

FOR THE LOVE OF
RUGBY
SINCE 1874



nsw rugby

pathways



UNDER 11 PATHWAY

NSW Club State Championships
20-21 July 2019

CLUB RUGBY
NSW COUNTRY
COMPETITIONS

CLUB RUGBY
SYDNEY (SJRJ)
COMPETITIONS

DISTRICT /
ZONE
REP TEAMS

UNDER 12 PATHWAY

NSW Country Championships
May 2019

NSW Schools Association Trials
NSWPSSA, CIS, NSWCCPS
May-June 2019

NSW Club State Championships
June Long Weekend 2019

NSW PSSA State Championships
Late August 2019

National PSSA Invitational
October 2019

CLUB RUGBY
NSW COUNTRY
COMPETITIONS

CLUB RUGBY
SYDNEY (SJRJ)
COMPETITIONS

SCHOOLS RUGBY
COMPETITIONS

SCHOOLS
DISCOVERY /
TRIAL DAY

DISTRICT /
ZONE
REP TEAMS

SCHOOLS
ASSOCIATIONS
REP TEAM

NSW /
PSSA
TEAM

why play **rugby union**

INCLUSIVENESS

- A team sport for all shapes and sizes. Whether it's Beach Rugby 5's, Wheelchair Rugby, Rugby 10's, Rugby 7's (Olympic Sport) or 15's Rugby Union, we have a place for you
- Size for Age Dispensation - Junior players between 10 and 15 who fall outside a specific height and weight range, below or above will be independently assessed to determine which age group they should play in. The changes we have made are aimed at making the game safer and more enjoyable for all participants, while staying true to the value that Rugby is a game for people of all shapes and sizes.

SAFETY

- Smart Rugby in a minimum mandatory requirement for all coaches and match officials. Smart Rugby is in place to ensure that player safety is front of mind on the training pitch and during matches.
- Blue Card Concussion Management – Rugby Union is one of the first sports to employ a Concussion Management Procedure that focuses on Injury prevention, awareness, medical care and gradual return to play.

RESPECT

- Rugby encourages you to have nothing but respect for your opposition. From shaking hands before the kick off, to tunnelling each other off at full time and sharing stories at a post-match function at the Rugby club. Coaches, players and parents all respect the values that their club or school stand for, along with those of the opposition.
- Rugby Union is such an inclusive International sport that respecting differences in cultures and beliefs is first nature.

LEADERSHIP & ACCOUNTABILITY

- Being a team sport, Rugby Union provides kids with an excellent opportunity to display leadership on and off the field.
- Preparing leaders to understand the value of and importance of the outcomes of their own actions. That as a leader in community Rugby you represent a community of people that will only accept the standards and values of the sport.