
Chatswood Junior Rugby Club



Introduction to Juniors & Under 10s Season 2019 – Second Edition



Introduction to Juniors and U10s

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Welcome to the Chatswood Junior Rugby Club (CJRC)

The purpose of this introduction is to outline some of the changes to be aware of moving into the Juniors Rugby competition. Practically, these changes can vary from year to year and are currently being finalised now for the season ahead. However to help you plan, prepare for and to assist families (especially those new to the club) with information about the season ahead we have outlined some general information that we hope will help you enjoy your involvement with CJRC Juniors and in particular the first year, U10s.

About the Chatswood Junior Rugby Union Club

Chatswood Junior Rugby Club (CJRC) was born in 1948 from the senior Chatswood Rugby Club, itself established in 1912. The club's mission is to provide all children with the opportunity to learn and play the game of Rugby in an environment that is friendly, safe, fun and fair; and to provide players' families with the opportunity to be involved in a progressive club through the game of Rugby.

CJRC is part of the Gordon Village of Rugby Clubs on the North Shore of Sydney, Australia. Other clubs in the area include Lindfield, Lane Cove, Roseville, Wahroonga, Hornsby, Killara-West Pymble and St Ives.

The Club is based at Beauchamp Oval, Nicholson Street, Chatswood where we have access to a full playing field, a clubhouse and canteen.

Modified versions of rugby have been created in Australia for safety and to enhance enjoyment and player development. Through non-contact forms of the game, children as young as five can greatly enjoy rugby at Chatswood. The game formats available at Chatswood are:

- "Minis" age groups - Walla rugby (5-8 yrs), Mini rugby (9-10yrs)
- "Juniors" age groups - Midi rugby (11-12 yrs), Junior rugby (13+yrs)

Key Dates for your diary (2019 dates; subject to change)

- 15 & 17 Feb Try Rugby and Registration Days
- 27 Feb Pre-season training begins for U6-U9's, U10-11, U13, U15
 - then subsequent Wednesdays
- U12 & U14 are on Tuesdays and U16-Opens on Thursdays
- March Gear distribution – dates tbc
- (TBC) Mar Parents Info Night & Welcome to Chatswood, The Willoughby Hotel
- 29-31 Mar Round 1 SJRU competition
- 5-7 Apr Round 2
- 12 Apr Round 3 split (start of Term 1 school holidays)
- Jun-Jul (tbc) Parents Gala evening



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Club, Age Group and Team Management

Key committee members in 2019

- President: Trudy Davison president@chatswoodjuniorrugby.com.au
- Secretary: Jason Gay secretary@chatswoodjuniorrugby.com.au
- Vice Pres Minis (u5-u9): Al Walker vpminis@chatswoodjuniorrugby.com.au
- Vice Pres Jnrs (u10+): Lyndon Burke vpjuniors@chatswoodjuniorrugby.com.au
- Registrar: Cameron McNeil registrar@chatswoodjuniorrugby.com.au
- Treasurer: Nick White treasurer@chatswoodjuniorrugby.com.au
- Social media: Rachel Roberts social@chatswoodjuniorrugby.com.au

Age Group Coordinators (AGCs) for 2019

- U10 Sally Frape sally.frape@iinet.net.au
- U11 tbc
- U12 Katrina Howard Katrinahoward72@optusnet.com.au
- U13 Paul Le Maitre paul.lemaitre70@gmail.com
- U14 Cameron McNeil registrar@chatswoodjuniorrugby.com.au
- U15 tbc
- U16 Michael Onslow mjonslow@bigpond.com
- U17 tbc

Each team has a Coach, Assistant Coach and a Team Manager. For any queries contact your Team Manager in the first instance. Team Managers' will escalate to the relevant AGCs and Vice President if necessary.

Contact details of office bearers, AGCs, Coaches and Team Managers are published on our website. www.chatswoodjuniorrugby.com.au

Player Registration

Full instructions on how to register can be found on our website.

<http://www.chatswoodjuniorrugby.com.au/>

Gear

Every new player receives a backpack with their initials, training t-shirt, shorts, socks, water bottle, cap and club stickers with their registration fee. Returning players will receive training t-shirt and cap and can purchase other items if necessary.

These will be available at the gear distribution evenings in March. Boots and mouth guards (mandatory) and headgear (optional) are to be supplied by each family.

The key changes for Under 10's

1. The players move from playing under "Mini" laws to "Midi" rugby laws.
2. They play in a competition organised by the Sydney Junior Rugby Union (SJRU), not Gordon district.
3. Players are graded into teams based on their current skill level, playing position, physicality and size.
4. For some, selection as a development squad player for Gordon Junior Rugby Union will eventuate.

Midi Rugby

The changes for the players reflect the continuation of the ARU rugby pathway in recognition of their physical development and increasing intellectual ability (surprising as it may seem) i.e. the ability to handle more complex laws of the game.

The key differences to game rules for U10s are:

- 12 players on the field being an extra forward and an extra back
- Size 4 ball
- Game times are 20 minutes per half and a 5 minute half time break
- The field is ~3 times bigger than Under 9s, being the same as a full size field except the sidelines are 5m inside the normal sidelines
- Scrums are contested with a limit of a 1m push
- Lineouts are contested but no lifting allowed
- Kick offs and restarts are contested
- No waiting for the halfback to pass before defending
- Kicking allowed in general play
- Independent referees appointed and there is a judiciary system for red cards
- Each team must provide a qualified assistant referee (touch judge) or miss out on bonus competition points (this will require parents to step up and get qualified – the Club will pay costs. Contact Phil Austine our referees coordinator referees@chatswoodjuniorrugby.com.au)
- Each team must provide a ground marshal at every game – home and away
- We have no doubt that the players will adapt quickly to the challenge of new rules. However, to ensure that we learn safely, we will start contact training in March, primarily for the forwards who will be playing in the scrums and lineouts as they have the most to learn.
- A more detailed summary of Midi Rugby 2014 laws can found on the SJRU website <http://www.sjru.com.au/>

SJRU Sunday Competition

This change represents a bigger challenge for the parents. Sydney Junior Rugby Union (SJRU) administers and organises junior club rugby in Sydney. By way of background, the competition has the following features:

- It is played across the wider Sydney area stretching from Newport and Hornsby in the north to Burraneer in the south, and as far west as Penrith & the Blue Mountains. The SJRU tries to organise competitions to minimise travel as practically possible however competition grading ultimately determines the geographical structure of each division.
- Games are typically played on Sundays but due to ground availability games can be played and do occur on Friday nights. Clubs can elect to host games on Friday nights.
- Teams are graded into one of up to 8 divisions, subject to numbers, from A through to H. For example, in 2016 there were 76 teams competing in the Sydney U10s competition spread over eight graded divisions (A-H).
- The divisional grading of teams by SJRU is very difficult especially in U10s. Teams are “graded” into divisions based on input and nominations received from the local districts according to their prior year performance.
- After the first four rounds of the competition, divisional grading is reviewed and teams may be moved up or down divisions to even out the competition depending on results from Rounds 1 to 4. Regrading the competition is normal.
- Age group teams within a Club often don’t play at a common ground each week. However, organisers try to facilitate this wherever possible.
- There are player interchange limitations between teams i.e. some players per team are graded non-transferable (NT). For example a non-transferrable “A” team player cannot play in a lower division team.
- Scores count and a table of results is maintained. A finals series is played at the end of the season.
- The competition rules have strict eligibility criteria as to who can play in the finals series based on the number of games played during the season.
- SJRU has very clear and strict rules with respect to sideline behaviour and field access restrictions for both spectators and team officials. Only the ground marshal or the trainer can enter the field of play unless otherwise directed by the referee.
- Please respect any directions given by ground marshals or Club officials without hesitation.
- Furthermore the half time and fulltime team talk is for coaches, managers and players and is a no go zone for enthusiastic parents.

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Player Grading and Team Selection Policy

In U10's the players will be formally graded for the first time into the most suitable grade based on ability and experience at this point in their rugby development. This process is often harder for the parents than the players.

During the pre-season and the player grading process the age group manager will direct traffic and take charge working with the Director of Coaching and selectors to get team selections sorted. Independent selectors (experienced junior managers and coaches plus external professional coaches) will perform grading. The Director of Coaching will be the head selector. Once player grading is completed the coaches are then appointed.

It varies from year to year but we often see a number of new players join at U10's who have not played Rugby before and may not be known to the coaches or independent selectors. Past experience has shown a thorough grading process to be a necessity and in the best interest of the players' development. It is equally important that players make themselves readily available for the trial games and training sessions to assist the coaches in the grading process. It is also important to note that in past years a number of new players who had not played Rugby before have made it into the "A" squad while players that played in the U9 Gala Day Teams in the prior season have not. Players who do not attend the grading trials will not be eligible for selection into the A team unless there are very rare circumstances and only on the approval of the Director of Coaching, VP Juniors and the Club President.

Subject to player numbers each U10 team squad typically will have fifteen (15) players – twelve (12) on the field and three (3) reserves. All Registered Players will be designated as either transferable (TR) or non-transferable (NT) depending on grading.

It is a little confusing but is in reality a competition housekeeping issue. In U10 – U11's the competition rules require clubs to grade their Registered Players into teams of ten (10) before the commencement of Round 1. Note that these players are then designated as Non-Transferable meaning they cannot play in a team lower than their nominated grading (team). However they can play in a higher graded team where there is opportunity.

Subject to the player transferability rule constraints and where practically possible, some players will be rotated from the lower graded teams during the season to give them exposure to the higher competitions and develop the depth of the squads. To make this happen some players may be asked to play in two games in a weekend or on the same day. A player asked to play for another team must still play for his usual team.

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It is the Club's policy that all players get equal game time over the course of the season in their regular team. This is usually a weekly thing but if teams are large it may roll over a couple of games. Players who also play as reserves for another team in addition to their regular team will get game time in that game but regular players are given priority.

Representative Rugby

Chatswood Junior Rugby Club is one of the eight village clubs in the Gordon district from which players can be selected to play in representative teams for Gordon Juniors (GJRU) at the annual State Championship.

In the U10s a development squad is formed to introduce players to representative rugby. Selection trials are held in the early part of the season with the selected squad representing GJRU at a gala day held in June. As it is considered an introductory development year in U10's, no results are recorded at the representative level.

Decisions & Considerations

How many U10 teams will we have?

In order to be competitive, teams are typically formed into squads of fifteen (15) players; any less than fourteen (14) per team is difficult to sustain. With teams requiring twelve (12) players on-field, this allows 2 to 3 reserves per team.

The number of teams and how many in each team depends on how many players from last year re-register and how many new players register. We anticipate two Teams in 10s this year.

How do we grade the players?

Advice from experienced Chatswood age groups who have already progressed to the Junior Rugby competitions through the U10 age group is that we:

- Train the players as an age group squad for a period at each practice to retain the unity and foster friendships developed since the U6s.
- Have no choice but to grade the best ten (10) players as non-transferrable "A" team players, the next ten (10) as "B" team non-transferrable players and so forth; as we must nominate non-transferable players in accordance with competition rules;
- Acknowledge that some of the players are not up to or may not wish to cope with the demands of an "A" team competition and consequently our duty of care requires that we play them in a lower graded competition team; and
- Realise the total number of players will have a big bearing as insufficient players will require some transferable players to back-up for other teams.

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- Grading will be done during the pre-season training and trial games.
- Grading players on a weekly basis to recognise performance, commitment and attitude is difficult for 9 and 10 year olds to cope with and therefore not done at Chatswood nor at most, if any, other SJRU clubs. This not the Shute Shield or Super Rugby or the Wallabies!
- If your son/daughter misses out on the team he/you/she were hoping for please encourage them to strive at practice and in games to improve. It is NOT an indication of your parenting ability or their long term prospects as rugby players. It is only a snapshot in time and at all times our priorities are to develop both rugby and social skills and to have fun!

Player Commitments

The availability and numerous commitments of the players will have a bearing on team structure decisions along with your son's/daughter's health and well-being.

U10 rugby games are tougher, and played on a bigger field by bigger players with more aspects of the game contested. Graded teams help to prevent disparity as best we can.

Possible representative involvement is another commitment to be considered along with school sporting activities and not all kids are up to the intensity or time commitment.

If your player has plans to play more than one winter sport this year it could prove to be a very tiring one. Please carefully consider how much sport your player is committed to. At the end of the day the objective is playing for enjoyment and a positive experience.

Club and Team Involvement

We encourage every parent to become as involved in the club as they can. CJRC is an active club with numerous events throughout the season in addition to training and weekly fixtures. For the club to operate smoothly, parental involvement at these events and on training/match days is essential. Without the invaluable support of volunteer parents CJRC simply would not exist.

We encourage every parent to assist where possible, no matter how minor the task. Many years of experience suggests that the more parents that volunteer their time and help out, the more social and vibrant community atmosphere we have.

In Juniors Rugby greater involvement is needed particularly for home games. As the U10s play first up, typically 9-10 am on a Sunday or 6-7pm on Friday evening, parents are required to help set up the ground.

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Families maybe rostered for help duties on a rotational basis by the age group manager and time slots are balanced with game times so everyone can see their child play. Roster duties are mandatory, not elective.

An **age group coordinator (AGC)** is appointed by the Club for the overall coordination of the age group including liaising with the Club Administrator, centralising communications and allocating rosters for home games.

Team managers are also needed. Their role is primarily on game day to look after the signing-on of players, keeping scores and submitting sign-on sheets. The manager will also support the coaches and normally liaise with the age group manager and parents with regards to players rotating between teams, game changes and help rosters.

All teams are required to provide a **qualified assistant referee (touch judge)** and a **ground marshal** at both home and away games. It is important to note that there was a recent change of rules with regards to touch judges whereby teams that provide a qualified touch judge will be awarded a bonus point at the end of each round from Round 5 onwards. We do not want our teams to miss the finals series and subsequently the chance to play for premiership honours by not achieving this requirement. The Club will cover associated costs with accreditations. Contact our Referees Coordinator, Phil Austine referees@chatswoodjuniorrugby.com.au about attending a course and getting qualified or check out the on-line courses when announced. Courses are run by NSW Rugby. **Refs are an essential part of good rugby!**

Other areas where you may be able to help are:

- Assisting coaches/managers team with training, first aid, refreshments and substitution at games;
- Helping with special events such as the club's parents Gala night;
- Organising your replacement if you are unable to fulfil a duty that has been allocated to you.
- The Age Group Coordinator and Team Managers will organise volunteers to perform the duties at the start of the season and/or as required during the course of the season.

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Coach and Referee Development

All Coaches are trained in, as a minimum, the Rugby Australia’s “Smart Rugby” to support player safety and “Coaching Kids Rugby” covering player management to U12 level. Many coaches also complete Australian Rugby Union Level 1 and Level 2 courses (highest level possible is Level 3). CJRC supports and pays for these qualifications.

The club also provides its own coach development and training programme targeted at the needs of each age group. We do this with an external, paid for professional coaching team. We want all participants to enjoy their rugby as much as possible.

Beyond the above, we would ask that any parent with rugby experience to contribute to training through the season, working with the appointed Coach. This would be a small commitment of one or more weeks and to echo the previous comments regarding volunteering, is what our club is all about. Please liaise with the AGC, team manager & coaches if you believe you can help out.

Similarly as noted the club is keen to develop and support referees. Parents and children over the age of 13 who are interested in becoming referees should contact our Referees Coordinator, Phil Austine referees@chatswoodjuniorrugby.com.au about attending a course and getting qualified. Courses are run by NSW Rugby. Refs are an essential part of good rugby!

Working with Children Check

The Working With Children Check (WWCC) is a requirement for anyone who works or volunteers in child-related work in NSW. Our Club insists and it has become a mandatory requirement that every Coach & Manager has a current WWCC in place They are valid for 5 years and are free if you're a volunteer. Simply register on-line at the link below and advise the club Secretary via secretary@chatswoodjuniorrugby.com.au of your WWCC number.
<https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>

Good Spectator Behaviour

Junior rugby can be very exciting, not just for the players, but for the spectators as well. Parents are reminded however that the game is played by children primarily for their own enjoyment. Regardless of the level of excitement or emotion generated during a game parents are expected to adhere to the behavioural guidelines as set out by CJRC and the NSW Rugby Union.

Behavioural guidelines are published on the CJRC website. Breaches of these guidelines are taken extremely seriously and may be reported by team coaches and managers to the club management or district organisers for disciplinary action. In certain circumstances this could involve suspension or expulsion from the club. Parents should also remember that their behaviour is also a reflection of our Club.

Some of the more important game day tips include:

- only ever shout encouragement;
- stand at least two metres back from the touchline and behind the ropes at all times (unless carrying out a team support role);
- never criticise the Referee; and
- comments/observations should only be brought to the attention of the relevant coach/manager offline at an appropriate time (i.e. out of range of players and other parents/spectators).

Parent Social Events

As a community club we encourage parents to enjoy their membership. Some of our social events for parents are:

- Introduction Night & Welcome function in March
- Team and age group dinners
- CJRC Gala night (Jun-July) a must-do event on the Chatswood social calendar. Frock up and get along to a fabulous night out!

Website & Facebook

We encourage you to make use of our website (www.chatswoodjuniorrugby.com.au) and Facebook (Like & follow us!) as primary points for information about the Club and its calendar. We are on Instagram too!

In addition you will receive important specific communication via emails or our mobile Team App throughout the season from the Club, Minis Coordinator, AGCs and Team Managers (including any updates concerning dates and times for Key Events throughout the year). Visit <https://cjrc.teamapp.com/> on your smart device to download the app.

Frequently Asked Questions

On our website you will also find a comprehensive set of FAQ's – Frequently Asked Questions. We hope you will find the answer to your queries but if not, please feel free to contact the Committee or AGC's.

A final word

Everyone involved in the club needs to remember that we are a family club drawn from across the North Shore from many schools, cultures and communities.

Much of our philosophy, in aiming to be **the best family club on the North Shore**, can be summarised in the sign below that you'll spot at home games.



See you on the field!

Your Committee

Chatswood Junior Rugby Club

The Best Family Club on the North Shore