



VIRGINIA RUGBY FOOTBALL CLUB



ESTABLISHMENT

1961 (The Oldest Club South of the Mason-Dixon Line)

OFFICIAL WEBSITE

www.virginiarugby.org

CLUB COLORS

Orange & Blue

DUES

Returning Players: \$80.00

New Players: \$45.00

Dues are applied to USA Rugby fees, Mid-Atlantic Rugby Football Union fees, Virginia Rugby Union fees, referee fees, team events, balls, field rental, and maintenance and equipment. Dues do not cover all of these expenses and all players are expected to attend fundraisers.

CIPP

All players must be CIPP registered with USA Rugby to be able to take the field and play. To register, go to membership.usarugby.org and register under Virginia Rugby Football Club.

KIT

Navy Rugby Shorts

Blue/Orange Socks

Mouthguard/Gumshield

Cleats (Rugby or Soccer – no front cleat)

Jersey (provided by VRFC)

PRACTICE

Practices are held on Tuesday and Thursday evenings at the Charlottesville VFW from 6:30 PM until dark. Be kitted up and ready to go by 6:30. If you cannot make a practice, try to let one of the coaches or officers know ahead of time.

GAME DAYS

Match time is at 1:00 PM on Saturdays. Be kitted up and ready to go at 11:45 AM (unless another time has been announced during the week). We will have a sign up sheet at practice on Tuesday for everyone who will be at the match and able to play.

HOME MATCHES

Four or five people will need to get to the field prior to pre-game to set up the field. It usually takes one to one and a half hours to get the field ready. Those who set up the field are exempt from post-game breakdown, which includes field breakdown and trash clean up. Every player must participate in either setup or breakdown.

AWAY MATCHES

Directions will be emailed to the club list the week of the match with hard copies available at the meeting place on Saturday morning. The meeting place is usually the Starbucks at Pantops but will always be announced after Thursday's practice.

JERSEYS

The jerseys will be supplied by the club but must be washed after every match. Starting with rookies, each person on the club will be assigned to wash the jerseys.

AFTER-PARTY

We encourage everyone to attend the drink-ups but it is understood that on occasion players have obligations that inhibit their participation. At the drink-ups, try to wear team merchandise as much as possible to help with recruiting and club representation. Remember, WE EAT LAST! There is enough food to go around, so make sure everyone else has had a chance to get food before we dive in.

PLAYER SELECTION COMMITTEE (from VRFC Constitution)

- 1) Shall consist of at least 5 members and must include, but is not limited to: Head Coach, Assistant Coach(es), Field Captain, Vice Captain, and a randomly selected Active Member.
- 2) In the event of multiple teams (i.e. a second or third side), the selection committee will be expanded to include Field Captain(s) of said teams, and any assigned Coaches to said teams.
- 3) In the event of a split decision, the Head Coach has the deciding vote.
- 4) Shall be responsible for making team selections by the Thursday practice prior to each game.
- 5) Shall take into account when making the game line-ups such factors as a player's attendance, participation, skill, talent, fitness and contribution to the team.
- 6) Selections can only be made from those deemed eligible to play.
- 7) Eligibility is based on the following criteria:
 - a) Dues must be paid as provided above.
 - b) Must have attended three out of the last four training sessions prior to the match or have an excuse that is approved by the Executive Committee.
 - c) No player may take the field with the first side without having fulfilled these two tasks.
 - d) Players who have completed one of these tasks are eligible for play on the second side.
 - e) Any player who has completed one of these tasks must be played before a player who has not completed any of these tasks.

THE VRFC ANNUAL GENERAL MEETING

Attendance is required at the VRFC Annual General Meeting (AGM). This meeting is always held the first Tuesday after the last match of the Fall Season. The purpose of the meeting is to elect club officers, report on club finances and discuss any additional club business.

FUNDRAISERS

Please make an effort to attend as many fundraiser events as possible.

**THIS IS YOUR CLUB. BE INVOLVED. PLAY AND ENJOY THE GAME.
MAKE EVERY EFFORT TO HELP THE CLUB AND GAME GROW IN
OUR COMMUNITY.**