



## RUGBY ONTARIO – REQUEST TO PLAY UP (2 years) PROCEDURES SCHEDULE A & COACH/PARENT GUARDIAN/MEDICAL CONSENT FORM

Before a player participates in an age grade contact rugby competition more than two years above his/her age on 1 January in the relevant year, the information in Schedule A should be carefully considered, and the appropriate consent/waiver form be properly completed and sent to the Technical Director at the Rugby Ontario, Toronto Office.

### **Risks**

It is important that all people involved in a decision to permit a player to participate in an age grade above the two-year window, understand that rugby is a contact sport and, like all contact sports, players are exposed to the risk of injury. This risk should not be heightened where a player participates in a competition above the two-year window in circumstances where the player's physical development, skill level, maturity and experience are inferior to that of the players he/she will play with or against.

### **Considerations**

In assessing the suitability of a player to participate in a competition above the two-year window, the coach assessing the player and the player's parent or guardian should recognize and consider the following factors:

- What is the player's level of physical development (e.g. height, weight, build, etc) when measured against potential playing colleagues?
- Is the player physically equipped to compete on an equal basis with players in the proposed senior competition?
- Does the player have a high skill level; both specific to their playing position and in relation to the games fund medals (e.g. tackle, pass, ruck, maul, scrum etc.)
- Will the player's skill level place the player on an equal basis with players in a senior competition?
- What is the players level of experience
- Is the player reasonably experienced and has the player gained that experience in a comparable standard of competition
- What is the standard of completion in the proposed fixture?
- Is it at a level in which the player can compete safely?

In addition to the above considerations for a players wishing to play in a competition above the two-year window, in assessing the suitability of a player to participate in the position of Front Row (prop or hooker) the coach must consider the following prior to approval for exemption:

- Number of years experience playing in front row?
- Did the player play front row the previous season?
- If the player missed a game through injury in the previous season, have then identify the injury area
- What level coaching qualifications does the players current coach have?
- Has the player received any specialist front row coaching in the last 2 years?
- If Yes, have the player outline coaching received, identify the coach who provided this coaching and outline their coaching qualifications and experience?

### **Strength**

- Does the player undertake a regular strength training program? If yes, how many times a week does the player complete strength training, have then identify who provided the program and provides the strength program that the player has completed over the past 4 weeks.
- How long has the player been doing regular strength training (i.e. months/years)



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### **Role of the Coach in Player Assessment:**

The suitability of a player to participate in a competition above the two-year window must be assessed and the potential risks explained to the player and his/her parent/legal guardian. The coach undertaking the player's assessment must:

- Hold a minimum current Competition Introduction Certification,
- be current in their Smart Rugby certification, and
- be currently registered with Rugby Canada

Additionally, consider the player's suitability to play in a competition above the two-year window against the considerations described above; and talk to the player and his/her parent/legal guardian to ensure that they understand that the player will be competition against older players and this may involve an increased level of injury risk.

### **Role of the Parent or Guardian:**

A parent or guardian of a child under the age of eighteen (18) must consent in writing to the child in a competition above the two-year window. That consent must be evidenced by completing the attached **Parent/Guardian Request/Consent Form**



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**RUGBY ONTARIO PLAYER DOWN FORM – CONSENT FORM**

*In accordance with the Rugby Ontario, playing up policy, this exception documentation verifies that with respect to:*

**Section 1 – Player Information (PLEASE PRINT CLEARLY)**

Name: \_\_\_\_\_ Gender: M F RC Registration #: \_\_\_\_\_  
 Club or Rep Team: \_\_\_\_\_  
 D.O.B (d/m/yy) \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Actual Age Grade: \_\_\_\_\_ Requested Age Grade: \_\_\_\_\_  
 Playing Position: \_\_\_\_\_

**Section 2 – Assessing Coach Information (PLEASE PRINT CLEARLY)**

Name: \_\_\_\_\_ RC Registration #: \_\_\_\_\_ NCCP #: \_\_\_\_\_  
 Highest Lv. Coaching Qualifications: \_\_\_\_\_ Smart Rugby Certified: YES NO

*All the above assessing coaching qualifications **MUST ALL** be fully met, in order for this document to be valid for the purpose of an exception to play down under the Rugby Ontario Playing Down policy.*

*The coach is to assess the player against the following considerations: If the answer is NO to any of these considerations, then the player SHALL NOT be considered capable of competing safely with players in the proposed age category*

<b>Physical Development</b>	Does the player’s level of physical development allow the player to compete safely with players in the proposed age group?	YES	NO
<b>Skill Level</b>	Is the player’s skill level comparable with other players in the proposed age category?	YES	NO
<b>Level of Experience</b>	Does the player have similar experience levels to compete with other players at a comparable standard of competition at the new level?	YES	NO
<b>Competition Standard</b>	Is the standard of competition in the proposed age grade competition suitable to allow the player to compete safely?	YES	NO

*This is to attest that the player’s physical development, skill level and experience are such that the player is capable of competing safely with players in the proposed higher age grade. I have explained to the player and his/her parent/guardian that the player will be competing with and against older players and this many involve increased risk.*

\_\_\_\_\_  
 Coaches Name (Print) Coaches Signature Date



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**Section 3 – Parent/Legal Guardian Information (PLEASE PRINT CLEARLY)**

I confirm that:

- I am a parent or legal guardian of the above mention player, and that I have been provided with a copy of Rugby Ontario’s Playing Up in a competition above the two-year window policy including Schedule A
- The coach has explained to me that, in his/her opinion, the player’s physical development, skill level and experience is at a level that he/she is capable of competing safely with players in the proposed higher age grade.
- It has been explained to me that the risk of injury may be increased by the player participating in the proposed age grade competition.
- I also understand that rugby is a contact sport and, like all contact sports, players are exposed to risk of injury
- I also understand that the level of risk should remain the same where a player participates in a competition above the two-year window in circumstances where the player’s physical development, skill level and experience may be inferior to that of the players he or she will play against.

\_\_\_\_\_  
Parent/Guardian Name (Printed)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**Section 4 – Physician or Sport Medicine Specialist (PLEASE PRINT CLEARLY)**

This is to confirm that an examination (prior to playing at the requested level) has indicated that the player is physically capable of participating at the level under application and to declare a clear understanding by the undersigned, of the physical and competitive environment that should be expected for the player in question in “playing up” in the requested category.

**Choose One** Family Doctor/ Sports Medicine Specialist Specify: \_\_\_\_\_

\_\_\_\_\_  
Doctor or Specialist Name

\_\_\_\_\_  
Doctor or Specialist Signature

\_\_\_\_\_  
Date

**All forms must be submitted to the Rugby Ontario office  
215 – 3 Concorde Gate, Toronto, Ontario M3C 3N7 office Attn Technical Director.**

*Before the player can play the player and or parent/guardian will get written confirmation from the Technical Director that the forms have been received and are in good order and the player has permission to play.*