



BSN Rugby Club Handbook

2009/2010 Season

Club Objective

The objective of BSN Rugby Club is to provide young rugby players with access to organised rugby competition and training in a friendly environment that appeals to parents, friends and players alike as an enjoyable social and sporting experience.

Fees

We endeavour to make rugby accessible to everyone and our fee structure supports this.

Our fees for the 2009/2010 season will be **75** Euros per player
Player fees meet the cost of providing (for instance):

- Netherlands Bond affiliation fee
- Player & Club Official Insurance
- Medical equipment
- Training equipment
- Participation awards or trophies

See www.bsnrugby.nl/ for this information, and more

Organization

Club activities are coordinated through an Executive Committee and a Rugby Committee. The Executive Committee deals with all club management and administration matters. The Rugby Committee deals with all matters related to playing and coaching.

Each team will have a coach, a manager and possibly one or more assistant coaches/parent helpers. Your team manager is the link between the committee and the players and their families.

BSN Committee members 2009/2010:

Chair: Sean Griffin; **Secretary:** Philip Molnar; **Treasurer:** Caroline Crunden; **Coaching Coordinator:** Matt Roper; **Referring Coordinator/Bond Rep:** John Lane; **District West Rep:** Hans Michels; **Social Events Coordinator:** Vacant.

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Training & Match Days

Training

- **Tags** and **Turvens** train at BSN on Saturdays between 10:00 and 11:00 unless fixtures (**Turvens**) have been organised.
- Training for **Benji's** and **Mini's** is held each Tuesday evening during the school term at BSN between 18:30 and 20:00, and Saturdays when no games are arranged
- Training for **Cubs** and **Juniors** is held each Wednesday evening during the school term at BSN between 18:30 and 20:00 and Saturdays when no games are arranged
- The **Colts** side is currently a combination team with WRCH. Colts home fixtures are played on Sundays at the WHRC ground. (Berensteinlaan 50 2542 JA DEN HAAG)

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Personal Equipment

- All players are expected to wear the official BSN Rugby shirt when selected to play in their respective squads.
- Normal sports shorts will tear if worn when playing rugby - purpose-made rugby shorts are recommended for the younger age groups and compulsory from Mini's onwards.
- All players must wear a mouth-guard when playing and when in 'contact' training.

Purpose made rugby boots are recommended for all players. Boots with a moulded sole are acceptable at the younger age groups. (i.e. football boots) Most rugby boots have removable studs. The rules of the Netherlands Rugby Bond only allow aluminium studs to be worn from the Cubs age group onwards. Screw-in Nylon studs can be purchased from the BSN Rugby kit store

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If in doubt, contact the Coaching Coordinator or Head Coach of your squad for clarification

BSN Shirts, rugby shorts and mouth guards can all be bought from the BSN rugby kit shop. (As well as other BSN rugby gear!) The Kit shop is normally open when there are BSN teams playing at home, and occasionally on a Tuesday evening during training. The kit shop is located in the corridor behind Mikes Place.

Mikes Place

Mikes Place is normally open on match days at BSN for snacks and drinks during and for a short time after the last match of the day

Please remember – **NO RUGBY BOOTS ON THE SCHOOL PREMISES**

Visitors

Support from parents and friends on home match days is always welcome! If you come along, please introduce yourself to one of

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the team managers and consider offering to help with setting up the playing field.

(The time before and after games is valuable time for coaches to be with players).

After lending a hand – grab a coffee before the game in Mikes Place.

Conduct

The BSN Code of Conduct relates to all players, officials and parents. A copy is provided as part of this Handbook. In addition and complimentary to this, our club expects the following standards to be maintained:

- Foul play will not be tolerated. Coaches will deal with incidents that escape the attention of match officials in a manner that reinforces to players that foul play is not acceptable behaviour from a representative of BSN Rugby Club.
- Officials condoning or encouraging foul play will not be tolerated within the club.

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- The referee is never wrong. If his or her interpretation of a rule differs to 'our interpretation', players, parents and friends should ask the coach or manager to clarify the ruling with the referee at the next break in play.
- Winning and losing are not important. **How you win and how you lose are the important things.**
- All support must be positive.

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BSN RUGBY CODE OF CONDUCT

INTRODUCTION

This code is designed:

- *To maintain the element of **enjoyment** and **satisfaction** in BSN Rugby*
- *To make adults aware that young people play to satisfy themselves and not necessarily to satisfy adults or members of their own peer group*
- *To improve the physical fitness of our players by making it attractive, safe and enjoyable for all young people*
- *To constantly remind Administrators, Coaches, Referees, Parents, that Rugby must be administered, taught and provided, for the good of those young people who wish to play the game.*

It is their game!

See www.bsnrugby.nl/ for this information, and more

ADMINISTRATOR'S CODE

1. Ensure that equal opportunities for participation in Rugby are made available to all, irrespective of ability
2. Equipment and facilities must be appropriate to the maturity level of the young players
3. Rules and length of schedules should take into consideration the age and maturity level of the young players
4. Remember that play is done for its own sake. Do not emphasise the need for awards
5. Distribute the code of conduct to spectators, coaches, players, referees and parents
6. Ensure that parents, coaches, and players understand their authority and their responsibility for fair play in Rugby
7. Ensure adequate supervision is maintained at all games
8. Behave in a manner to set an example for all participants
9. Do not approach a referee/touch judge at any stage during or immediately after a game

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MANAGER'S CODE

1. Encourage parents to take an active interest in the Team
2. Encourage parents and supporters to talk to opposition spectators
3. Encourage supporters to praise good play by both teams
4. Discourage supporters from excessive barracking
5. Provide administrative assistance to the Coach including full knowledge of the Competition Rules and paperwork requirements
6. Be fully informed of Rugby requirements and matters affecting your team
7. Look after injured players while they are not able to take the field
8. Ensure that players are aware of representative trials and if selected, they are fully aware of their commitments and that they know of their selection
9. Insist on an appropriate standard of team behaviour both on and off the field
10. Set an example in terms of behaviour
11. Do not approach a referee/touch judge at any stage during or immediately after a game

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COACH'S CODE

1. Recognise the importance of enjoyment when delivering their coaching and that the best learning is achieved when players are fully engaged in active participation.
2. Adopt a 'player centred' approach to their coaching.
3. Be a positive role model in behaviour and actions – at training and on match days.
4. Encourage players to take responsibility for their own behaviour at all times but especially when in the rugby environment.
5. Clarify expectations for players, support staff, parents and spectators alike.
6. Keep winning and losing in perspective - encourage players to win with modesty and lose with dignity.
7. Respect referees, publicly support the decisions they make and ensure your players do the same.
8. Promote "Fair Play".
9. Insist players respect referees, opponents and team mates alike.
10. Provide positive verbal feedback in a constructive and encouraging manner to

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each of your players, both during and after coaching sessions and games.

11. Adapt coaching practise to match the players' ages and abilities, as well as their physical and mental development.
12. Ensure all players are coached in a safe environment, with adequate first aid available.
13. Avoid the 'overplaying' of players.
14. Advise players not to train or play when injured.
15. Praise effort, determination and commitment - as well as good performances.
16. Recognise that players shouldn't be exposed to extremes of heat, cold, or unacceptable risk of injury.
17. Be transparent, trustworthy and fair.
18. Be appropriately qualified and, through appropriate continuous development, demonstrate a current knowledge of coaching practice, playing skills and Laws of the game.
19. Strictly maintain a clear boundary between friendship and intimacy with players and not conduct inappropriate relationships with players.
20. Comply with all Regulations of the Dutch Rugby Bond (NRB).

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21. Abide by the policies and procedures of the IRB including "Safeguarding and Welfare of Young People and Vulnerable Adults."
22. Seek further guidance for age specific law and competition variations (Turvs, Benjis, Minis, Cubs etc.)
23. Make it their responsibility and take action to continue developing coaching skills and knowledge of the game.

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PLAYER'S CODE

1. Play for the 'enjoyment', not just to please your parents or coach
2. Play the laws of the game of Rugby
3. Never argue with the referee's decisions. Let your captain ask any necessary questions
4. Control your temper - no 'mouthing off'
5. Work equally hard for yourself and your team - your team's performance will benefit and so will your own
6. Be a good sport. Applaud all good play, whether by your team or by your opponent
7. Treat all players, as you yourself would like to be treated. Don't interfere with, bully or take unfair advantage of any player
8. Remember that the goals of the game are to have fun, improve your skills and feel good. Don't be a show off or always try to get the most points
9. Co-operate with your coach, manager, team mates, referee and opponents, for without them you don't have a game
10. Do not approach a referee/touch judge at any stage during or immediately after a game

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PARENT'S CODE

1. Do not force an unwilling youngster to participate in Rugby
2. Remember, young people are involved in Rugby for their enjoyment, not yours
3. Encourage your child to always play by the laws
4. Teach young people that honest effort is as important as victory so the result of each game is accepted without undue disappointment
5. Turn defeat into victory by helping young people work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a game
6. Remember that young people learn best by example. Applaud good play by your team and by members of the opposing team
7. Do not publicly question the referee's judgement and never his/her honesty
8. Support all efforts to remove verbal and physical abuse from Junior Rugby
9. Recognise the value and importance of volunteer coaches, managers and referees. They give of their time and

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resources to provide recreational activities for your children

10. Do not approach a referee/touch judge at any stage during or immediately after a game

SPECTATOR'S CODE

1. Remember that young people play organised sports for their own fun. They are not there to entertain you and they are not miniature Internationals
2. Be on your best behaviour. Don't use offensive language, or harass players, coaches, referees or other spectators
3. Applaud good play by your own team and the opposition team
4. Show respect for your team's opponents. Without them there would be no games
5. Never ridicule or scold a player for making a mistake during the game
6. Condemn the use of violence in all forms
7. Respect the referee's decisions
8. Encourage players to play according to the laws
9. Do not approach a referee/touch judge at any stage during or immediately after a game

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