

# SIDCUP RUGBY FOOTBALL CLUB

## YOUTH RUGBY POLICY

It is our aim at Sidcup RFC that all boys and girls, whatever their age, social, religious or ethnic background, who come to rugby sessions enjoy themselves and develop their individual, unit and team skills through progressive, purposeful, enjoyable and safe activities, with the objective to learn, understand and play the game of Rugby Football to achieve their full potential.

The aim is to teach and develop each boy's or girl's basic skills by:

Introducing the game in a safe and friendly environment

Developing the skills of the children, young people progressively according to their ability, using appropriate coaching methods.

Introducing the Laws of the Game.

Encourage a good standard of behaviour on and off the field

Encouraging fair play and good sportsmanship.

Avoiding overplaying of players by using a squad system.

Ensuring development comes first, winning second.

Ensuring all equipment and facilities are safe and appropriate.

Never coaching law violations.

Never overtly criticising players – their confidence is paramount

### Under 7 to Under 12

All players no matter their age or ability want to participate in some form of competitive game. To cater for this the shape of the game for each successive age group must take into account the ability, attitude and maturity level of the players so that all can participate purposefully. This will take the form of Small Sided Team games. A non-contact form of rugby; Tag Rugby (at U7 & U8) and then as children progress and develop their skills they can go on to play Mini Rugby (9 a-side or less at U9 and U10). Midi Rugby (12 a-side or less at U11 and 13 a-side or less at U12).

There are no leagues in Tag or Mini/Midi Rugby.

A number of fixtures and festivals will be arranged against other clubs by age group, however, there must be a balance between games and practice/teaching sessions. These games are in the main Tag, Mini or Midi rugby, however, all games whether they be within the club training sessions or fixtures/festivals against other clubs will be played under the rules of the RFU Rugby Continuum. All practice/teaching/training sessions will only be structured as outlined in the rules of the RFU Continuum.

Whatever the game the players development and their enjoyment in taking part is the paramount objective, **winning is a bonus.**

### Under 13 to Under 18

At U13 to U18 boys and girls train and compete separately and play the 15 a-side game. Again, the objective is to develop the playing ability of all players through individual skills, unit skills and team play along with an understanding and knowledge of the laws of the game and its traditional values. Matches at all age groups are played against other clubs, however, all games whether they be within the club training sessions or fixtures/festivals against other clubs will be played under the Laws of the Game of Rugby Union, Under 19 Variations. There will, however, always be a balance between games and training/practice sessions.

There are no leagues in Junior Rugby U13-U16.

Colts, U17-U18 do play in County Leagues as well as friendly matches.

All practice/teaching/training sessions will only be structured as outlined in the IRB Laws of the Game of Rugby Union Under 19 Variations.

Every player at whatever age level will be treated equally and be given the opportunity to play in competitive matches. However, there may be times when the ability of the individual player and/or the strength of the opposition has to be taken into account when selecting the side. Whatever the game the players' development and their enjoyment in taking part is the paramount objective, **winning is a bonus.**

**The safety and welfare of players MUST always be the foremost consideration.**

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