circumstances;</p> <ul style="list-style-type: none"> <li>Age Window – player’s age requires a “fourth” year window to participate in the age grade.</li> <li>Weight Consideration – player’s weight is below the recommendation for the age grade.</li> <li>Position – the player intends to play front row.</li> </ul>		
<b>WEIGHT AND STRENGTH TEST</b>		
<b>email video of completed test to info@ajra.ca</b> <i>Please refer to Schedule A for recommended playing and strength testing weights.</i>		
Player Weight	lbs	
Number of Bench Press Repetitions at Required Weight	lbs	reps
Number of Squat Repetitions at Required Weight	lbs	reps
<b>Club Recognized Dispensation Agent and/or Coach</b>		
<i>The person dispensation the player must have a minimum of NCCP coaching level 1 and three years of experience coaching rugby.</i>		
Coaches/Agent Name:		
Email:	Telephone:	
NCCP Certification #:		
<b>Assessment for Basic Dispensation</b>		
<i>The Dispensation Agent and/or Coach are to assess the player against the following considerations. If the answer is NO to any of these considerations, then the player shall not be considered capable of competing safely with players in the proposed game/competition.</i>		

Physical and Mental Development	In your opinion does the player's level of physical and mental (Maturity) development allows the player to compete with players in the proposed level of competition?	Yes	No
Skill Level	In your opinion is the player's skill level comparable with other players in the proposed competition? (Including skills specific to his/her playing position and in relation to the games fundamentals e.g. tackle, pass, ruck, maul, scrum etc.)	Yes	No
Level of Experience	In your opinion does the player have the experience to compete with other players in the proposed age group competition? (Please consider the following factors - has the player been involved in representative/pathway rugby? has the player been an outstanding player in his/her age group? has the player trained with the players in the proposed age grade/division and how did he cope?)	Yes	No
Standard of Competition	In your opinion is the standard of competition in the proposed game/competition suitable to allow the player to compete safely?	Yes	No

<b>SANCTIONED EVALUATOR</b>
<p>In my opinion, the player's physical maturity, skill level and experience is sufficiently high that the player is capable of competing safely with players in the proposed age grade/division. I have explained to the player and his/her parent or guardian that if the player will be competing against older players it may involve an increased level of injury risk.</p> <p><b>Evaluator Signature:</b> _____ <b>Date:</b> _____</p> <p>Print Name: _____</p>

<b>MEDICAL PRACTITIONER</b> (Doctor, Chiropractor, Physiotherapist, etc)
<p>As a medical practitioner who has an understanding of the demands of Rugby I have assessed the physical condition of _____ (player's name) and concluded that the player is in a physical condition to play Rugby at the desired level of _____.</p> <p>Print Name: _____ Medical Credentials: _____</p> <p><b>Signature:</b> _____ <b>Date:</b> _____</p>

**PARENT / LEGAL GUARDIAN**

**I confirm that:**

- I am a parent or legal guardian of the above mentioned player;
- The coach has explained to me that, in his/her opinion, the player's physical development, skill level and experience is sufficiently high that he is capable of competing safely with players in the proposed age grade.
- If this dispensation is for an older age grade or Senior Rugby, it has been explained to me that the risk of injury may be increased by the player playing in an older age grade.
- I understand that rugby is a contact sport and, like all contact sports, players are exposed to a risk of injury. I also understand that the level of risk may be heightened when a player participates in an age grade where the player's physical development/maturity, skill level and experience are inferior to that of the players he/she will play against.
- I consent to the Edmonton Rugby Union, Calgary Rugby Union, Alberta Junior Rugby Association and Rugby Alberta holding this information.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

**AJRA PRESIDENT**

\_\_\_\_ I confirm that the information submitted above complies with Alberta Junior Rugby Association's dispensation policy and therefore the player has received approval. **The player is not eligible play a front row position.**

\_\_\_\_ This dispensation request has been declined on the basis of \_\_\_\_\_

\_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

## Schedule A – Weight and Strength Requirements

Female	Recommended Playing Weight		Strength Testing Requirements			
	Other Positions	Front Row	Other Positions		Front Row	
Female	50%	85%	Bench	Squat	Bench	Squat
U11	70	80				
U13	90	115				
U15	110	135				
U16	120	145	65	85	75	100
U17	120	145	65	85	75	100
U18	120	145	65	85	75	100
U19	120	145	65	85	75	100
U20	120	145	65	85	75	100

Male	Recommended Playing Weight		Strength Testing Requirements			
	Other Positions	Front Row	Other Positions		Front Row	
	50%	85%	Bench	Squat	Bench	Squat
U11	70	80				
U13	85	105				
U15	115	140				
U16	125	150	95	125	115	150
U17	135	160	100	135	120	160
U18	140	170	110	145	130	170
U19	145	175	130	175	155	205
U20	155	180	140	185	155	205

<b>All Weights are in Pounds (lbs)</b>
<b>Recommended Playing Weight is Based on the World Health Organizations "Canada Growth Chart"</b>
<b>Recommended Playing Weight is the Average Weight of the Younger age of the Two Year Age Window</b>
<b>Players Completing Strength Tests must Complete 10 repetition <u>with Full Range</u></b>
<b>Clubs are Required to Ensure the Safety of Players During Completion of Strength Test</b>
<b>Strength Tests Are to be Submitted to the AJRA Via Video</b>
<b>Players Requesting to Play in a U15 League or Lower will not be Required to Complete a Strength Test</b>