

Chatswood Junior Rugby Club



Introduction to Juniors & Under 10s

3rd Edition – Season 2020

Introduction to U10s & Juniors (U10-U16)



Welcome to the Chatswood Junior Rugby Club (CJRC)

The purpose of this introduction is to outline some of the changes to be aware of moving into the Juniors Rugby competition. Practically, these changes can vary from year to year and are currently being finalised now for the season ahead. However to help you plan, prepare for and to assist families (especially those new to the club) with information about the season ahead we have outlined some general information that we hope will help you enjoy your involvement with CJRC Juniors and in particular the first year, U10s.

About the Chatswood Junior Rugby Union Club

Chatswood Junior Rugby Club (CJRC) was born in 1948 from the senior Chatswood Rugby Club, itself established in 1912. The club's mission is to provide all children with the opportunity to learn and play the game of Rugby in an environment that is friendly, safe, fun and fair; and to provide players' families with the opportunity to be involved in a progressive club through the game of Rugby.

CJRC is part of the Gordon Village of Rugby Clubs on the North Shore of Sydney, Australia. Other clubs in the area include Lindfield, Lane Cove, Roseville, Wahroonga, Hornsby, Killara-West Pymble and St Ives.

The Club is based at Beauchamp Oval, Nicholson Street, Chatswood where we have access to a full playing field, a clubhouse and canteen.

Modified versions of rugby have been created in Australia for safety and to enhance enjoyment and player development. Through non-contact forms of the game, children as young as five can greatly enjoy rugby at Chatswood. The game formats available at Chatswood are:

- "Minis" age groups –
 - U5 (<5 yrs): skills, games and fun
 - U6 & U7 (5-6 yrs): 7-a-side tag
 - U8 (7 yrs): 7-a-side tackle
 - U9 (8 yrs): 10-a-side tackle
- "Juniors" age groups
 - U10, U11, U12 (9-11 yrs): 12-a-side tackle, reduce field
 - U13+ (12+yrs): 15-a-side tackle, full field junior rugby

Key Dates for your diary (2020 dates; subject to change)

- 14 & 23 Feb - Try Rugby days, Club weigh in for Size for Age plus more
- 3 & 4 March - pre-season training @ Beauchamp
- 11 & 18 March - Gear Hand out @ Beauchamp
- 13 or Late March - Season launch & Welcome to CJRC - TBC
- 15, 22 Junior trials - TBC

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- GJRU Rep trial dates – 15, 22, 28 Mar (Juniors only)
- 25 March Coach the Coaches session 1 - TBC
- 29 March SJRU Round 1 - age Grading (Juniors only)
- 4 April Minis Gordon JRC Gala day Rounds 1 & 2 (hosted by Lindfield) TBC
- 4 April Festival of Rugby @ Chatswood Oval with GJRU
- 5 April SJRU Round 2 - age grading (Juniors only)
- Jun-Jul (tbc) Parents Gala evening

Club, Age Group and Team Management

Executive committee members in 2020

- | | |
|---------------------------------------|---------------------------------------|
| • President: Jason Gay | president@chatswoodjuniorrugby.com.au |
| • Secretary: Nick White | secretary@chatswoodjuniorrugby.com.au |
| • Vice Pres Minis (u5-u9): Al Walker | vpminis@chatswoodjuniorrugby.com.au |
| • Vice Pres Jnrs (u10+): Lyndon Burke | vpjuniors@chatswoodjuniorrugby.com.au |
| Registrar: Cameron McNeil | registrar@chatswoodjuniorrugby.com.au |
| • Treasurer: Adam Lines | treasurer@chatswoodjuniorrugby.com.au |

Full contact details of the Exec and Extended Committee are published on our website.

<http://www.chatswoodjuniorrugby.com.au/our-club/2020-committee-and-office-holders/>

Age Group Coordinators (AGCs)

An **age group coordinator (AGC)** is appointed by the Club for the overall coordination of the age group including liaising with the Club Administrator, centralising communications and allocating rosters for home games.

Each team has a Coach, Assistant Coach/es and a Team Manager. For any queries contact your Team Manager in the first instance. Team Managers' will escalate to the relevant AGCs and Vice President if necessary.

All the current contact information for the current season (once finalised) can be found here: <http://www.chatswoodjuniorrugby.com.au/teams/team-and-age-group-contacts/>

Player Registration

Full instructions on how to register can be found on our website.

<http://www.chatswoodjuniorrugby.com.au/>

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Gear

Every new player receives a backpack with their initials, training t-shirt, shorts, socks, water bottle, cap and club stickers with their registration fee. Returning players will receive training t-shirt and cap and can purchase other items if necessary.

These will be available at the gear distribution in March. Boots and mouth guards (mandatory) and headgear (optional) are to be supplied by each family.

Extra kit can be purchased online through our club shop on Team App (see later).

Training U6's – U9's (U5's only play Saturdays from Term 2)

Pre-season training begins Wednesday 4 March 2020 at our home ground, Beauchamp Park. It's strongly encouraged that players attend to meet their Coaches and fellow players. The focus is on fun, footy and fitness.

Juniors (U10+) train either Wednesdays after Minis (U6-U9) have finished, from 6pm or Tuesdays dependent on players & coaches weekly schedules.

The canteen & BBQ operates on training nights for a post-run around feed for your hungry players.

The key changes for Under 10's

1. The players move from playing Rugby Australia's "Mini" laws to "Midi" rugby laws.
2. They play in a competition organised by the Sydney Junior Rugby Union (SJRU), not Gordon district.
3. Players are graded into teams based on their current skill level, playing position, physicality, size and maturity.
4. For some, selection as a development or representative squad player for Gordon Junior Rugby Union will eventuate.

Midi Rugby (U10-U12s)

The changes for the players reflect the continuation of the RA rugby pathway in recognition of their physical development and increasing intellectual ability (surprising as it may seem) i.e. the ability to handle more complex laws of the game.

The key differences to game rules for U10s are:

- 12 players on the field being an extra forward and an extra back
- Size 4 ball
- Game times are 20 minutes per half and a 5-minute half time break
- The field is ~3 times bigger than Under 9s, being the same as a full size field except the sidelines are 5m inside the normal sidelines
- Scrums are contested with a limit of a 1m push
- Lineouts are contested but no lifting allowed

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- Kick offs and restarts are contested
- No waiting for the halfback to pass before defending
- Kicking allowed in general play
- Independent referees appointed and there is a judiciary system for red cards
- Each team must provide a qualified assistant referee (touch judge) or miss out on bonus competition points (this will require parents to step up and get qualified)
- Each team must provide a ground marshal at every game – home and away
- A more detailed summary of Midi Rugby 2014 laws can found on the SJRU website <http://www.sjru.com.au/>

We have no doubt that the players will adapt quickly to the challenge of new rules. However, to ensure that we learn safely, we will start contact training in March, primarily for the forwards who will be playing in the scrums and lineouts as they have the most to learn.

SJRU Sunday Competition

This change represents a bigger challenge for the parents. Sydney Junior Rugby Union (SJRU) administers and organises junior club rugby in Sydney. By way of background, the competition has the following features:

- It is played across the wider Sydney area stretching from Newport and Hornsby in the north to Burraneer in the south, and as far west as Penrith & the Blue Mountains. The SJRU tries to organise competitions to minimise travel as practically possible however competition grading ultimately determines the geographical structure of each division.
- Games are typically played on Sundays but due to ground availability games can be played and do occur on Friday nights. Clubs can elect to host games on Friday nights.
- Teams are graded into one of up to 8 divisions, subject to numbers, from A through to H. For example, in 2016 there were 76 teams competing in the Sydney U10s competition spread over eight graded divisions (A-H).
- The divisional grading of teams by SJRU is very difficult especially in U10s. Teams are “graded” into divisions based on input and nominations received from the local districts according to their prior year performance.
- In 2020, SJRU are proposing Rounds 1 and 2 are an all age group gala days in a single location with gradings to be assessed by independent SJRU assessors.
- There may be, after the first four rounds of the competition, a review of divisional grading with teams moved up or down divisions to even out the competition depending on results from Rounds 1 to 4. Re-grading the competition is normal.
- Age group teams within a Club often don’t play at a common ground each week. However, organisers try to facilitate this wherever possible.

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- There are player interchange limitations between teams i.e. some players per team are graded non-transferable (NT). For example, a non-transferrable “A” team player cannot play in a lower division team.
- Scores count and a table of results is maintained. A finals series is played at the end of the season.
- The competition rules have strict eligibility criteria as to which players can play in the finals series based on the number of games played during the season.
- SJRU has very clear and strict rules with respect to sideline behaviour and field access restrictions for both spectators and team officials. Only the ground marshal or the trainer can enter the field of play unless otherwise directed by the referee.
- Please respect any directions given by ground marshals or Club officials without hesitation.
- Furthermore, the half time and fulltime team talk is for coaches, managers and players and is a no-go zone for enthusiastic parents.

Player Grading and Team Selection Policy

In U10's the players will be formally graded for the first time into the most suitable grade based on ability and experience at this point in their rugby development. This process is often harder for the parents than the players.

During the pre-season and the player grading process the age group manager will direct traffic and take charge working with the Director of Coaching and selectors to get team selections sorted. Independent selectors (experienced junior managers and coaches plus external professional coaches) will perform the grading assessment. The Director of Coaching will be the head selector. Once player grading is completed the coaches are then appointed.

It varies from year to year, but we often see a number of new players join at U10's who have not played Rugby before and may not be known to the coaches or independent selectors. Experience has shown a thorough grading process to be a necessity and in the best interest of the players' development. It is equally important that players make themselves readily available for the trial games and training sessions to assist the coaches in the grading process. It is also important to note that in past years a number of new players who had not played Rugby before, have made it into the “A” squad while players that may have played in the U9 Gala Day Teams in the prior season have not.

Players who do not attend the grading trials will not be eligible for selection into the A team unless there are very rare circumstances and only on the approval of the Director of Coaching, VP Juniors and the Club President.

Subject to player numbers each U10 team squad typically will have fifteen (15) players – twelve (12) on the field and three (3) reserves. All Registered Players will be designated as either transferable (TR) or non-transferable (NT) depending on grading.

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This is a little confusing but is a competition housekeeping issue. In U10 – U11's the competition rules require clubs to grade their Registered Players into teams of ten (10) before the commencement of Round 1. Note that these players are then designated as Non-Transferable meaning they cannot play in a team lower than their nominated grading (team). However, they can play in a higher graded team where there is opportunity.

Subject to the player transferability rule constraints and where practically possible, some players will be rotated from the lower graded teams during the season to give them exposure to the higher competitions and develop the depth of the squads. To make this happen some players may be asked to play in two games in a weekend or on the same day. A player asked to play for another team must still play for his usual team.

It is the Club's policy that all players get equal game time over the course of the season in their regular team. This is usually a weekly thing but if teams are large it may roll over a couple of games. Players who also play as reserves for another team in addition to their regular team will get game time in the second game, but regular players are given priority.

Representative Rugby

Chatswood Junior Rugby Club is one of the eight village clubs in the Gordon district from which players can be selected to play in representative teams for Gordon Juniors (GJRU) at the annual State Championship.

In the U10s (& U11s) a development squad is formed to introduce players to representative rugby. Selection trials are held in the early part of the season with the selected squad representing GJRU at a gala day held in June. As it is considered an introductory development year in U10s & U11s, no results are recorded at the representative level.

Decisions & Considerations

How many U10 teams will we have?

In order to be competitive, teams are typically formed into squads of fifteen (15) players; any less than fourteen (14) per team is difficult to sustain. With teams requiring twelve (12) players on-field, this allows 2 to 3 reserves per team.

The number of teams and how many in each team depends on how many players from last year re-register and how many new players register.

How do we grade the players?

Advice from experienced Chatswood age groups who have already progressed to the Junior Rugby competitions through the U10 age group is that we:

- Train the players as an age group squad for a period at each practice to retain the unity and foster friendships developed since the U6s.
- Have no choice but to grade the best ten (10) players as non-transferrable "A" team players, the next ten (10) as "B" team non-transferrable players and so forth; as we must nominate non-transferable players in accordance with competition rules;

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- Acknowledge that some of the players are not up to or may not wish to cope with the demands of an “A” team competition and consequently our duty of care requires that we play them in a lower graded competition team; and
- Realise the total number of players will have a big bearing as insufficient players will require some transferable players to back-up for other teams.
- Grading will be done during the pre-season training and trial games.
- Grading players on a weekly basis to recognise performance, commitment and attitude is difficult for 9- and 10-year olds to cope with and therefore not done at Chatswood nor at most, if any, other SJRU clubs. This not the Shute Shield or Super Rugby or the Wallabies!
- If your son/daughter misses out on the team, he/you/she were hoping for please encourage them to strive at practice and in games to improve. It is NOT an indication of your parenting ability or their long-term prospects as rugby players. It is always only a snapshot in time and our priorities are to develop both their rugby and social skills and to have fun!

Player Commitments

The availability and numerous commitments of the players will have a bearing on team structure decisions along with your son’s/daughter’s health and well-being.

U10 rugby games are tougher, and played on a bigger field by bigger players with more aspects of the game contested. Graded teams help to prevent disparity as best we can. Possible representative involvement is another commitment to be considered along with school sporting activities and not all kids are up to the intensity or time commitment. If your player has plans to play more than one winter sport this year it could prove to be a very tiring one. Please carefully consider how much sport your player is committed to. At the end of the day the objective is playing for enjoyment and a positive experience.

Club and Team Involvement

We encourage every parent to become as involved in the club as they can. CJRC is an active club with numerous events throughout the season in addition to training and weekly fixtures. For the club to operate smoothly, parental involvement at these events and on training/match days is essential. Without the valuable support of volunteer parents CJRC simply would not exist.

We encourage every parent to assist where possible, no matter how minor the task. Many years of experience suggests that the more parents that volunteer their time and help out, the more social and vibrant a community atmosphere we have.

Families may be rostered for help duties on a rotational basis by the team manager or age group coordinator and time slots are balanced with game times so everyone can see their child play. Roster duties are mandatory, not elective.

An **age group coordinator (AGC)** is appointed by the Club for the overall coordination of the age group including liaising with the Club Administrator, centralising communications and allocating rosters for home games.

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Team managers are also needed. The manager will also support the coaches and normally liaise with the age group manager and parents with regards to players rotating between teams, game changes and help rosters.

Other areas where you may be able to help are:

- Assisting coaches/managers team with training, first aid, refreshments and substitution at games;
- Helping with special events such as the club's parents Gala night;
- Organising your replacement if you are unable to fulfil a duty allocated to you;
- The Age Group Coordinator and Team Managers will organise volunteers to perform the duties at the start of the season and/or as required during the season.

Coach and Referee Development

All our coaches must be trained in Rugby Australia's "Smart Rugby" to support player safety and "Coaching Kids Rugby" covering player management to U12 level. Many coaches also complete RA's Foundation/Level 1 and Level 2 courses (the highest level possible is Level 3). CJRC supports and pays for these qualifications.

The club also provides its own coach development and training program targeted at the needs of each age group. We want all participants to enjoy their rugby as much as possible.

Beyond the above, we would ask that any parent with rugby experience to help contribute to training and games through the season, working with the appointed Coach. This need only be a small commitment over the season – and volunteering to help our kids is what our Club is all about. Please liaise with the AGC, team manager & coaches if you believe you can help.

Similarly, the club is keen to develop and support referees. Parents and children over the age of 13 who are interested in becoming referees should contact our Referees Coordinator, referees@chatswoodjuniorrugby.com.au about attending an external course run by NSW Rugby or check out the on-line courses found here - <https://myaccount.rugby.com.au/> - to get qualified.

Referees are an essential part of good rugby. No Ref, No Game!

Working with Children Check

The Working With Children Check (WWCC) is mandatory requirement for anyone who works or volunteers in child-related work in NSW. Our Club enforces this requirement for every Coach, Manager and Committee member. WWCC are valid for 5 years and are free if you're a volunteer. Simply register on-line and follow the steps at:

<https://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>

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Once received please advise the club Secretary via email secretary@chatswoodjuniorrugby.com.au of your WWCC number and expiry date. The club has a legislated duty to record this information.

Good Spectator Behaviour

Junior rugby can be very exciting, not just for the players, but for the spectators as well. Parents are reminded however that the game is played by the children primarily for their own enjoyment and that, regardless of the level of excitement or emotion generated during a game, they are expected to adhere to the behavioural guidelines as set out by CJRC, NSW Rugby Union and Rugby Australia.

Behavioural guidelines are published on our web site www.chatwoodjuniorrugby.com.au. Breaches of these guidelines are taken extremely seriously and may be reported by team coaches and managers to the club management or district organisers for disciplinary action. In certain circumstance this could involve suspension or expulsion from the club. Parents should also remember that their behaviour is also a reflection of our Club.

Some of the more important game day tips include:

- only ever shout encouragement;
- stand behind the ropes & back from the touchline (unless carrying out a team support role);
- never criticise the Referee; and
- comments/observations should only be brought to the attention of the relevant coach/manager/ground marshal offline at an appropriate time (i.e. out of range of players and other parents/spectators).

Parent Social Events

As a community club we encourage parents to enjoy their membership. Some of our social events for parents are:

- Season Launch and Welcome to CJRC (March)
- Team and age group dinners
- Mother's Day Bubbles (May)
- CJRC Gala night (June-July) a must-do event on the Chatswood social calendar. Frock up and get along to a fabulous night out!

Communications

We encourage you to make use of our website, Facebook ([@chatswoodjuniorrugbyclub](https://www.facebook.com/chatswoodjuniorrugbyclub) - Like us!) and Instagram ([@chatswoodjuniorrugby](https://www.instagram.com/chatswoodjuniorrugby) - Follow us!) as contact points for information about the Club and its goings on.

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In addition, you will receive important specific communication via emails or our mobile Team App throughout the season from the Club, Minis Vice President, AGCs and Team Managers (including the game draw, ability to RSVP and any updates for Key Events throughout the year).

Visit <https://cjrc.teamapp.com/> on your smart device to download the app and login.

Frequently Asked Questions

On our website you will also find a comprehensive set of [FAQ's – Frequently Asked Questions](#). We hope you will find the answer to your queries but if not, please feel free to contact any one on the Committee or your AGC.

A final word

We as a club need to remember that we are a family club, drawn from across the North Shore from many schools, cultures and communities.

Much of our philosophy, in aiming to be ***The Best Family Club on the North Shore***, can be summarised in the sign below that you'll spot at home games.



See you on the field!

Your Committee

Chatswood Junior Rugby Club

The Best Family Club on the North Shore