



High School Girl's Rugby 2011 Parent Handout



History

Variations of football games have been played for centuries. Association Football (a.k.a. Soccer) was played for decades prior to the first official rules being codified in 1863. In the "pre-rules" period, the Home Team dictated which specific rules would be used in each match. The Rugby School in England was particularly bad at playing Soccer and decided to allow carrying of the ball. "Football according to Rugby's Rules" eventually became Rugby Football.

In the U.S., Rugby Football evolved into American Football with several major rule changes instituted by Walter Camp, considered the "Father of American Football". Among these important changes were the introductions of the line of scrimmage and of down-and-distance rules.

In short, Soccer became Rugby and Rugby then became American Football. Players and spectators will note many similarities between the three sports.

Variations

Like Football, Rugby can be played in a variety of forms. The Palatine Rugby Club runs Rookie Rugby classes for the Palatine & Salt Creek Park Districts using Touch & Flag versions of the sport. These non-contact co-ed classes are designed for young players.

Most adult clubs play 15-a-side tackle Rugby known formally as Rugby Union. Our Middle School and Boy's High School teams play this version of the sport each Spring.

Rugby Sevens (a.k.a. 7-a-side rugby) is played by adult teams in the Summer and will be part of the 2016 Olympics in Rio De Janeiro, Brazil. Our Boy's High School team plays this version of the sport in the Summer.

The New Girl's High School team will begin by playing Rugby Sevens in July & August. We will then transition into 15-a-side tackle Rugby (Rugby Union) for the Fall Season. **Our girls team will only play against other girls teams.**



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Organization

The [Palatine Rugby Club](#) is a member of the [Illinois Youth Rugby Association](#) (iYRA). iYRA is a member of [USA Rugby](#) which was founded in 1975 and is an official member of the [United States Olympic Committee](#) (USOC) and the [International Rugby Board](#) (IRB).

Our Boy's High School Rugby Team has played in the iYRA High School Tier 2 Division since 2008. Our Middle School Rugby Team has competed since 2009 in the iYRA Middle School Division. Our Girl's High School Rugby Team will play in the iYRA Girl's High School Division.

iYRA Girl's High School Division

These clubs play in the iYRA Girl's High School Division each spring: Lincoln Way Pirates, Noble Street, Plainfield, Quad Cities Rugby, Rockford Ravens, St. Charles Predator Girls Rugby, and Waubonsie Valley.

We have an agreement with the Rockford Ravens to play against us for Summer 7's.

This Fall, we expect these clubs to compete against us: Naperville, Rockford Ravens, St. Charles Predator Girls Rugby and the Sycamore Spartans Girls Rugby Club.

Safety

The Palatine Rugby Club has an agreement with [Accelerated Rehabilitation Centers](#) to have a certified athletic trainer at each home match. iYRA rules require a trainer at each youth rugby match.

Our coaches will train playing the sport safely throughout all practices & matches.

All players must wear a mouth guard during practices and matches.

The club owns a set of headgear that all High School players may wear. These scrum caps (aka "hats") are designed for "tight five" players to keep their ears protected in scrums. They are minimally padded and some players like to wear them even if they are not playing in the "tight five."



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Dues, Uniforms, Equipment, Paperwork & Other Stuff

We understand that many players may be hesitant to commit fully to a sport new to them. We encourage players to "Try it and see if they like it." However, we are required to register players with USA Rugby and iYRA before we allow them to participate in contact drills. For this reason, we have split our dues into three parts:

- \$ 50.00 covers USA Rugby registration (CIPP), iYRA Registration and field rental.
Payable prior to practicing
- \$ 25.00 team shorts & socks - players may reuse this kit in future seasons
Payable prior to playing in the first match
- \$ 50.00 covers referee fees, post-match meals and an athletic trainer at each match
Payable prior to playing in the first match

Dues are per player. Please make the check payable to **Palatine Rugby Football Club**. It is O.K. to pay for multiple items with one check.

The club owns full sets of match jerseys & safety headgear. Players do not need to purchase these items.

ALL players MUST:

- **Have health insurance.** Rugby is a contact sport.
- Submit signed & completed USA Rugby waiver & Informed Consent Form
- Submit a completed Emergency Contact Form
- **Wear a mouth guard** during practices & matches
- Have a pair of **cleats** for practices & matches – Soccer cleats are fine
Front toe studs are forbidden; Baseball & Golf cleats cannot be used
- Have **Rugby shorts** for matches (these are highly recommended for practices as well).



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Season

Adult clubs play Rugby Sevens in the Summer & Rugby Union in both the Spring and the Fall.

Youth Rugby is primarily played in the Spring with the iYRA State Championship Tournament held each Memorial Day.

In 2011, our Girl's High School team will compete in the Summer (Rugby Sevens) & in a new Fall League (Rugby Union). **Players may choose to play in either or both seasons**, dues cover both seasons.

Practice

We practice at [Paul Douglas Forest Preserve, Field #3](#) (1280 W Central Rd, Hoffman Estates, IL 60192). The entrance is marked "Grassy Ridge Meadows." This field is located just Southwest of Harper College. Central Rd is North of I-90 and runs parallel to it (similar to a frontage road).

Directions:

- 1) Take any of these roads South Past Algonquin (IL Rt. 62) Rd.:
Barrington Rd., Huntington Blvd, Ela Rd., Roselle Rd.
 - a. From Barrington Rd. or Huntington (changes name to Freeman)
– turn left (East) on Central Rd.
Go 1.3 miles from Barrington or 20 ft. from Huntington/Freeman.
 - b. From Roselle or Ela - turn right (West) on Central Rd.
Go 2.2 miles from Roselle or 1.5 miles from Ela.
- 2) The entrance to the fields will be marked "Grassy Ridge Meadows."

Beginning July 6, 2011 we will practice on Wed & Fri from 6 pm to 7:30 pm though the summer. We will adjust the practice schedule at the start of the school year. We anticipate practices on Tue & Thu during the school year.

Matches

We will play one match each week over 5 weeks beginning in mid Sept. We will use a Festival Format where all the clubs in the division play at one venue. This format allows clubs to Reduce to Equate and/or Lend Players in order to maximize playing opportunities. **In Rugby, the sport is more important than individual clubs/players.**