



## TRC CUP 2019 TOURNAMENT RULES AND REGULATIONS

### 1. INTRODUCTION

All participating teams shall abide by the Rules and Regulations set herein. Non-compliance may result in disqualification from the event. Player safety is the number one priority on the day, and a very firm stance will be taken on dangerous play (e.g above shoulders tackles, lifting ball carrier, scrag tackles) and the concussion protocol (**see 8.5**) is to be enforced by referees and coaches at all times.

- 1.1. The tournament shall comprise of 6 age group events, namely:
  - Under 11 / Under 12 / Under 13 / Under 14 / Under 15 / Under 17
  - **ALL** age groups will play contact 15 a-side
- 1.2. **Laws of the Game.** Matches will be played according to the U19 variations of the Laws of Playing Rugby Union as defined by **World Rugby 2017 including amendments made June 2017** (<http://laws.worldrugby.org/?domain=20>), except as modified by the Tournament Rules and Regulations. These TRC Competition Rules are detailed below and summarised by age group in the Rules Summary document.
- 1.3. Rules have been aligned to meet the JRCS 2019 League rules (see attached) with minor modifications for tournament play.
- 1.4. **Dates and Times.** The TRC Tournament will take place commencing on Friday 27<sup>th</sup> September, Saturday 28<sup>th</sup> September and Sunday 29<sup>th</sup> September 2019 inclusive.
- 1.5. Tournament will run from approximately 18.00 to 22.00 Friday, 08:00 to 22:00 Saturday, and from 08:00 to 16:00 Sunday (note: start and finish times may change due to delays, weather etc). Please note Friday evening play will NOT apply to U11 and u12 age groups.
- 1.6. All games will be held at the TRC Pitches, Turf City (off Dunearn Road).



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### 2. TOURNAMENT FORMAT AND PITCH LAYOUT

- 2.1. Please register your teams by returning the Excel sheet
- 2.2. The Playing Schedule and results will be available online at <https://www.teamsnap.com/tournaments>

To download the TeamSnap Tournaments app, go to the Google Play Store or Apple App Store to find app:

1. Google Play Store - <https://play.google.com/store/apps/details?id=com.fanapp>
2. Apple App Store - <https://appsto.re/us/1ngndb.i>

In app sign in using this your email address and follow our tournament, TRC Cup Rugby 15s Tournament

Now you can favourite your team, see division schedules, and can receive real-time scores, updates, and notifications. You can also see results on the web here.

Please note that you will not receive real-time alerts unless you are on the app. <https://events.teamsnap.com/events/7628/results/division>

- 2.3. A separate document provides details for the pitch layout for all games, as well as other key locations such as the operations tent, first aid station etc.
- 2.4. There will be a Cup, Plate and Bowl awarded in all age groups, as applicable.



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### 3. FIRST AID

- 3.1. A Medical Service provided by TRC will be located at the tournament venue covering all fields at all times while games are in progress. An ambulance will also be at the ground at all times to support more serious injuries.
- 3.2. **Hospital.** In the event a player is required to be taken to a hospital, the default hospital will be:

**National University Hospital (NUH) Children's**

**Emergency Address:** 5 Lower Kent Ridge Road

Singapore, 119074 Location: Main Building 1, Level 1

Opening Hours: 24 hours Tel: +65 6772 2555 (24hr Emergency Enquiry Line)



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### 4. TEAM AND PLAYER REGISTRATION

- 4.1. **Registration.** Team Managers/Coaches are responsible to confirm registration of their players on either Friday 27<sup>th</sup> September or Saturday 28<sup>th</sup> September, at the operations tent, no later than 45 minutes before their first game.
- 4.2. Confirmation of registration by email and payment by 19<sup>th</sup> July 2019 is required. Please also return completed Club Team Sheets to: [trccup\\_tournament@trc.sg](mailto:trccup_tournament@trc.sg) by 31<sup>st</sup> August 2019.

**Changes may be made to the final team sheets up until the 23rd of September 2019, with any updates advised to the Tournament Directors via [trccup\\_tournament@trc.sg](mailto:trccup_tournament@trc.sg).**

- 4.3. **Squad Size.** Each Team is limited to a maximum of 23 players. Once registered a player may play for another team from his/her club in the same age group competition ONLY with the permission of the Tournament Director(s). This is to enable clubs who have just enough players for two (2) or more teams but have insufficient substitution to be able to field two (2) teams or more. A team may use a maximum of two (2) players from the other team at the discretion of the Tournament Director(s) and these players must be identified to the opposing team Coach and Pitch Marshal before the start of each game.
- 4.4. No addition or deletions may be allowed once the final team list has been submitted. Upon protest, any team found to be in breach of this Rule may face disqualification.
- 4.5. Each team may include a maximum of two Coaches in the technical zone during the game.



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### 5. PLAYER ELIGIBILITY AND PROOF OF AGE

- 5.1. All Players must fall within the following age-group requirements:
- Under 11's – Born in 2008
  - Under 12's – Born in 2007
  - Under 13's – Born in 2006
  - Under 14's – Born in 2005
  - Under 15's – Born in 2004
  - Under 17's – Born in 2003 and 2002
- 5.2. The Tournament Director(s) and TRC reserve the right to demand proof of a player's identity and eligibility. Any player found to be ineligible will not be allowed to take part in the event. All players participating in the above categories must be able to prove their Date of Birth if requested to do so, by passport, birth certificate or other government issued identification.
- 5.3. **Female players** may compete with males in contact competition up to and including the U12 age group. As all female players are granted a one year age dispensation this means that they can play up to and including the calendar year in which the female player turns 13 in the U12 competition. SRU Policies restrict older females playing against males.
- 5.4. In addition to the above, the Tournament Director(s) shall have the right to request that a player is not permitted to play if his size (weight/height) is deemed to pose a potential threat to the safety of the other players or to himself.
- 5.5. It is recognised that some players have started playing rugby only recently and are too inexperienced to play safely in their own age group. In such circumstances, and at the sole discretion of the Tournament Director, and while taking into consideration all the factors mentioned above, including an assessment of the player's ability from his/her coach, the player may be allowed to play in the age group one year down only. Said player must be identified to the opposing Team Coach and Pitch Marshal.



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- 5.6. For those players who are Over Age for their own playing age group, they may seek an exemption from the Tournament Director provided this is received in writing no later than Friday 31<sup>st</sup> August 2019.

Any email requesting an exemption should be sent to email address:

[trccup\\_tournament@trc.sg](mailto:trccup_tournament@trc.sg) with **Attn: Tournament Director – Player Exemption.**

- 5.7. A player may play up an age group, if he has sufficient experience and if his weight/ height is not deemed to pose a potential safety threat to himself or other players.
- 5.8. If a team is unable to field the requisite number of players in any match due to injury only, the opposing team will reduce their numbers so that each team has the same number of players on the pitch, subject to a minimum of 13 players in 15 a side games.
- 5.9. **Competition Uniforms.** All members of the same team must be uniformly attired in matching jerseys. Studded boots or trainer footwear must be worn. Notwithstanding the requirements of the Laws of the Game and in particular Law 4 - Players Clothing the following rules also apply:
- a. **It is compulsory that a mouthguard be worn at all times whilst playing, including warm ups and training. The referee will request that any player not complying with this rule shall be replaced with another player who will be in compliance with this rule**
  - b. The wearing of jewellery such as rings, earrings, wrist bands, hair beads, head bands and any similar items of adornment are strictly prohibited whilst playing and any player not conforming to this Competition Rule is not to take part, or any further part, in the Match until the item is removed or adequately covered to the satisfaction of the referee.



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### 6. TOURNAMENT GAME PLAY

- 6.1. **Duration of Matches.** Match times will be as follows (adjustments shall be made due to late alterations of the draw):
- a. **All Age Groups** shall be approximately 15 to 25 minutes (dependent on age group) with no half time in pool games and semi-final, and approximately 25 to 30 minutes in final matches. The match duration is subject to change based on final schedule.

### 7. MATCH OFFICIALS AND GAME MANAGEMENT

- 7.1. **Referees.** The Singapore Society for Rugby Union Referee shall provide the match referees for all games during the tournament.

Any feedback about a particular referee's performance is to be directed in the first instance to the Pitch Marshal who shall inform the Tournament Director. At the Tournament Director's discretion, the Senior Referee will then be consulted.

- 7.2. **Touch Judges.** Each team is to provide one touch judge for every game played following their game on the same pitch. For Cup finals the SRU referees will provide both referee and touch judges.
- 7.3. **Pitch Marshals.** Pitch Marshals shall liaise with teams to ensure that they are ready to commence at the designated start time. However, it is the responsibility of the Team Managers and Coaches to be in communication with the Pitch Marshal to ensure that they are aware of the start time for their matches, regardless of running ahead of time or delays for overrunning schedules caused by rain/lightning or any other reason.
- 7.4. **Forfeit.** Any team unable to start on time or within two (2) minutes of the start time indicated by the Pitch Marshal shall forfeit that match and their opposition shall be awarded the 'Win' with maximum 4 points and a score line of 28 to nil.
- 7.5. **Pre Game Inspections.** In the interests of safety, it is the responsibility of the coaches that all players shall be subject to a no jewellery, boot studs and finger nail check before kick-off to be performed by the opposing Team Coach.



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- 7.6. **Starting Kick Off.** All starting kick offs shall be made by the team listed first on the team sheet. Second named team chooses an end.
- 7.7. **Scrum.** Each team must have sufficient Front Row players, who have been suitably trained and given appropriate experience, for contested scrums. Should, at any time during a match, in the Referee's sole opinion, contested scrums become unsafe, the Referee may call for uncontested scrums with contested hooking only. Uncontested scrums as a result of a sending off, temporary suspension or injury must be played with the maximum number of players (all teams = 8).
- 7.8. **Uncontested Scrums.** If a team is unable to provide a qualified front row, then that team can request uncontested scrums from the Referee. If a team requests this then they must remove one player from the field for the remainder of the game. Teams may approach the Referee and the Opposition Team to request uncontested scrums (contested hooking) without losing a player.
- 7.9. **Player Substitutions.** Substitutions can be made at any suitable stoppage point during the game but must be with the referee's permission. Rolling substitutions will be allowed.
- 7.10. **MAYDAY** All Teams are required to know and understand the JRCS MAYDAY call and procedures. The referee is to ensure all players understand in a scrum collapse or when under pressure a player may call MAYDAY and then all players are to freeze, and the referee will take charge. The MAYDAY procedures are found in Section 12 below.
- 7.11 **Water Breaks Whenever there is a break in play (such as an injury or whilst taking a conversion), substitute players can enter the field of play to enable the players to drink water. No coach is allowed onto the pitch during the water break**





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### 8. INJURY

- 8.1. An injured player shall not necessarily stop play unless the referee deems continuation of play to be dangerous.
- 8.2. Only the tournament medical attendants will be allowed to enter the playing area to tend to an injured player while play continues. Refer to Section 13 for persons authorised to enter the playing area.
- 8.3. If the Referee stops play because a player has been injured, and there has been no infringement and the ball has not been made dead, play restarts with a tap and pass. The team last in possession plays the ball.
- 8.4. There will be no additional time added to pool games to compensate for time lost due to injury. Upon the request of either team, a match might be replayed had the original game not completed fifty percent (50%) of its playing time but only at the discretion of the Tournament Director and subject to time being available in the schedule. Should a game not be replayed, the result will stand as of the time the referee stopped play for the injury. For Semi and Final matches, the total playing time allocated for the match will be completed once play resumes from an injury stoppage, but with a maximum of five (5) additional minutes play being allowed beyond the scheduled time for the match.



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- 8.5. **CONCUSSION GUIDELINES.** Concussion must be taken extremely seriously to safeguard long term Player welfare. Full Concussion Protocols are provided in separate document.
- a. The referee and team coach are to enforce the concussion protocols attached for any player suspected of having suffered a concussion.
  - b. Any player who has been subject to a head impact shall be immediately removed from the pitch and play no further part in the competition. The referee and medical professional have the final say on the pitch. A player can only return to play in the tournament if examined and cleared by the Tournament Doctor.
  - c. Players suspected of having concussion must be medically assessed immediately. Players suspected of having concussion or diagnosed with concussion must go through a graduated return to play protocol (GRTP) post tournament.
- 8.6. **Blood Bin.** A player who has an open or bleeding wound must leave the playing area to receive medical attention. The player may be replaced temporarily. The injured player may return to the field of play, replacing the temporary replacement, once the bleeding has been stopped or dressed.



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### 9. FOUL PLAY AND BAD LANGUAGE

- 9.1. Foul play and bad language will not be tolerated. The referee will penalise and be permitted to take the extreme action outlined below for each group game.
- 9.2. Dangerous play in particular will be heavily scrutinised to ensure player safety. Team Coaches are responsible to ensure their players have been appropriately trained in the tackle to ensure no high tackles, no dump tackles etc.
- 9.3. **Yellow Cards.** A yellow card will mean leaving the field for 3 minutes, and a player may only re-join play at the express direction of the referee. The player is to stand with the pitch marshal for the duration of the time off the field.
- 9.4. **Red Cards.** A Red Card offence will mean both exclusion from the remainder of the game and the player will not be able to play at all for the remainder of the tournament.
- 9.5. Any team wishing to protest will be able to present a verbal request as to why a Red Card should be overturned to the Tournament Director and Senior Referee, at a time designated by the Tournament Director. Any decision from this appeal will be binding.
- 9.6. **Code of Conduct – Coaches, Team Officials, Parents and Supporters.** All coaches, team officials, parents and supporters are expected to adhere to the TRC Code of Conduct. This has been developed to encourage participation, enjoyment and foster camaraderie and friendship through rugby. Details can be found on the TRC website: <http://www.tanglinrugbyclub.com/trc-cup/>



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### 10. MATCH AND TOURNAMENT STOPPAGES AND CANCELLATION

10.1. **LIGHTNING SAFETY CODE.** The Lightning Safety Code applies to this tournament under JRCS rulings. Statistics have shown that people participating in sports are at risk of being struck and killed by lightning. The Tournament will utilise the TRC Lightning Policy which is detailed on our website - <http://www.tanglinrugbyclub.com/trc-lightning-policy/>

- Suspension of play (i.e. all club members and guests needing to retreat under cover to a safe area\*) is based on the typical schools and outdoor activity policies in Singapore, these are consistent with the maximum sensitivity of commercial lightning meters:
  - **any cloud to ground strike within an 8km radius forces suspension of play (and retreat to a safe area);**
  - **there must be no cloud to ground strike within an 8km radius for at least 15 mins before play and outdoor activity can resume**
- Strike alerts can be found on the My Env app and the national online lightning alert service <http://www.weather.gov.sg/lightning/lightning/lightningalertinformationsystem.jsp>
- The Tournament Director has the ultimate decision as to whether or not it is safe to continue to play. A siren will stop play and all players and spectators are to move to cover while there is visible lightning.
- \*Safe areas at TRC are under the permanently tented areas only (not under temporary/ moveable tents or at sight-screens, pylons, post or lights) - note that all permanent structures at TRC are lightning protected.



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### 11. TOURNAMENT SCORING AND FINALS RANKING

11.1. **Scoring.** A score is awarded by scoring a try, which is worth five (5) points for all age groups.

- a. **Penalty** - Where a penalty is awarded, then a drop-kick for goal can be taken, and if successful will be awarded 3 points. The drop-kick must be taken within 30 seconds of the penalty being awarded. Failure to do so will result in a scrum being awarded to the defending team, at the location of the original penalty (this is to ensure fast play and stop teams running down the game clock)
- b. **Conversions** - Within 30 seconds from when the referee blows the whistle to indicate a try the scoring team may attempt a conversion. If successful, the team will be awarded 2 points. The conversion must be a drop-kick in line with the place where the try was scored. If the try was scored between the touch line and the 15m line the conversion may be taken from the 15m line.

11.2. **Tournament Points** will be awarded during Pool stages as follows:

- a. Win – 4 points
- b. Draw – 2 Point
- c. Loss – 0 Points



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11.3. **Results in Pool.** Should two (2) or more Teams in the same pool, having completed their matches, possess the same number of Tournament points then the higher placed Team on the Competition table shall be determined in accordance with the following order of priority:

- a. Firstly, by the Team with the higher difference of total points scored for and total points scored against during pool play;
- b. Secondly by Total Tries Scored in pool play;
- c. Third, by fewest Tries Conceded in pool play;
- d. Fourth, by the winner between the two teams in pool play; and then
- e. The team with the least yellow or red cards for the tournament at that time.
- f. If no method above differentiates then it will be decided by means of a kick off (see below).

11.4. **Results in Semi Final.** If the score is tied then the winner shall be determined by and in order of priority:

- a. Scorer of the 1st try in the game.
- b. The team with the least yellow or red cards for the tournament at that time.
- c. If no method above differentiates then it will be decided by means of a kick off (see below).



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11.5. **Results in the Final.** In any Final, if scores are equal after full time then there shall be:

- a. 5 minutes of sudden death extra time played immediately with only 12 players aside (i.e three players removed).
- b. In instances where no score is made in sudden death play, by means of a kick off competition as detailed below.

11.6. **Kick Off Process.** If teams cannot be separated a Kick Off will take place to decide overall winner.

Each team will take a drop kick from central to the posts at the 22m line. If both kickers are successful between the posts, then each team will appoint a second kicker and this will proceed until one team misses. If the team kicking first misses, then the team kicking second must still kick to win.

11.7. **Disputes.** Any and all other issues or disputes will be resolved by the Tournament Director, whose ruling upon investigation and clarification with match officials, will be final.



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### 12. SCRUM MAYDAY CALL

The “**MAYDAY**” call is a safety technique put into operation when a scrum is considered by a player to be collapsing, or has collapsed, or when a player believes that he/she is in a potentially dangerous position. It was considered necessary to have a recognised call which would allow people to have an understanding of what actions they should take when one of the above mentioned situations occurs in a scrum.

The following is a description of the process to be followed by players, when the “MAYDAY” call is heard.

Referees should be acutely aware of the process, as they may well be the person who can talk the players through the correct disengagement sequence. The injured player should not be moved after the “MAYDAY” call. All other players should follow the sequence below:

1. The player under pressure makes a loud call, “MAYDAY”. (Other members of the scrum should repeat this call to ensure that it is heard by members of both scrums and the referee)
2. The referee should immediately blow the whistle.
3. All players should immediately stop pushing to release pressure on the front row.
4. All players in the scrum should immediately drop to their knees. This further relieves the pressure. At the same time the top half of their body is lowered to the ground.
5. The front row then land on their face. This is termed a “face plant”.
6. All players are to remain in this position until the referee supervises the disassembly of the scrum.
7. The call is then made by the referee, “Who first called Mayday and are you OK”?





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8. If there is no reply the referee asks the players to number off; 1, 2, 3, 4, 5 in order to determine that all players are uninjured. (Players at 6, 7 and 8 are not at risk)

9. On the referee's instruction the scrum is disassembled:

10. The number 8 moves back and away.

11. The flankers release their binds and move outwards and away.

12. The locks release their binds and move outwards and away.

13. The prop forwards then release their bind on the hooker and move outwards and away.

Note. If a front row player is bound to a player who has suffered an injury, the bind with that person will be maintained until medical assistance arrives.

14. The hooker, in the centre of the scrum, will be the only remaining player.

### **Essential points to remember**

- At no time should any of the players turn their head to the side. Rotation and flexion increases the chance of injuries.
- All players must keep their chin and chest through and be facing straight ahead throughout the Mayday situation.
- Do not move an injured player. Leave them exactly where they are until medical assistance arrives.
- The props should release their bind on the opposition only, immediately the Mayday procedures commence.
- All other binds are maintained, and the players remain in position until the scrum is disassembled on instructions from the referee.
- If no player is seriously injured, the referee will ask the player who first called "Mayday" if he is fit to continue, before the scrum is reset.



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### 13. PERSONS AUTHORISED TO ENTER THE PLAYING ENCLOSURE (PLAYING AREA AND PERIMETER AREA)

13.1. The only persons permitted within the Playing Enclosure during a Match are:

- i) the Referee;
- ii) the Assistant Referees/Touch Judges;
- iii) the players participating in the Match; and
- iv) **a maximum of two Coaches per Team ("Team Officials")**

13.2. During the game, Team Officials and substitutes are required to remain in the Technical Zone designated for each team. The Technical Zone will be clearly marked within the Perimeter Area. Everyone else must be behind the ropes

13.3. All Team Officials and substitutes may enter the Playing Area only at the invitation of the Referee.

13.4. Team Officials are requested not to shout coaching instructions to their players during the game and to allow their players to "play the game".