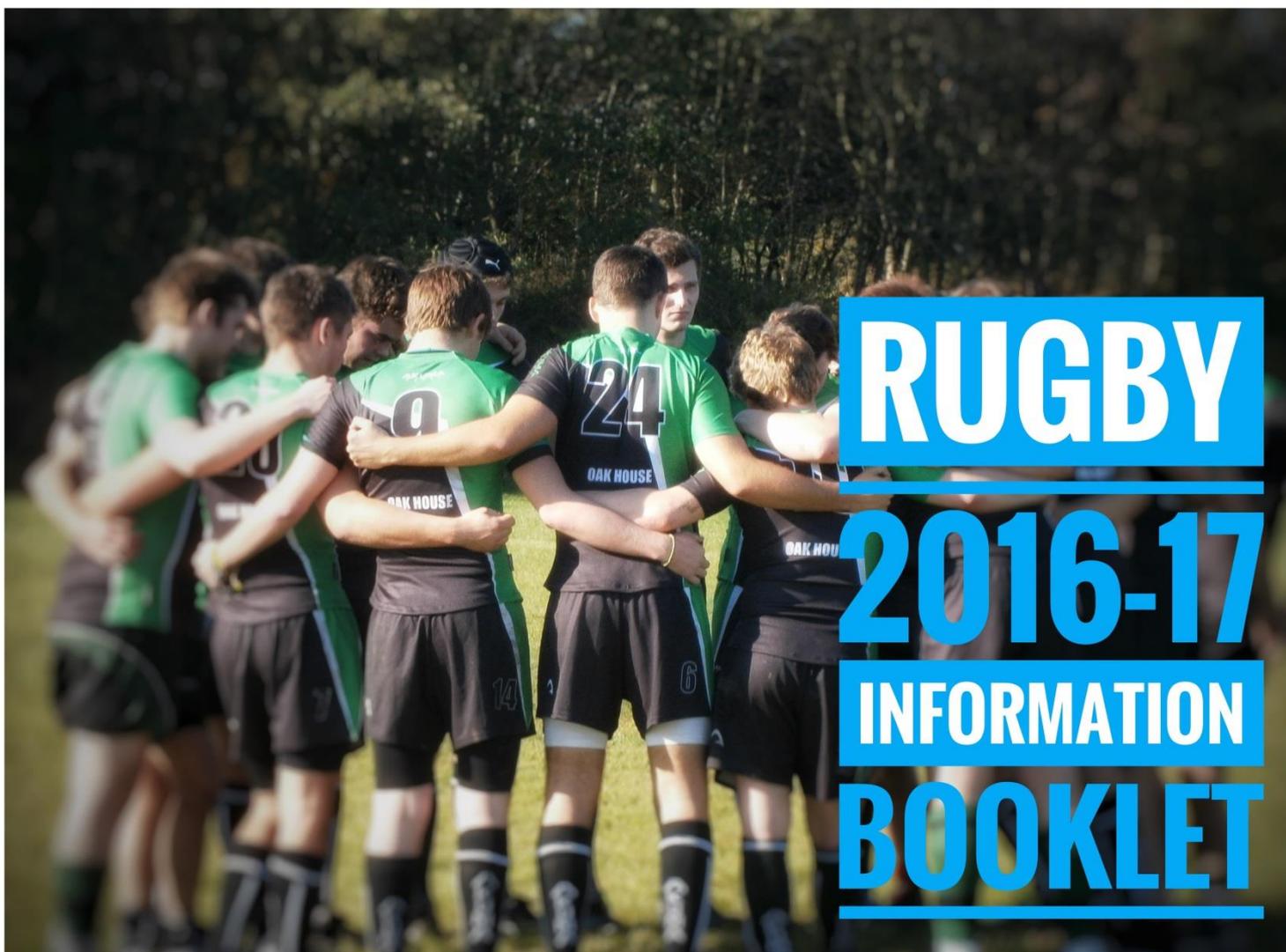


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SPORT
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CAMPUS
SPORT



RUGBY

2016-17

INFORMATION

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The logo for Campus Sport, featuring the words "CAMPUS" and "SPORT" stacked vertically in a white, sans-serif font, centered within a solid blue square.

CAMPUS
SPORT

Welcome...



The University of Manchester Campus Sport Rugby Union League 2016-17

Hello and welcome to this year's Campus Sport Programme. Campus Sport activities are focused on providing an easy way for our staff and students to take part in sport at a level that suits you. Our very popular leagues provide an opportunity to be part of a team playing regular fixtures in a range of sports. We also have Our FREE participation programmes; Hall Sport includes many fitness based activities including supported training for users of the residential gyms. This offer is exclusively for students living in Halls. To register for over 30 hours of free sport please visit our website <http://www.sport.manchester.ac.uk/sport/hall/>

Our other new FREE programme called SPORTICIPATE and offers drop in sessions in a range of sports and activities. We are also planning some large scale SPORTICIPATE events and Learn To beginner sessions throughout the year. To register please visit the website. <http://www.sport.manchester.ac.uk/sport/sporticipate/>

The SPORT Office staff are on hand if you have any questions about sport, health and fitness opportunities at the University and there is a wealth of information available online also at www.manchester.ac.uk/sport so there are no excuses for not getting involved!

Last year's season saw Oak House clinch the league title. As ever we have support from the RFU's regional student liaison officers who are planning some additional activities for players and referees. We will also be able to play on a brand new 4G pitch at Armitage after Christmas.

I hope you enjoy taking part in Campus Rugby this year and look forward to seeing you around in the near future. Please feel free to use the details in the back of this handbook to contact me by phone or email or drop into the SPORT Office.

Best of luck with your season,

Andy Ellison
Sport Development Officer (Campus Sport)



SPORT:Manchester – Purple and Proud!

Campus Sport Forums

All Campus Sport leagues will have a sport forum where all team captains will have the opportunity to provide feedback to SPORT. Captains are expected to attend these meetings or send a representative.

There will be additional Campus League forums to gather feedback from representatives from all of the Campus Leagues at the end of each term. There will be at least 2 sport forums per league per year.

Sport Forum 1

This forum will take place before the league commences.

The aim of this forum is to:

- Meet the other captains
- Meet the league coordinator
- Have an introduction to the league
- Go over rules, fixtures and captain contact details
- Ask any questions.

Sport Forum 2

This period will take place towards the end of the league and will be an online evaluation that all players will have the opportunity to complete. The aim of this process is to evaluate:

- Equipment
- Refereeing
- Fixtures
- Results
- Facility access
- Communication
- Website
- Changes required for the next academic year

General Information and Rules

All fixtures will be played at Burnage Rugby Club, which is situated on the outskirts of Stockport. Teams must observe the rules and codes in place at the club at all times; any breach of this will be treated as a breach of University rules and dealt with accordingly.

Each team has a set of fixtures that will ensure they play all of the teams in their pool once. If time allows to end the league, there will be an end of season tournament.

The winners of each pool will be the team finishing top of that pool. These teams and the tournament winners will be presented with their awards at the end of season awards evening.

Travel

Travel arrangements have been made for semester 1, coaches will take players from Armitage car park to Burnage. The coaches will leave Armitage at 5.30pm, and will bring players back to Armitage after the game at around 8.30pm.

Registration and Insurance

All players have to be registered (£1 per player) to be covered under the RFU insurance policy, this charge is included in the team registration fee; you will be provided with a team registration form. You must register a minimum of 12 players – none of which may be registered with another team in your division. Any player you wish to add to your squad after the initial submission of the player registration form will be charge £2 per player. Registration forms must be filled in.

Ringers

A maximum of 3 ringers can play for each team. A ringer is defined as a person who plays for the UoM Athletic Union 1st, 2nd or 3rd team – ringers are permitted only at the discretion of the league coordinator and must be registered and this arrangement must be agreed with your opposition **in advance** of a match day.

Officials

The match referees will be arranged by the league coordinator. Prior to kick-off, teams must give their **£10 match fee** to the league coordinator or referee – this fee will cover the referee cost and games will not kick-off until the referee has been paid.

Teams must hand in a team-sheet (simply, a list of your players) to the league coordinator/referee a minimum of 15 minutes prior to kick-off. Games will not kick-off until this has been completed satisfactorily.

Times

All matches will be played on Sundays. Kick-off for games will be 1pm and 2pm. You will arrive at the ground with at least an hour to change and warm up.

A game will consist of two halves of 25 minutes with a four minute break for half time.

Injury time

As games must be completed within the 60 minute slot, injury time for any serious injuries will be limited – all games will be stopped at the 60 minute point regardless of the time on the clock. If games start on time, there should be 5 minutes available for injury time stoppages, where necessary.

Equipment

No personal equipment (gum shields, boots, studs etc...) will be provided. Match balls will be provided but please bring at least one for your team to warm up and as a backup if the match ball gets lost or punctured.

The post protectors and corner flags are the property of Burnage RUFC and must be returned in good condition to the club house as per their instructions.

Team kit, boots and gum shields are the responsibility of the individual teams and players and the referee may decide to prevent a player(s) participating if he feels they are not suitably attired.

Cancelling Matches

If a team cancels a match, the walkover score (a win by a minimum of 35-0) will be awarded to the opponents. Teams who cancel matches will be charged the full referee fee if the cancellation notice is less than 24 hours before kick-off and may be fined the pitch hire for the hour (£50). **If a team cancels they risk being expelled from the league.** With adequate notice, arrangements can be made to allow the game to go ahead with reduced numbers.

Failure to show

If the opposition fails to show for a fixture, then you may use that pitch time to practice and the walkover score will apply. If a team is more than ten minutes late on to the field after the kick-off time, then the game will be void and a walkover score awarded to the team that was prepared on time.

Posting results

The referee will take down the score on a league score card and hand the score card in to the league coordinator. Both captains must check this has been done to their satisfaction. Points will be awarded as below:

- 3 points for a win
- 1 points for a draw
- 0 points for loss
- 1 for late arrival/no show

Kit

Teams are expected to adopt a 'team kit' or same-coloured shirt so that they are identifiable to the referee.

The league requests that teams endeavour to wear a team kit with player numbers clearly displayed.

Inclement weather

In the event that rain, snow, ice, high wind, etc prevent play, fixtures will be rearranged for an available Sunday during term time – break weeks have been included in the fixtures for such occurrences, please be prepared to play on these dates if required.

Fixtures are not usually called off by the grounds until the Sunday morning, at which point the league coordinator will inform you of any cancellations.

End of season

The year finishes with an end-of-season awards evening, which all players, managers, coaches, captains, officials and supporters are welcome to attend. This will be a black-tie event at formal venue.



The captain's responsibilities:

As a captain/manager, you are responsible for ensuring your team has all of the information necessary to take part in the league.

Prior to games

- Make sure all of your players are registered – to do so they must be listed on your team's player registration form.
- Make sure your players all know where they are going for a game, especially those who have not played before. This season, as last season, transport for all fixtures is provided in the form of a free bus from the Armitage centre lower car park. Departing at 11:30am for 1pm KO and 12:30pm for 2pm KO.
- Make sure your players have a copy of the fixtures and have contact details for each other so that, in the event of a problem, they are able to contact someone. Phone numbers make it much easier to get those stubborn players out of bed, this is a challenge you **WILL** face on weekly basis. To that end, do your best to get as many players to agree to the game as possible, people **WILL** drop out on the day, so having spare players is more than useful!
- Read any information provided on the league website, by email from the Sport Development Office or the league coordinators and on each game day itself to keep yourself and your team informed.
- If you have any problems leading up to the fixture, please get in touch with the league coordinator as soon as possible. They will very often be able to help with issues such as equipment or lack of players, and the game can go ahead.

At a game

- Notify the league coordinator/referee when your team has arrived and hand in your match fee.
- On a sheet of paper, write down your full match squad and hand this to the league coordinator/referee at least 15 minutes prior to kick-off.
- If you are playing the first game on your pitch that afternoon, please collect a set of post protectors and flags for one end of the pitch and assemble these prior to kick-off. The grounds will ensure these will be located in the same storage place each week for our use.
- You will arrive at the ground over an hour before KO. This should be plenty time for team talks and warm ups, we do not expect delays to KO for teams not being ready.
- Together with the opposition captain, make yourself known to the referee before the game and notify the referee which colour your team is playing in (notify kit colour at the start of the season if possible, and then of any changes to the league coordinator).
- Ensure all your players understand what they can/cannot do in relation to the referee and what is meant by unwelcome conduct. We all want our players to be enthusiastic but this needs to remain disciplined also, for the benefit of your game and the league as a whole. Make sure all of your players are well aware of the laws of the game and the code of conduct.
- Ensure your vice-captain (appoint one if you haven't got one,) is aware of the laws, in case you are unavailable for a game or have to leave the pitch.

After a game

- Along with the referee and opposition captain, make sure the score has been filled in on a score card and handed to the league coordinator.
- **If you are the last game to be played on your pitch that afternoon, please ensure all flags and post protectors are returned to the club's storage area tidily.**
- Please ensure your team uses the bins provided or removes any rubbish and leaves the changing room tidy.
- The bus that dropped you off will return and take you back to the Armitage centre lower car park (we try to aim for no longer than half an hour after each round of games finishes for departure).

The league has a website which includes a league table for each campus league so you can check your progress throughout the year. Check this each time you play to make sure your score has been recorded correctly and notify the league coordinator of any corrections.

Conduct

The league expects all individuals and teams involved in sport to participate showing sportsmanship, respect, consideration and appreciation towards their opponents, teammates, officials and University staff at all times.

Under no circumstances should you react in a violent manner nor use any form of foul and abusive language, whether it is directed at a member of staff, match official, opponent, playing colleague, team official or spectator.

Individuals signing the player registration form are agreeing to abide by this code of conduct and will accept that any deviation from these rules will result in disciplinary action being taken by The University of Manchester. Please ensure you behave in a professional and responsible manner at all times.

Rules of Play

The Campus Sport league will be played according to RFU rules and laws. For a more comprehensive look at the rules please visit www.rfu.com.

For a more basic summary we recommend you visit the guide on www.thisis-rugby.com.

Rugby is a safe game if played properly. Those without correct kit will not be permitted to play; this comprises:

- Gum shield
- Boots (with approved studs)
- IRB approved shoulder pads (optional)
- IRB approved shin guards (optional)

Persons under the influence of alcohol or other intoxicating substances are not permitted to participate in sport activities at the University nor are these substances permitted on University Sports Grounds. Such action is a breach of Health & Safety policy and of the SPORT insurance policy terms and as such will result in disciplinary action by The University of Manchester.

Refereeing

The match referee's decision on any issue arising immediately before, during or immediately after the game is *always final*. We ask that players respect the match referee and raise any issues with the Referees Coordinator or Sport Development Officer for Campus Sport after the game. All referees appointed will be fully qualified and of the appropriate experience and standard. If you think you know better, why not sign up for one of our refereeing courses and prove it!

Coaching Development and Volunteering Opportunities.

For further information about how to get involved with coaching, refereeing or volunteering within rugby union, please contact:

Chris Waggott (refereeing)

campusrugbyA@manchester.ac.uk

Jack Reynolds (coaching)

J_reyno123@hotmail.co.uk

Chris Lowden (RFU)

chrislowden@rfu.com

Referee and coaches courses will be put on during the seasons, the first of each is listed in the calendar section. You will be informed of any further courses. The courses will come at a small fee but volunteers will be rewarded for their work. There will be opportunity for stash and cash! Referees get £20 for each campus league game they referee and membership of the Manchester Student Referees Society. The society helps develop and advance talent, as well as giving access the games outside of the campus league and the university.

Assitant Sport Development Officer

Ellen Stephenson

sportsvolunteer@manchester.ac.uk

0161 27 56988



Campus Sport Rugby Union League 2016-17

Score Cards

The first name on the fixture list will be the home team.

Pool	A / B <i>(please circle)</i>		Date:		Time:	
Home Team				v.	Away Team:	
Scores	Home:		Away:		<i>Please use this space for any notes you wish to add about the game:</i>	
Winning team						
Home captain (please print)	<i>Name:</i>			<i>Team:</i>		
Away captain (please print)	<i>Name:</i>			<i>Team:</i>		
Player of the Match	<i>Name:</i>			<i>Team:</i>		

Please ensure you hand the completed scorecard in to the league coordinator.

In the event of a walkover please indicate on the scorecard the team that failed to show; please do not include the 35-0 scoreline, this will be added automatically.

Rugby Union Calendar 2016-17

Date	Time	Activity	Venue
25/09/16 & 16/10/16	9-5pm	Level 1 Referee course	Liverpool or Birmingham
30/09/2016	4-6pm	Initial Captains Meeting	Armitage Pavilion
09/10/16-11/12/16	6pm – 8pm (5pm pick up)	League fixtures	Burnage RFC (Bus from Armitage)
16/12/16 – 29/01/17	N/A	Christmas Break and Exams	N/A
05/02/16 – 26/03/16	tbc	League fixtures	Armitage new 4G
31/03/16-23/04/16	N/A	Easter Break	N/A
w/c 08/05/17	7.30pm	Awards evening	tbc
18/05/17 -07/06/17	N/A	Exams again	N/A



Useful Contacts 2016-17

Campus Sport			
Name	Position	Telephone	E mail
Andy Ellison	Sport Development Officer, Campus Sport	0161 27 55991	campus.sport@manchester.ac.uk
Chris Waggott	Rugby Union league coordinator	07913 362773	campusrugbyA@manchester.ac.uk
Chris Lowden	University Rugby development Officer	07809511739	chrislowden@rfu.com
Facebook Group: The University of Manchester Campus Rugby Union (available through Sportpad)			

SPORT Office (office hours 9.30am-4.30pm Mon-Fri)			
Name	Position	Telephone	E mail
Reception		0161 27 54962	
Gail Heathcote-Milner	Sport Development Officer, Health and Fitness	0161 27 55985	health.fitness@manchester.ac.uk
Ellen Stephenson	Sport Development Officer, Volunteers and Club Development	0161 27 56988	sportsvolunteer@manchester.ac.uk

The SPORT Office is situated on campus in William Kay House (top floor), opposite the Students' Union. If you have any problems with access to the office please phone for advice.



Sports Injury Clinic at Armitage Sports Centre

Discounted physiotherapy for students and staff of The University of Manchester:

- Sports-related injuries
- Work-related disorders
- CSP & HPC registered

For appointments contact 07500 848796
www.physiotherapy-clinic.net

[Advertisement]

Connect Physical Health Centre

at Manchester Aquatics Centre

Physiotherapy, Sports Injury Clinics, Back and Neck Clinic, Massage, Acupuncture

For appointments contact (0161) 4346664
25% discount for students

[Advertisement]

Accidents happen!

Make sure they don't happen to you...

The safety and welfare of all players and officials is of the utmost importance and participants are strongly encouraged to take all reasonable precautions to ensure their safety on the field of play. Players should be correctly attired for activities so that risk of injury to themselves and others is kept to a minimum. Gum guards, head protection, shin guards, etc., should be worn where required by the safety standards set by a sport's National Governing Body.

All registered participants in Campus Sport are covered under the Campus Sport insurance policy (*provided by a University policy, please ask if you require further details*). SPORT recommends all participants in sport and fitness activities at the University purchase additional personal insurance cover in the event of any accidental injury or illness as a result of activities undertaken.

You might not look pretty but you will be safe!

