

## SOUTH AFRICAN RUGBY UNION

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18 January 2016

**To:** School Principals/Headmasters

Dear School Principal or Headmaster

**Adherence to SARU Regulations pertaining to Under-Aged Rugby: School Rugby Age-Banding; the BokSmart Rugby Safety Programme at all Levels of Rugby and Minimum Medical Requirements for Rugby ("Regulations")**

The safety, health and well-being of all learners who are participating in the game of rugby at School level are of utmost importance for all involved in the sport.


The School and therefore you as the Principal or Headmaster and your involved Heads of Sport, Sports Administrators, Team Managers, Coaches and Referees, are primarily responsible for ensuring that the Regulations (**Annexure A, B & C**) attached hereto, have been adhered to under all circumstances.

The School shall assume all accountability for any rugby injury, disability or fatality that may result at their School as a result of the School being in breach of these Regulations.

Yours sincerely

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**Provincial Rugby Union: CEO**



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Jurie Roux  
**SARU: CEO**

SOUTH AFRICAN RUGBY UNION (an incorporated association of persons)

President: OPM Hoskins Deputy President: MA Alexander Vice President: JY Stoffberg Chief Executive Officer: JW Roux





# **PROCESS FLOW DOCUMENT**

*APPLICABLE TO THE*

**SOUTH AFRICAN RUGBY UNION'S:**

- *REGULATIONS FOR UNDER-AGED RUGBY: SCHOOL RUGBY AGE-BANDING*
- *REGULATIONS PERTAINING TO THE BOKSMART RUGBY SAFETY PROGRAMME AT ALL LEVELS OF RUGBY*
- *MINIMUM MEDICAL REQUIREMENTS FOR RUGBY*

## **PROCESS FLOW FOR POTENTIAL BREACHES IN THE FOLLOWING REGULATIONS AND MINIMUM REQUIREMENTS APPLICABLE TO SCHOOL RUGBY IN SOUTH AFRICA:**

- *SARU REGULATIONS FOR UNDER-AGED RUGBY: SCHOOL RUGBY AGE-BANDING*
- *SARU REGULATIONS PERTAINING TO THE BOKSMART RUGBY SAFETY PROGRAMME AT ALL LEVELS OF RUGBY*
- *SARU MINIMUM MEDICAL REQUIREMENTS FOR RUGBY*

Reference to "Regulations" shall refer to the:

1. SARU Regulations for Under-Aged Rugby: School Rugby Age-Banding (***Annexure A***)
2. SARU Regulations pertaining to the BokSmart Rugby Safety Programme at all levels of Rugby (***Annexure B***)
3. SARU Minimum Medical Requirements for Rugby (***Annexure C***)

In the event of potential breaches of the Regulations and keeping within the current School rugby environment, human resources and capacity available to the Provincial Unions, the following Process Flow document, provides a guide to the recommended protocol that should be followed.

The protocol is designed to correctly sensitise Schools to potential breaches of the Regulations that are occurring under their legal authority, to provide a pragmatic approach in addressing these shortcomings with the Legal Head of the School i.e. the Principal or Headmaster, and for a practical and efficient way of handling these transgressions.

The main driving principle behind this is the safety, health and well-being of all learners who are participating in the game of rugby at School level.

With this in mind, it is worth noting that all involved, out of respect for these developing young learners, their health, safety, continued well-being, and also longevity in the game, should first and foremost, out of their own volition, *choose* to abide by SARU's Regulations, because it is simply the right thing to do.

The procedures, without having continual disciplinary hearings and sanctions which would disrupt learners from participating in the game, provides a best fit approach in dealing with this issue, and holds those who are potentially transgressing more accountable for their individual actions.

It is impossible for SARU or the relevant Union to be at every match at every level of rugby played around South Africa, and therefore the onus falls on the Schools, Principals or Headmasters, Heads of Sport (where applicable), and the participating Coaches and Referees in this instance, to abide by the SARU Regulations.

*The recommended Stepwise process of handling any potential breaches identified:*

1. The Provincial Union shall send a letter to the Principals or Headmasters within their Primary School and High School structures with copies of this Process Flow document and the Regulations (**Annexures A, B & C**) explaining the importance of adherence to these Regulations.
2. Provincial Unions where possible must set up a meeting with all Principals or Headmasters within their Primary School and High School structures and must communicate this process directly to them.
3. The letter confirms that the Regulations have been provided to them, and that they are accountable for any serious rugby injury, disability or fatality that may result at their School in the event of the Regulations not being adhered to.
4. The hosting School and therefore the Principal or Headmaster, Heads of Sport, and/or the involved Coaches are primarily responsible for ensuring that all Regulations have been met on match day prior to the start of the match and where applicable, during the match.
5. The standard and fully completed SARU Team Sheets need to be provided by each participating team Coach or Manager to each respective match Referee before the match may commence for controlling of age appropriateness, and this must then be signed-off by the Referee (**Annexure E**).
6. Each Referee, at any level of the game must ensure that all Regulations have been met before kick-off, and each match played therefore needs to be controlled for by the respective match Referee
7. When a breach of the Regulations is noted by any party (including but not limited to Rugby Safety Auditors, Parents, Teachers, Coaches, or Players) **before, during or after a match**, this must be brought immediately to the attention of the Principal or Headmaster, Head of Sport, Coaches or match Referee.
8. Once notified as referred to in 7, all relevant parties shall do everything reasonably possible to correct the breach of the Regulations. This could mean that the match has to be stopped, the breach has to be corrected, players in breach of Regulations need to be removed, or even the match being abandoned if required.
9. Should the notified parties on match day, where applicable, fail to correct this immediately, it has to be documented and reported to the Provincial Union in writing for further action.
10. The Provincial Union must take steps against the School which may include a formal letter or a meeting with the Principal or Headmaster, and where possible include the Heads of Sport, and Coaches and Referees involved on the match day, at this meeting

11. The School's Principal or Headmaster shall be required to sign an Acknowledgement and Undertaking form (***Annexure D***) confirming that the nature of the transgression(s) has been explained to them, and that they remain answerable and accountable for any serious rugby injury, disability or fatality that may result from this continued practice at their School. Should the Principal or Headmaster refuse to sign the form, it shall be duly recorded by the Provincial Union.
12. There should be two original copies, one for the Principal or Headmaster, and one for the Provincial Union's records.
13. Where the Referee is not formally registered at the Union or at the Union Referee Society as a Referee, but is a Teacher, parent or other, and is nominated or appointed by the School to referee a game, the Principal or Headmaster, again must assume overall responsibility, legal liability and accountability that the Regulations have been met. These appointed non-registered referees must be BokSmart Certified as per the Regulations.
14. If the Referee has transgressed, a formal letter explaining the transgression must be sent to either the relevant Union Referee Society or the involved School's Principal or Headmaster, whichever may be applicable, for further remedial action. This letter must note the referee's failure to adhere to Regulations.
15. Should the Schools and involved parties continue to transgress, regardless of the above notifications and signed undertakings, the Provincial Union shall impose a sanction which shall include, but is not limited to the following:
  - a. All involved parties will be denied match fixtures by the Union
  - b. All involved parties will be "blacklisted", and opposition Schools will be notified to this fact
    - i. This notification will include Coaches and Referees who continually transgressed or have not complied with their role requirements
16. If none of the above has been successful in changing behaviour of the involved parties, the matter will be referred to SARU in accordance with regulation 5.1 of the SARU Disciplinary and Judicial Matters Regulations.

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# SARU REGULATIONS FOR UNDER-AGED RUGBY: *SCHOOL RUGBY AGE-BANDING*

SOUTH AFRICAN RUGBY UNION (an incorporated association of persons)

President: OPM Hoskins Deputy President: MA Alexander Vice President: JY Stoffberg Chief Executive Officer: JW Roux



# ADDENDUM 1 of 2012:

## SARU REGULATIONS FOR UNDER-AGED RUGBY:

### ***SCHOOL RUGBY AGE-BANDING***

The following document is an Addendum to the *SARU Regulations for Under-aged Rugby* currently applicable to Adult rugby and are additional Regulations that apply to all School-level Rugby played under the auspices of the South African Rugby Union, the South African Schools Rugby Executive, and the affiliated fourteen (14) Provincial Rugby Unions.

#### **A - Definitions:**

***“Primary School Rugby”*** – Refers to the Age-grades or Divisions for Rugby played at a Primary School Level or Age-grades U13 and below, applicable to the South African Rugby Union (SARU), the South African Schools Rugby Executive, the relevant Provincial Rugby Union or Affiliated Rugby Body

***“Secondary School Rugby”*** – Refers to the Age-grades or Divisions for Rugby played at a Secondary or High School Level or Age-grades U14 to U19, applicable to the South African Rugby Union (SARU), the South African Schools Rugby Executive, the relevant Provincial Rugby Union or Affiliated Rugby Body

***Potential School Age-grades:*** (these are determined by the age that you turn during the specific year in question):

*Under 6 (U6) = Players aged 4, 5, or 6, with these players turning 5, 6, and having turned 6 respectively during the year in question*

*Under 7 (U7) = Players aged 5, 6, or 7, with these players turning 6, 7, and having turned 7 respectively during the year in question*

*Under 8 (U8) = Players aged 6, 7, or 8, with these players turning 7, 8, and having turned 8 respectively during the year in question*

*Under 9 (U9) = Players aged 7, 8, or 9, with these players turning 8, 9, and having turned 9 respectively during the year in question*

*Under 10 (U10) = Players aged 8, 9, or 10, with these players turning 9, 10, and having turned 10 respectively during the year in question*

*Under 11 (U11) = Players aged 9, 10, or 11, with these players turning 10, 11, and having turned 11 respectively during the year in question*

*Under 12 (U12) = Players aged 10, 11, or 12, with these players turning 11, 12, and having turned 12 respectively during the year in question*

*Under 13 (U13) = Players aged 11, 12, or 13, with these players turning 12, 13, and having turned 13 respectively during the year in question*

*Under 14 (U14) = Players aged 12, 13, or 14, with these players turning 13, 14, and having turned 14 respectively during the year in question*

*Under 15 (U15) = Players aged 13, 14, or 15, with these players turning 14, 15, and having turned 15 respectively during the year in question*

*Under 16 (U16) = Players aged 14, 15, or 16, with these players turning 15, 16, and having turned 16 respectively during the year in question*

*Under 17 (U17) = Players aged 15, 16, or 17, with these players turning 16, 17, and having turned 17 respectively during the year in question*

*Under 18 (U18) = Players aged 16, 17, or 18, with these players turning 17, 18, and having turned 18 respectively during the year in question*

*Under 19 (U19) = Players aged 16, 17, 18, or 19, with these players turning 17, 18, 19, and having turned 19 respectively during the year in question*

***Age-grade:*** An Age-grade is determined by the maximum age, as determined on 31<sup>st</sup> December of that specific year, of a player allowed to participate within the prescribed Age-grade. For example, the oldest player in the U13 Age-grade, would still be 13 years old on 31<sup>st</sup> December of the specific year in question

***Minimum Age:*** The minimum age allowed in an Age-grade is determined by the age that you turn during the specific year in question. For example, if the minimum age is 11 on the 1<sup>st</sup> of January, then on the 31<sup>st</sup> of December of the same year, you would have to be 12 years old, having turned 12 years old during the specific year in question. You cannot have turned 11 on the 1<sup>st</sup> of January, as you would still be 11 by midnight on the 31<sup>st</sup> of December of the same year.

#### **B - Regulations:**

*In School Rugby in South Africa, schools may set their own Age-grade divisions, but the following stipulations have to be implemented:*

1. In *“Primary School Rugby”*, no player, who on the 1<sup>st</sup> of January in any given year, as defined under *Minimum Age*, is more than two (2) years younger, than the prescribed maximum stipulated age within an Age-grade category, may participate within that Age-grade during the year in question.
  - a. For example, if you turn 11 on the 1<sup>st</sup> of January or are younger than 11 (e.g. 10) on the 1<sup>st</sup> of January, you cannot be allowed to play in the U13 division within that year, as the oldest player in the U13 Age-grade, as defined above, would be 13 years of age, and having turned 13 during the year in question.

- b. The player may not be older than the stipulated Age-grade e.g. in the U13 division, a player may not be 14 years old or be turning 14 years old during the year in question
2. In “*Secondary School Rugby*”, subject to Clauses 3 and 6, no player, who on the 1<sup>st</sup> of January in any given year, as defined under *Minimum Age*, is more than two (2) years younger, than the prescribed maximum stipulated age within an Age-grade category, may participate within that Age-grade during the year in question.
  - a. For example, subject to Clause 3, if you turn 16 on the 1<sup>st</sup> of January or are younger than 16 (e.g. 15) on the 1<sup>st</sup> of January, you cannot be allowed to play in the U18 division within that year, as the oldest player in the U18 Age-grade, as defined above, would be 18 years of age, and having turned 18 during the year in question.
  - b. The player may not be older than the stipulated Age-grade e.g. in the U18 division, a player may not be 19 years old or be turning 19 years old during the year in question
3. In “*Secondary School Rugby*”, with the exception of Clause 6, the age band could be extended for a specific player(s) to a maximum three (3) year age-band, but only in keeping strictly within the following very important stipulations, aimed primarily at limiting the risk of catastrophic cervical spinal injury:
  - a. The **Coach**, who shall have no less than an **IRB Level 2** coaching qualification, wanting to select a younger player to participate in a league or division above their current Age-grade, as stipulated in Clause 2, has to submit a completed and accepted **SCHEDULE A**, and **SCHEDULE B** where applicable, to the appropriate Union’s offices, before selecting the player to train or participate in such a league or division
    - i. For example in the U18 Age-grade, the youngest player could be 15 years old, as per the *Minimum Age* definition, turning 16 during the year in question, but must have submitted a completed and accepted **SCHEDULE A**, and **SCHEDULE B** where applicable, to the Union’s offices, before training or participating in an U18 division squad or league
  - b. The players as described in 3(a) may **NOT** train or participate in a division above their Age-grade, in any of the positions locks, loose-forwards, scrumhalf, flyhalf, centres, wings and fullback, unless they have submitted a completed and accepted **SCHEDULE A** to the Union’s offices
  - c. The players as described in 3(a) may **NOT** train or participate in a division above their Age-grade, in any **front row** position i.e. positions tight-head prop, hooker or loose-head prop, unless they have submitted both completed and accepted **SCHEDULE A** and **SCHEDULE B** to the Union’s offices
  - d. Local research has identified the front row positions, especially the hooker, as having a higher risk for permanent catastrophic cervical spinal cord injury, especially in the scrum
4. **Teams** within “*Primary School Rugby*” e.g. U10, U11 and U13, have to compete within the specific age-banding required of their league or division as stipulated in Clause 1.
  - a. For example an U10 team cannot compete in an U11 league or division, as the youngest player in the U10 team could potentially be 8 on the 1<sup>st</sup> of January, as per the *Minimum Age* definition, and therefore not be able to compete within the U11 team structure, as they would be more than two (2) years younger than the oldest player in the U11 team.
5. **Teams** within “*Secondary School Rugby*” e.g. U15 and U16, subject to Clause 6 where applicable, have to compete within the specific age-banding required of their league or division as stipulated in Clauses 2 and 3.



- a. For example an U15 team cannot compete in an U16 league or division, as the youngest player in the U15 team, without having submitted a completed and accepted **SCHEDULE A**, and **SCHEDULE B**, where applicable, to the Union's offices, could potentially be 13 on the 1<sup>st</sup> of January, as per the *Minimum Age* definition, and therefore not be able to compete within the U16 team structure, as they would be more than three (3) years younger than the oldest player in the U16 team.
6. The current school system has to cater for U19 scholars, or players aged 18 years old, turning 19, or players having already turned 19 years old, during the year in question, and legally these players cannot be denied participation within the school rugby system. To maintain higher rugby safety standards given this limitation, the following stipulations need to be upheld:
    - a. The recommended two (2) year age-band for U19 level rugby, would normally field players aged 17 years old turning 18, and players 18 years old turning 19, during the year in question
    - b. Due to the small number of players aged 18 years old, turning 19, or players having already turned 19 years old, during the year in question, the U19 Age-grade, applied at School level only, will be expanded to accommodate a maximum three (3) year age-band
    - c. The expanded three (3) year age-band for the U19 School level Age-grade, will therefore include 16 year olds turning 17 years old during the year in question
    - d. The naturalistic majority of players in the U19 School level Age-grade, will come from 16 year old players turning 17, and 17 year old players turning 18 years old, during the year in question
    - e. There is no room for expansion to a four (4) year age-band under any circumstances
    - f. All *front row* players, tight-head prop, hooker or loose-head prop, within the U19 School level Age-grade, who fall outside the recommended two (2) year age-band, have to complete **SCHEDULE A** and **SCHEDULE B**, regardless of their circumstances, before playing U19 School level Age-grade rugby in these high-risk front row positions
    - g. The automatic three (3) year age-band expansion only applies to the U19 School level Age-grade and cannot be applied at any other School Age-grade or division
    - h. In keeping with Clause 5's stipulations, should an U19 School team wish to play against an U18 School team, or vice versa, the U19 team, at no time, may select or field any players who are 18 years old turning 19, or players who have already turned 19 years old, during the year in question
    - i. At no given time, may any U19 level Age-grade rugby team select or field players aged 19 years old turning 20, or players older than 20 years old, during the year in question
  7. As supported by the South African Schools Rugby Executive Committee, players should play within their respective Age-grade divisions, as per the age-banding criteria stipulated above.
  8. Rugby playing Schools have to cater for opportunities for all players to be able to play rugby, and with this in mind, an U16 Age-grade division (or U17 in Schools playing in U19 leagues or divisions) should preferably be catered for, where possible, as it is not desirable for players more than two (2) years younger than their prescribed Age-band, even within the stipulations above, to participate in U18 or U19 divisions.

**SCHEDULE A - AGE-GRADE TWO-YEAR EXEMPTION AND CONSENT FORM FOR ALL APPLYING PLAYERS TO COMPLETE**

COMPLETED FORM MUST BE SUBMITTED TO YOUR PROVINCIAL UNION MANAGER OF SCHOOLS RUGBY – Front Row players, additionally need to Submit SCHEDULE B

**SECTION A: TO BE COMPLETED BY THE PLAYER (PRINT CLEARLY)**

Players Full Names:			
ID Number:		Competition/Province	
Date of birth:		Current Age-grade e.g. U16 – (15 year old)	
Club/School Name		Age-grade applied for e.g. U18	
Playing position:		Contact Number:	
Number of years' experience playing at this position		Email address:	

**SECTION B: TO BE COMPLETED BY THE PLAYER'S COACH (PRINT CLEARLY)**

Coach's Full Names:			
ID Number:		Contact Number:	
IRB Level		Email address:	
Coaching qualification:		BokSmart Certification Code	
IRB Level Expiry date:		BokSmart Expiry date:	
Years of coaching experience			

*The coach has to assess the player against the following considerations. If there are any **NO** answers to any of the considerations, the player should **NOT** be allowed to participate in the Age-grade applied for, as this indicates an increased risk to safe participation in the Proposed Age-grade.*

**Please Note:** In exceptional cases, a player's physical, emotional, motor and cognitive development, skill level and experience, may be such that he may be allowed to participate in an Age-grade above his current two-year age-band. However, within the year in question, he, in keeping with the "Minimum Age" definition, may not participate in an Age-grade greater than three years above his age on the 1<sup>st</sup> day of January of that year.

*The coach performing this assessment on the player shall have no less than an IRB Level 2 Coaching qualification. Not having an IRB Level 2 qualification therefore does not qualify the Coach, to competently and objectively assess the player's capabilities. Furthermore, the coach has to have an active BokSmart Certification status.*

Physical Development:	Is the player physically developed, big, fit and strong enough to be able to adequately compete in his position within the age-division applied for?	YES	NO
Skill Level:	Is the player technically skilled enough in his position to be able to adequately compete in the age-division applied for?	YES	NO
Level of Experience:	Does the player have the necessary experience in his position to compete with other players at a comparable standard in the age-division applied for?	YES	NO
Safety Risk:	Can the player compete safely in his nominated position, and is the player at no more risk of serious and catastrophic head, neck or cervical spine injury than any of the other participants in the age-division applied for?	YES	NO
	Have you completed the BokSmart Pre-participation screening questionnaire with the player?	YES	NO

I have explained to both the player and his parents or legal guardian, that the player will be competing in a higher age-division against older players and that this may normally involve an increased level of risk.  
However, in my qualified opinion, the player's physical development, skill level and level of experience is of a sufficiently high standard so that the player can safely compete in the proposed Age-grade, in his nominated position, with no more risk of serious and catastrophic head, neck or cervical spine injury than any of the other participants that play in the same position applied for within the proposed Age-grade.

Signature of Coach:		Date:	
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**SECTION C: TO BE COMPLETED BY THE PLAYER'S PARENT/LEGAL GUARDIAN (PRINT CLEARLY)**

Full names:			
ID Number:		Contact Number:	

I hereby confirm that:

- a. I am the parent or legal guardian of the abovementioned player
- b. I have provided with and read a copy of the SARU Under-age guidelines applicable to School rugby Age-banding
- c. The coach has explained to me that in his qualified opinion the player's physical development, skill level, and level of experience is of a sufficiently high standard so that the player can safely compete in the proposed Age-grade, with no more risk of serious and catastrophic head, neck or cervical spine injury than any of the other participants that play in the same position applied for within the proposed Age-grade
- d. It has however been explained to me that the player will be competing in a higher age-division against older players and that this may normally involve an increased level of risk
- e. I understand that rugby is a contact sport, and like all contact sports, players are exposed to a risk of injury, and in the case of rugby union, albeit very few in number, potentially also catastrophic head, neck or cervical spine injury
- f. I acknowledge and fully comprehend that the level of risk of these injuries may be increased where a player competes above the two-year window, and where the player's physical development, skill level, and level of experience may potentially be inferior to that of the players that he may play against.
- g. I knowing the above agree to the extent permitted by Law, to waive any claims for liability against SARU, the Provincial Union, or any of its affiliate clubs, schools or rugby bodies, and any of its participants, including but not limited to players, coaches, referees, medical support staff, volunteers and administrators and release every such body or participant from all liability that may be incurred in connection with the player's participation in the proposed Age-grade

Signature:		Date:	
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**SECTION D: TO BE COMPLETED BY THE PROVINCIAL UNION'S MANAGER OF SCHOOLS RUGBY (PRINT CLEARLY)**

Full names:			
ID Number:		Contact Number:	

I hereby confirm that:

- a. I have received all the necessary and completed SCHEDULE A documentation as required by the School Age-banding exemption policy, and confirm that all stipulations have been met
- b. I have also received Certified Copies of the applying Coach's Identity document, IRB Level 2 (or above) coaching qualification and active BokSmart Certification status, in application for exemption of the two-year window for the player mentioned above, and within the restrictions of the three (3) year maximum window stipulations
- c. I further acknowledge that all records of the Consent and this application are kept on file at the Union offices and that the office, the player's parents or legal guardian and the coach have received copies of the completed exemption documentation

Signature:		Date:	
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**SCHEDULE B - ADDITIONAL EXEMPTION INFORMATION FORM REQUIRED FOR FRONT ROW PLAYERS TO BE SUBMITTED TOGETHER WITH SCHEDULE A**

COMPLETED FORM MUST BE SUBMITTED TO YOUR PROVINCIAL UNION MANAGER OF SCHOOLS RUGBY

**SECTION A: TO BE COMPLETED BY THE PLAYER (PRINT CLEARLY)**

Full Names:			
ID Number:		Competition/Province	
Date of birth:		Current Age-grade e.g. U16 – (15 year old)	
Club/School Name		Age-grade applied for e.g. U18	
Playing position:		Contact Number:	
Number of years' experience playing at this position		Email address:	

*The coach has to assess the player against the following considerations. If there are any **NO** answers to any of the considerations, except for the question, "Did the player miss any games last year as a result of a significant head, neck or spine injury?" where a **YES** answer would apply, the player should **NOT** be allowed to participate in the Age-grade applied for, as this indicates an increased risk to safe participation in the Proposed Age-grade.*

**Please Note:** In exceptional cases, a player's physical, emotional, motor and cognitive development, skill level and experience, may be such that he may be allowed to participate in an Age-grade above his current two-year age-band. However, within the year in question, he, in keeping with the "Minimum Age" definition may not participate in an Age-grade greater than three years above his age on the 1<sup>st</sup> day of January of that year.

*The coach performing this assessment on the player shall have no less than an IRB Level 2 Coaching qualification. Not having an IRB Level 2 qualification therefore does not qualify the Coach, to competently and objectively assess the player's capabilities. Furthermore, the coach has to have an active BokSmart Certification status.*

**SECTION B: PLAYING SKILL AND EXPERIENCE (PRINT CLEARLY)**

*– to be completed by the COACH in consultation with the PLAYER and their PARENT(S)/LEGAL GUARDIAN(S)*

Has the player played more than two consecutive seasons/years in the front row?	YES	NO
Has the player played more than two consecutive seasons/years in their current front row position?	YES	NO
Did the player play in the front row last year?	YES	NO
Did the player play a full season in the last year in the front row?	YES	NO
Did the player miss any games last year as a result of a significant head, neck or spine injury?	YES	NO
Knowing the increased risk of front row positions, can the player compete safely in his nominated position, and is the player at no more risk of serious and catastrophic head, neck or cervical spine injury than any of the other participants in the age-division applied for?	YES	NO

**NB – Rugby medical research studies have indicated that players in the front row, especially the hooker, are exposed to an increased risk of catastrophic head, neck or cervical spine injuries, and that the head, neck and spine injuries in these positions and in the scrum are generally more severe.**

**SECTION C: LEVEL OF COACHING AND TRAINING RECEIVED IN THE FRONT ROW POSITION (PRINT CLEARLY)**

*– to be completed by the COACH*

Has the player received any form of specialised front row coaching over the last two years?	YES	NO
Has the player received any form of specialised front row technical conditioning over the last two years?	YES	NO
Does the player have the necessary technical experience and ability to compete safely in the front row?	YES	NO

**SECTION D: STRENGTH AND CONDITIONING BACKGROUND (PRINT CLEARLY)**

*– to be completed by the COACH in consultation with the PLAYER and their PARENT(S)/LEGAL GUARDIAN(S)*

Does the player undertake regular strength and conditioning i.e. more than 2 x per week?	YES	NO
Has the player participated in a structured pre-season preparation programme of more than 1 month prior to participation?	YES	NO
Has the player participated in regular strength training over the last two years?	YES	NO
Have you as coach, reviewed, and monitored the player's strength training programme and are you satisfied that they are suitably conditioned to play in the front row at the Age-grade indicated?	YES	NO
Does the player undertake regular NECK strengthening and conditioning i.e. more than 2 x per week?	YES	NO
What is the player's current weight in kilograms?	Kg	
What is the player's current height in Centimetres?	Cm	
What is the player's current bench press 1RM in kilograms?	Kg	

**SECTION D: DECLARATION OF TRUTH (PRINT CLEARLY)**

I hereby confirm and declare that all the information provided is accurate and correct, and understand that should any false information be provided, that there may be legal ramifications.

Signature of player:		Date:	
Signature of parent or legal guardian as specified in SCHEDULE A:		Date:	
Signature of IRB Level 2 Coach as specified in SCHEDULE A:		Date:	

**SECTION E: TO BE COMPLETED BY THE PROVINCIAL UNION'S MANAGER OF SCHOOLS RUGBY (PRINT CLEARLY)**

Full names:			
ID Number:		Contact Number:	

I hereby confirm that:

- I have received all the necessary and completed **SCHEDULE A AND B** documentation as required by the School Age-banding exemption policy for **FRONT ROW PLAYERS**, and confirm that all stipulations have been met
- I have also received Certified Copies of the applying Coach's Identity document, IRB Level 2 (or above) coaching qualification and active BokSmart Certification status, in application for exemption of the two-year window for the player mentioned above, and within the restrictions of the three (3) year maximum window stipulations
- I further acknowledge that all records of the Consent and this application are kept on file at the Union offices and that the office, the player's parents or legal guardian and the coach have received copies of the completed exemption documentation

Signature:		Date:	
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## SOUTH AFRICAN RUGBY UNION

SARU House | Tygerberg Park | 163 Uys Krige Drive | Platteklouf | Cape Town 7500  
P.O. Box 15929 | Panorama 7506  
Tel: +27 (0)21 928 7000 | [www.sarugby.co.za](http://www.sarugby.co.za)  
f : springboks | t : @bokrugby



# SARU REGULATIONS PERTAINING TO THE BOKSMART RUGBY SAFETY PROGRAMME AT ALL LEVELS OF RUGBY June 2011

SOUTH AFRICAN RUGBY UNION (an incorporated association of persons)  
President: OPM Hoskins Deputy President: MA Alexander Vice President: JY Stoffberg Chief Executive Officer: JW Roux



**SARU REGULATIONS PERTAINING TO THE BOKSMART RUGBY SAFETY PROGRAMME AT  
ALL LEVELS OF RUGBY  
AMENDED VERSION APRIL 2011**

Definitions:

**“Field of Play”** - is the area between the goal lines and touchlines.

**“Playing Area”** - is the field of play and the in-goal areas.

**“Playing enclosure”** – refer to Law 1

1. A province, club, rugby body or school shall adopt these regulations, and amendments thereto shall only be permitted if it is more stringent on its members.
2. A province, club, rugby body or school must ensure that it complies with these regulations and must further ensure that it takes appropriate action to inform each and every one of its members of the terms of these regulations and the obligation to comply with same.
3. Any person who coaches a rugby team or assists in the coaching of a team in whatever capacity has to be BokSmart certified and licensed accordingly.
4. Any person who officiates as a referee or assistant referee in a rugby match has to be BokSmart certified and licensed accordingly in order to officiate as such.
  - 4.1 This does not apply to normal Touch Judges or Linesmen who are not qualified referees and simply monitor the touchline
5. The referee, assistant referees, coaches, assistant coaches or any person alleging to be the coach and any person in a coaching role who intends to enter the playing enclosure during a match have to provide proof of their BokSmart certification to the match manager / secretary of the province, club, rugby body or school hosting a match.
6. If the referee or any one of the assistant referees are not BokSmart certified, or they cannot provide proof of their BokSmart certification, the match shall be abandoned for safety reasons, unless they can be replaced by level appropriate BokSmart certified referees or assistant referees who can provide proof of BokSmart certification.
7. If the coach or the person alleging to be the coach, or any person acting in a coaching capacity for any of the participating teams, is not BokSmart certified, the match shall be abandoned.
8. Should a coach or the person alleging to be the coach, or any person in a coaching capacity allege to be BokSmart certified, but is not in a position to produce proof thereof, the match shall proceed subject thereto that such person(s) shall not be allowed on or next to the playing area during the match. They also have to produce their BokSmart certification licence to the match manager / secretary of the province, club, rugby body or school, as the case may be, on the first working day after the match.
9. The province, club, rugby body or school shall not be allowed to host any match without ensuring that the referee and assistant referees officiating in such matches and the coaches and assistant coaches of the participating teams are BokSmart certified.

9.1 Coaches are additionally to present proof of their BokSmart Certification to the referee at least 15 minutes before kick-off.

9.2 Should the coaches not present the necessary proof, then the referee is not to start the match, and subject to Clause 8, it shall be abandoned.

10. The referee shall not allow any person, excluding players and qualified medical staff, on the playing area who is not BokSmart certified. The BokSmart certification has to be presented to the referee or assistant referees by the person intending to enter the playing area.
11. It is the responsibility of provinces, clubs, rugby bodies and schools to ensure that every referee, assistant referee, coach and assistant coach affiliated to such province, club, rugby body or school are BokSmart certified and they shall keep a proper record thereof for auditing purposes by the province and / or SARU, and the Serious Injury Task Team (SITT) investigations, as the case may be.
12. The BokSmart certification shall be valid for 2 (two) years at a time, whereafter it must be renewed, subject to 13 below.
13. The BokSmart certification shall only be renewed after the successful completion of the latest BokSmart course. A 2-month grace period is provided after the expiry date on the licence card in order to undergo such course.
14. For every competition-, tournament- and/or league match played in accordance with the approved fixture list of the province, club, rugby body or school, the match referee has to submit an official referee's report to the province or to SARU, whichever is applicable, indicating the BokSmart certification status of himself and the assistant referees (where applicable) within 72 (seventy two) hours of completion of the match.
15. The following shall be recorded on the referee's report:
  - 15.1 The Match Referee's Full Names, contact number and BokSmart certification code e.g. BS-0000001
  - 15.2 All Assistant Referees' contact numbers, full names and BokSmart certification codes
16. For every competition-, tournament- and/or league match played in accordance with the approved fixture list of the province, club, rugby body or school, the match manager / secretary of the province, club, rugby body or school has to draft a signed and dated report, indicating the BokSmart certification status of coaches and assistant coaches of the teams, and those, excluding players and qualified medical staff, who entered the playing area during the match within 72 (seventy two) hours of completion of the match, and keep this report filed and on record at the province, club, rugby body or school's offices for auditing purposes should the documentation be required by SARU and/or the Province. The full names, contact numbers and BokSmart certification codes shall be recorded on the report.
17. Any breach of these regulations shall be dealt with in accordance with the applicable Judicial and Disciplinary Regulations. The Judicial Officer, Judicial Committee, Appeal Officer or Appeal Committee shall apply the recommended sanctions as referred to in the applicable Judicial and Disciplinary regulations.

18. In addition to the recommended penalties prescribed by the disciplinary and judicial regulations, the following minimum penalties shall apply:
- 18.1. Should the referee or assistant referee officiate in a match without being BokSmart certified – 3 match suspension and shall remain suspended until they have obtained BokSmart certification.
  - 18.2 Should a team participate in a match, without the coach or assistant coach being BokSmart certified – 3 match suspension of the coach and / or assistant coach and shall remain suspended until they have obtained BokSmart certification.
  - 18.3 Should the referee allow any assistant referee to officiate in a match without being BokSmart certified or subject to Clause 8, start a game without the coaches having provided proof of their certification - 3 match suspension of the referee.
  - 18.4 Should a referee allow any coach, assistant coach or any official on the playing area who is not BokSmart certified – 3 match suspension of the referee.
  - 18.5 Should the province, club, rugby body or school hosting a match either allow a referee or assistant referees to officiate in a match and / or allow such match to continue with coaches and assistant coaches of the participating teams who are not BokSmart certified – the province, club, rugby body or school hosting the match will be declared the losers and forfeit any league points or trophies (if applicable). The visiting team will be declared the winners and be awarded with maximum league points or be awarded with the trophy (if applicable).
19. These regulations will be enforceable from 1 January 2011.

## SARU MINIMUM MEDICAL REQUIREMENTS FOR RUGBY

**Green** guidelines refer to the minimum requirements for the following designated rugby levels of play:

- Normal School Rugby matches
- Normal Club rugby matches
- Community rugby
- All Sevens format matches in the above mentioned categories.

**Gold** guidelines are the minimal safety requirements for elite level events. Gold level events can be subdivided into two sub-categories – **Gold** and **Gold+**

### **Gold**

- Absa Currie Cup tournaments (all formats and age-groups, except for the Premiership Competition)
- Vodacom Cup
- All other interprovincial level matches, including Amateur Interprovincial matches and tournaments
- Cell-C Community Cup
- Varsity Cup and Shield
- SARU Youth Weeks
- Schoolboy festivals
- Classic Clashes
- All Sevens matches or tournaments at these levels

### **Gold+**

- Absa Currie Cup Premiership
- Vodacom Super Rugby
- All International Test Matches
- All International Sevens matches and tournaments

For the **Gold** standard matches, or for **Gold+** standard matches, these minimum safety requirements, in addition to the **Green** standard necessities, are more stringent.

For more advice on this matter consult the **Safety in the Playing Environment** and **Tournament Medical and Safety Minimum Standards** documents for the additional safety measures and protocols that are compulsory for these levels of matches and tournaments. These are available on the BokSmart Website [www.BokSmart.com](http://www.BokSmart.com) or linked Page: <http://boksmart.sarugby.co.za/content/playing-environment-safety>. Where the **Safety at Sports and Recreational Events Act of 2010** applies, this also needs to be addressed according to Law (CHECKLIST ON NEXT PAGE)



## MINIMUM MEDICAL REQUIREMENT CHECKLIST:

Environmental conditions	Green	Gold	Gold+	Confirmed (✓/×)
Whirling Hygrometer/ WBGT*	✓*	✓*	✓*	
Lightning warning system*	✓*	✓*	✓*	
Telephone access	✓	✓	✓	
Medical Personnel	Green	Gold	Gold+	
Match Doctor	×	×	✓	
Venue Doctor	×	✓	✓	
Specialist services on site	×	×	✓	
Specialist services on standby	×	✓	✓	
Nursing sister	×	×	✓	
Medical liaison	×	×	✓	
ALS paramedics	×	×	✓	
ILS paramedics	×	✓	✓	
BAA	×	✓	✓	
Trained First aider	✓	×	×	
Ambulance and staff on site	×	✓	✓	
Ambulance and staff on standby	✓	×	×	
Air staff (on standby)	×	✓	✓	
Equipment	Green	Gold	Gold+	
Spinal Board and harness	✓	✓	✓	
Cervical collars and head blocks	✓	✓	✓	
BLS equipment	×	✓	✓	
BokSmart Concussion Guide	✓	✓	✓	
SCAT tool	✓**	✓	✓	
First Aid bag	✓**	✓	✓	
ALS Equipment	×	✓	✓	
Golf cart	×	✓	✓	
Medical Room	Green	Gold	Gold+	
Medical tent/station	✓	×	×	
Emergency treatment room	×	✓	✓	
Advanced care	Green	Gold	Gold+	
ALS equipped ambulance on site	×	×	✓	
BLS equipped ambulance on site	×	✓	×	
Access to Emergency medical	✓	×	×	
Trauma unit (<1hour)	✓	✓	✓	
Spinal unit (<4hours)	✓	✓	✓	
Air transport (Helicopter)	×	✓	✓	

**\* = Telephonic access to this information is also sufficient**

**\*\* = where indicated, in certain underprivileged or disadvantaged communities, this cannot be seen as a requirement**

These requirements are the very minimum requirements that should be in place for a rugby match to take place.

The minimum requirements for sanctioned competitions, tournaments and rugby festivals are however more stringent. One should however, where possible, continuously strive to improve the medical support available at matches at all levels of play to ensure player safety at all times.

## ACKNOWLEDGEMENT and UNDERTAKING

### 1. ACKNOWLEDGEMENT

I, ..... Principal/Headmaster at .....School acknowledges that the School has received a letter from the Provincial Union dated ..... with copies of the SARU Regulations for Under-Aged Rugby: School Rugby Age-Banding; SARU Regulations pertaining to the BokSmart Rugby Safety programme at all levels of rugby and the SARU Minimum Medical Requirements for Rugby attached, hereafter referred to as the "Regulations".

The School acknowledges that the Principal or Headmaster and involved Heads of Sport, Sports Administrators, Team Managers, Coaches, and school-nominated Referees assume full responsibility to implement the Regulations on all match days.

Should the School and involved parties fail to implement remedial action as proposed by Provincial Rugby Union/SARU as in 2 below and/or continue to transgress, regardless of the above notifications and this undertaking, the Provincial Union shall impose a sanction, which shall include, but is not limited to the following:

- a. All involved parties will be denied a number of match fixtures determined by the Provincial Union; and
- b. All involved parties will be suspended for a period determined by the Provincial Union.

Should the involved parties continue to transgress despite the above actions, the matter will be referred to SARU in accordance with regulation 5.1 of the SARU Disciplinary and Judicial Matters Regulations.

I confirm that the Provincial Union has notified me of a breach of SARU Regulations of the following:

#### 1.1. Match:

\_\_\_\_\_  
\_\_\_\_\_

1.2. Incident:

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1.3. Breach:

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**2. UNDERTAKING**

2.1. The School undertakes to implement any remedial action proposed by \_\_\_\_\_ Provincial Rugby Union and/or SARU

2.2. Where applicable, the School undertakes to impart appropriate internal disciplinary action with those involved, and furthermore commits to apply internal protocols to prevent such breaches from reoccurring at the School in the future

This done and signed at \_\_\_\_\_ (place), on \_\_\_\_ (day) of \_\_\_\_\_ (month) in the year \_\_\_\_\_

\_\_\_\_\_  
Headmaster/Principal

\_\_\_\_\_  
Chairperson: School Governing Body (SGB)

\_\_\_\_\_

\_\_\_\_\_ Provincial Rugby Union or SARU Representative

## SOUTH AFRICAN RUGBY UNION – TEAMSHEET



(This team sheet must be completed by the Team Manager and handed to the Officiating Referee at least 1 hour (sixty minutes) before the start (kick-off time) of the match concerned – Coach 1 (Head Coach) and Coach 2 (Assistant Coach) are for the same team; both teams have to submit team sheets!)

## COMPETITION/AGE GRADE:

TEAM: \_\_\_\_\_ OPPOSING TEAM: \_\_\_\_\_

TEAM COACH 1 (name): \_\_\_\_\_ TEAM COACH 2 (name): \_\_\_\_\_

BokSmart (BS) No. COACH 1: BS- \_\_\_\_\_ BokSmart (BS) No. COACH 2: BS- \_\_\_\_\_

MATCH REFEREE (name): \_\_\_\_\_ BokSmart (BS) No. Referee: BS- \_\_\_\_\_

Assistant Referee 1 (where appl.): BS- \_\_\_\_\_ Assistant Referee 2 (where appl.): BS- \_\_\_\_\_

## VENUE: \_\_\_\_\_

DAY: \_\_\_\_\_ TIME: \_\_\_\_\_ DATE: \_\_\_\_\_

TEAM LIST

	Surname	Initials	Name	Player Reg #	DOB (& Age) <small>DOB = Date of Birth dd / mm / yyyy</small>
15	Full back				/ / ( )
14	Right wing				/ / ( )
13	Right centre				/ / ( )
12	Left centre				/ / ( )
11	Left wing				/ / ( )
10	Fly half				/ / ( )
9	Scrum half				/ / ( )
8	Number eight				/ / ( )
7	Right flanker				/ / ( )
6	Left flanker				/ / ( )
5	Right lock				/ / ( )
4	Left lock				/ / ( )
3	Tight head prop				/ / ( )
2	Hooker				/ / ( )
1	Loose head prop				/ / ( )

Replacements

16	Hooker				/ / ( )
17	Prop				/ / ( )
18	Prop				/ / ( )
19	Utility Forward				/ / ( )
20	Scrum half				/ / ( )
21	Utility Back/Forward				/ / ( )
22	Utility back				/ / ( )

**I hereby certify that the above information is correct:**

Team Manager: \_\_\_\_\_

Please Print

Mobile Number: \_\_\_\_\_

Date: \_\_\_\_\_ Signed: \_\_\_\_\_