

Welcome to Bury St Edmunds Rugby Club Minis

A Message from Hameed Alkersan, Mini's Chairman

Dear all, Welcome to Bury St Edmunds Rugby Club Minis.



At Bury St Edmunds RUFC we operate an inclusive policy providing rugby for all abilities with a strong emphasis on making the game as enjoyable as possible. It is a testament to this philosophy that the club continues to grow and prosper and the minis are an essential part of that growth. They provide the foundation for the future development of the club, a club that is already regarded as being one of the best in the region both on and off the pitch.

I believe that rugby is more than just a game. It teaches us all Valuable lessons in how to conduct ourselves on and off the pitch. This great sport promotes team work, respect and rewards us with lasting friendship. I'm looking forward to another enjoyable season.

Hameed Alkersan

The Minis season and playing the game

Minis Rugby is a fun and exciting game suitable for both boys and girls from age 6 to 12. We play Tag Rugby at U7 and U8 with the U9's to U12's playing contact. Rugby is a simple game and as long as you follow a few simple rules you will have fun, play safe and enjoy your time with us. Training sessions are held on Sunday mornings and start promptly at 10am (9.30am for the U12's) and last for 1 ½ to 2 hours. The timings remain the same for fixtures both home and away. All Players will be taught new skills and will be encouraged to reach their own potential. Players are expected to listen to the coaches and play as a team but any player misbehaving will be sent to the sin bin (parents too, should the need arise!). This way everyone will benefit from a well structured session. All players and parents are expected to behave positively, with respect and demonstrate good sportsmanship. We recommend that all players have the correct equipment including KITE MARK STUDS and gum shields for the age groups playing contact. To take part you must be registered with the club to qualify for the RFU Insurance cover. Registration is required two weeks from starting with the Club. When playing matches we prefer that all players wear the current Bury St Edmunds strip which is available from the club shop. After matches the club provides food for all the players.

RFU Continuum

We follow the RFU Continuum which outlines the rules of the game that we play at each age group. Details can be found at the link below.

<http://www.rfu.com/TheGame/Regulations/RugbyContinuum.aspx>



The Good Player Code

In Rugby Union, as a young player you should:-

Play because you want to, not to please parents or coaches. Remember that skill development, fun and enjoyment are the most important parts of the game. Be attentive at all training sessions. Work equally hard for yourself and the team and both will benefit. Recognise good play by ALL players on your team and that of the opposition. Be a sportsman – win or lose. Play to the laws of the game and accept without question all referees decisions. Control your emotions. Verbal or physical abuse of team mates, opponents or match Officials IS NOT ACCEPTABLE. Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of any player.

The Good Parent Code

In Rugby Union, Parents should:-

Remember that young people play rugby for their own enjoyment, not that of their parents. Encourage, do not force young people to play. Focus on a young players effort, not winning or losing. Be realistic about a young players ability. Provide positive feedback both in training and during matches. PLEASE REMEMBER THAT PERSISTANT NEGATIVE MESSAGES WILL ADVERSELY AFFECT THE PLAYERS AND REFEREES PERFORMANCE AND ATTITUDE. Support the Rugby Club in its effort to eradicate loud, coarse and abusive behaviour from the game. Remember that young people learn by example. Always show appreciation of good play by ALL Players, both for your own club and opponents. Respect an officials decision and encourage young players to do likewise. Parents are expected to stay with the players throughout the session and inform the coach if any child is feeling unwell or is injured.

First Aid

In the event of Injury our coaches are First Aid Trained and they are supported every Sunday by our resident RFU Qualified First Aiders.

