

Frequently Asked Question's

1. What is "Flag"?

During game play, players wear a belt with two "flags" attached to the belt by Velcro. When carrying the ball, if an opponent removes one of these flags, it signifies a tackle and the ball carrier must pass the ball to a teammate, replace their flag and then rejoin the play.

2. How often are the practices?

For the 2016 season indoor spring training comprises of practices on **Sunday mornings for 2 hours**. When training moves outdoors, the main practice day will move to **Saturday mornings for 2 hours**. The U10's & U12's will also be adding a weekday evening practice as the season gets into full swing.

3. What is the schedule like?

The local rugby clubs organize Minors tournaments, usually every two/three weeks. The tournaments are Saturday or Sunday from 9 am – 1 pm. Each team normally plays 3-5 games per tournament. The summer season usually concludes with a two day National Capital Youth Rugby Festival which includes Minors and Juniors programs from all over Ontario. There are no practices or tournaments in August. We resume regular practices in September which run until the end of October.

4. My son/daughter is 10 and has never played, can they join anytime?

YES, every year club members actively recruit new players to grow the sport we love and coaches are prepared for this. Each coach will take the time to provide extra training or partner new players up with returning members to ease the learning curve.

5. What do the fees pay for?

The fees cover : 2016 season (May – October) practices, Rugby Canada Insurance, BSRFC rugby practice shirt, tournaments fees, purchase of club equipment and jerseys, club administrative costs

6. What does U8/U10/12 mean?

For the 2016 season:

U8 = Under 8 years of age (born 2008 & 2009)

U10 = Under 10 years of age (born 2007 & 2006)

U12 = Under 12 years of age (born 2005 & 2004)

7. How do I contact the team?

For information on the minors program contact Heather Culver VP Minors at bsrhc.vpminors@gmail.com

8. What equipment does my child need?

During **indoor** training sessions players will require sneakers with non-marking soles, shorts, T-shirt, mouth guard and water bottle. While there is no contact taught or permitted at the U6/U8/U10 level, bumping and falling may occur during play. Mouth guards are highly recommended at all levels. Mouth guards are mandatory at the U12 level.

During **outdoor** training sessions and games, it is recommended that players wear cleats for better traction. However, actual rugby style cleats are not required and soccer cleats are sufficient. The football style cleat is also permitted, granted it does not have a toe cleat. Players that have transitioned to contact, should be prepared for their shorts and T-shirts to become dirty and possibly ripped. Rugby apparel is normally made of more durable materials and is much more resilient. Team jerseys will be provided for games. Any other padding is not required and if worn must conform to International Rugby Board Laws. It is advisable to discuss any other padding with the coach prior to making the investment.