

December 8, 2011

Welcome to the kickoff of the Southeastern Rugby Club's spring 2012 season! Whether you are - like me - back for more, or a brand new player or parent, I welcome you to what should be a fun and exciting season.

The Club is growing! We have added even more dedicated and experienced coaches and will this year field a team in the 5th and 6th grade division. We will again practice at Brooks School Park and play home matches at Cyntheanne Park.

Practice schedules:

HS Boys –

Jan 16, 18, 23, 25 and 30. Feb 1, 6, 8, 13 and 15 Indoor practice at Sports of All Sorts will be 8:30 to 10:00 PM. Saturdays 10-Noon at Brooks School Park will begin on Jan 21st and continue until our first matches – Penn invite in Elkhart March 17th and 18th). Beginning Feb 20th, Monday and Wednesday practices will be at Brooks School Park at 5:30 PM.

5th-8th grade boys-

The times are still to be determined, but plan on Monday, Wednesday and Saturday at Brooks School Park with time similar to the HS boys above. Practices should start Feb 18th with the first matches March 25th.

Girls Team –

Coach Marcotte will hold indoor classroom practices during the pre-season period Saturdays at 7:30 AM starting Feb 11th at the HSE HS. Using a classroom for academic work then the parking lot for ball handling and fitness. When the weather allows, plan on Tuesdays and Thursdays 4:00 to 5:30 PM at Brooks School Park.

There is a new rule with Rugby Indiana this year. We will need to have a scan of your current school ID in the head coach's notebook. Please bring the ID to the call out meeting.

Between now and the start of practice season, it would be best for each player and for the team to start on a conditioning program. There is a great program at <http://crossfit.com/> that guides you through a good variety program. Please keep in mind that you will need to adjust the recommended weights and reps to your own ability.

If you have any questions or concerns, please call 317-409-2858 or email to southeasternrugby@gmail.com. On behalf of all the coaches, the board and all of the parent volunteers, once again, welcome to the 2012 season. It is going to be an exciting year.

See you on the pitch,

Mike Barry, President
Southeastern Rugby Club

Attachments: Rugby Indiana Welcome letter, USA Rugby Spectator's guide, Southeastern Sponsorship letter.



WELCOME TO RUGBY

You are all here because your son or daughter has expressed interest in playing rugby. Fear not, rugby is supported by many parents and athletes who consider it to be the safest and best sporting experience of all. Athletes all over the world play this game. In fact, rugby is often seen as a "game for life." Unlike grid iron football, players may continue to participate long after their school athletic career has come to a close. Players may continue to play rugby for years to come by joining local collegiate and adult clubs. This letter is intended to help you better understand the game of rugby and lay to rest any fear or doubt you may have about your child's participation.

Rugby features elements of physical contact, but is no more intense than other popular sports. In comparison to grid iron football, some experts even consider it a safer game. This logic is justified by several reasons including the fact that rugby allows neither blocking nor rigid protective equipment. This eliminates the incidence of athletes striking each other with hard plastic helmets and shoulder pads or encountering blind side contact. Also, dangerous play is treated as a serious offense and not tolerated by officials. Players may be ordered off the field or even suspended as rugby places equal importance on sportsmanship and winning. Here are some other reasons rugby is appealing:

Possession:

Rugby is a game of possession, not yardage. Coaching technique emphasizes passing before being tackled and other skills aimed at retaining possession. This is in place of struggling to gain yards while opponents attempt to stop players at all costs.

Evasion:

The myth that rugby is less safe because it does not include blocking is simply untrue. As mentioned, players are less likely to fall victim to unexpected defensive hits. In other sports, space is created by brute force. Rugby encourages the use of evasion and misdirection which creates opportunities to run plays and score points. Nearly all collisions can be anticipated, allowing athletes to better prepare for contact situations.

Tackling:

Tacklers must wrap their arms around an opponent. Absolutely no tackling is allowed above the shoulders. If it occurs, it is strictly penalized. This not only makes for safer play, but for higher success rates in completing tackles. Coaches instruct players on how to tackle as well as how to receive a tackle.

Rugby has been the choice of many well-known individuals. President Bill Clinton and Pope John Paul played rugby. Darren Nelson, former Minnesota Viking, played at Stanford. Ted Kennedy played at Harvard, while Boris Karloff founded the Southern California Rugby Football Union. Actors David Niven and Richard Harris played rugby both on and off the screen and even Sean Connery played during his school days. These and many others are all proud members of the rugby community!

Finally, rugby players are all unique individuals who are unafraid of taking on a new challenge. This legendary game mixes strength, speed, agility, and welcomes athletes of all shapes and sizes. Be proud that your son or daughter wishes to stand out as a person as well as an athlete. Welcome to your new sport!



Indiana Youth Rugby Foundation · PO Box 502802 · Indianapolis, IN ·

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SPECTATORS GUIDE TO RUGBY

DESIGNED BY MEDIATORCH.NET



USA RUGBY

303.539.0300

WWW.USARUGBY.ORG

ORIGINS OF RUGBY

Rugby is the precursor of American football and has been played in the United States since about 1870.

American football, as well as basketball, owes many of its characteristics to rugby. In fact, basketball was invented by James Naismith as an indoor alternative to Rugby when the New England winters required an indoor game. Some of rugby's characteristics such as quick switches between attack and defense, ball handling and committing defenders to attack space are all found in basketball. Some people liken rugby to tackle basketball on grass.

Similarly, American football evolved with many of the same principles, strategies and tactics as Rugby. However, there are several obvious differences. Rugby is played at a fast pace, with few stoppages and continuous possession changes. All players on the field, regardless of position, can run, pass, kick and catch the ball. Likewise, all players must also be able to tackle and defend, making each position both offensive and defensive in nature. There is no blocking of the opponents like in football and there are a maximum of seven substitutions allowed per team. A match consists of two 40-minute halves.

Rugby is considered to be a gender-neutral sport as almost forty percent of all players in the U. S. are female.

RUGBY ETHOS

All players, coaches, officials, parents and fans are encouraged to remember that rugby holds a unique place in American sport. Rugby is not about hooliganism or violence; however that is often the image of rugby that is projected in the United States. The conduct of every player, coach, official, parent and fan has a lasting effect on the image of rugby in our country. The iRB Playing Charter states:

“Rugby owes much of its appeal to the fact that it is played both to the letter and within the spirit of the Laws. The responsibility for ensuring this practice lies not with one individual -- it involves coaches, captains, players and referees. It is through discipline, control and mutual respect that the spirit of the game flourishes and, in the context of a game as physically challenging as Rugby, these are the qualities which forge the fellowship and sense of fair play so essential to the game's ongoing success and survival.

Rugby is valued as a sport for men and women, boys and girls. It builds teamwork, understanding, co-operation and respect for fellow athletes. It is because of, not despite, rugby's intensely physical and athletic characteristics that such great camaraderie exists before and after matches.”

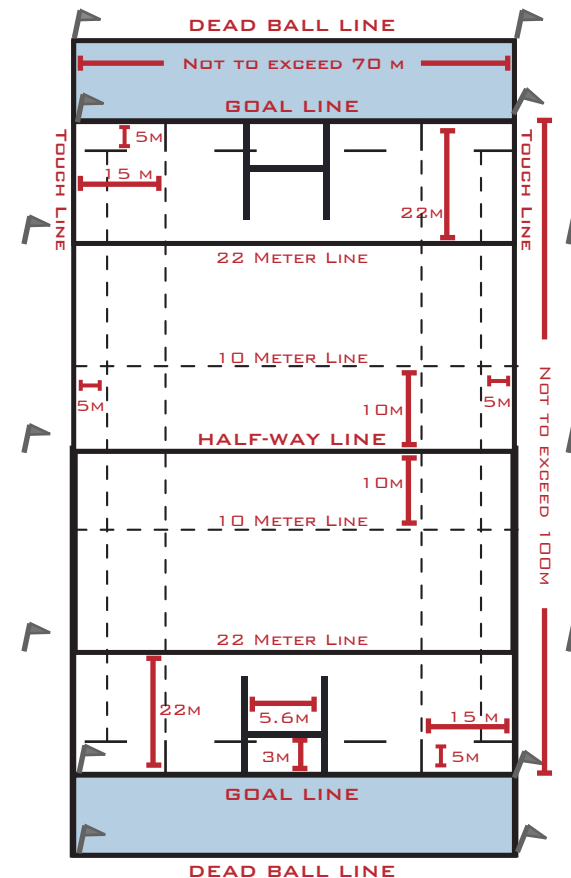
To help further the positive values that rugby engenders, USA Rugby



has partnered with the Positive Coaching Alliance© (PCA). Through its coach education and development programs, USA Rugby promotes the “Double-Goal Coach,” who wants to win but has a second, more important, goal of using sports to teach life lessons; and the principle of “Honoring the Game.” This includes having respect for the rules of the game, opponents, officials, teammates and self.

FIELD OF PLAY

Rugby is played on a field, called a pitch, which is longer and wider than a football field, more like a soccer field. Additionally, there are 10-22 meter end zones, called the in-goal area, behind the goalposts. The goalposts are the same size as American football goalposts.



THE BALL

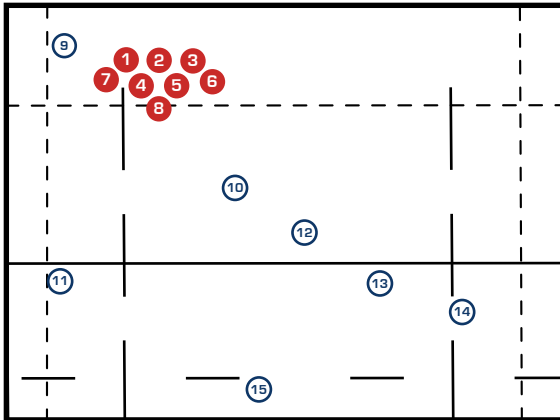
A rugby ball is made of leather or other similar synthetic material. It is easy to grip and does not have laces. Rugby balls are made in varying sizes (three, four or five) for both youth and adult players. Like footballs, rugby balls are oval in shape, but are rounder and less pointed than footballs to minimize erratic bounces.

PLAYERS & POSITIONS

Rugby has 15 players on each team. Everyone on the pitch plays offense and defense, and the number of each player signifies that player's specific position. Jersey numbers above 15 are worn by substitute players.

Players numbered one through eight are forwards, typically the larger, stronger players of the team whose main job is to win possession of the ball. They would be the equivalent to American football linebackers and lineman. Players numbered nine-fifteen are backs, the smaller, faster and more agile players. Their main role is to exploit possession of the ball won by the forwards. Backs may be equated to running backs, wide receivers and quarterbacks in American football.

FORWARDS	
1	LOOSE HEAD PROP
2	HOOKER
3	TIGHT HEAD PROP
4	LOCK
5	LOCK
6	FLANKER
7	FLANKER
8	NUMBER EIGHT
BACKS	
9	SCRUMHALF
10	FLYHALF
11	WING
12	INSIDE CENTER
13	OUTSIDE CENTER
14	WING
15	FULL BACK



STARTING THE GAME

Just as in American football, rugby begins with a kickoff to the opponent from mid-field. Provided that the ball travels beyond the 10-meter line, any player from either team may gain possession of the ball. You may occasionally see players lift each other to gain advantage here.

MOVING THE BALL

Rugby is continuous like soccer. There is no blocking in rugby. Additionally, rugby does not have downs and it is not required to reach 10 yards and stop. The person with the ball leads the attack and there are several ways to move the ball. Any player may carry, pass or kick the ball and play is not stopped and therefore continues when the ball hits the ground or when a player is tackled.

- **RUNNING:** When running the ball, players may continue to run until they are tackled, step out of bounds or run beyond the goal line. Players run the ball to advance toward the opponent's goal line.
- **PASSING:** The ball may be passed to any player. However, it may only be passed laterally or backward, never forward. Players pass the ball to an open teammate to keep it in play and further advance it.
- **KICKING:** Any player may kick the ball forward at any time. Once the ball is kicked, players of either team, regardless of whether or not the ball hits the ground, may gain possession. Players typically kick the ball to a teammate in an effort to advance it or to the opposing team to obtain relief from poor field position.

SCORING

There are four ways for a team to score points in rugby:

- **TRY:** Five points are awarded to a team for touching the ball down in the other team's in-goal area. This is much like a touchdown in American football but requires the ball actually be grounded.
- **CONVERSION:** Following a try, two points are awarded for a successful kick through the goal posts. The attempt is taken on a line, at least 10 meters, straight out from the point where the ball was touched down. This is like an extra point in American football.

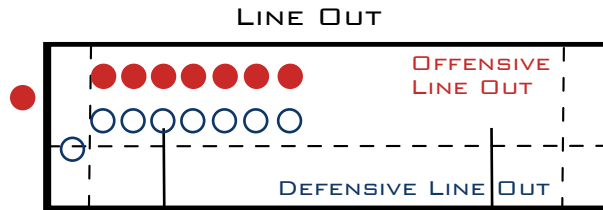
- **PENALTY KICK:** Following a major law violation, the kicking team, if in range, has the option to "kick for points." Three points are awarded for a successful penalty kick. The kick must be from the point of the penalty or anywhere on a line straight behind that point. The ball can be played if the kick fails.



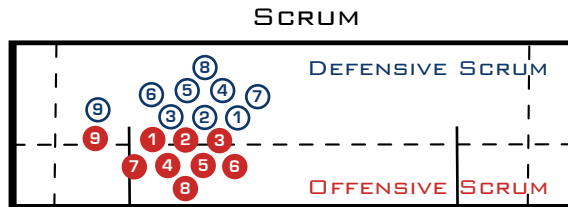
- **DROP GOAL:** Three points are awarded for a successful drop kick. A drop kick may be taken from anywhere on the field during play. A drop goal is similar to a field goal in football; however, in rugby the kick is made during the course of normal play. The ball is alive if the kick fails.

RESTARTING PLAY

There are two methods of restarting play following a stoppage caused by either the ball going out of bounds or because of an infraction of the laws.



- **LINE-OUT:** If the ball goes out of bounds, it is restarted with a line-out. Both teams form a line perpendicular to the touchline and one-meter (three feet) apart from one another. A player of the non-offending team calls a play and throws the ball in the air in a straight line between the two lines. Players of each team may be supported in the air by their teammates to gain possession of the ball. This is similar to a jump ball in basketball.



- **SCRUM:** Rugby's unique formation, the forerunner of the American football line of scrimmage, is the method used to restart the game after the referee has whistled a minor law violation. A bound group of players from each team form a "tunnel" with the opposition. The non-offending team puts the ball into the tunnel by rolling it into the middle and each team pushes forward until one player is able to hook the ball with the feet and push it to the back row players of his/her team. The scrum half then retrieves the ball and puts it into play.

OFFSIDE

One of the more challenging aspects about rugby for a first time rugby observer is the offside law. Similar to soccer, the offside line is continually moving up and down the pitch. In most instances, the ball creates the offside line and players are not permitted to participate in play if they are on the opposing team's side of the ball. Simply being offside is not a penalty, but attempting to participate in the game from an offside position is.

ADVANTAGE

After an offense occurs, if the referee thinks the non-offending team might benefit by playing on they may play advantage. How much territory or opportunity is needed before advantage is gained depends on the nature of the offense – more for a penalty than for a scrum. Skillful use of advantage can minimize stoppages and provide for a more flowing game.

TACKLES, RUCKS AND MAULS

Players in possession of and carrying the ball may be stopped by being tackled by the opposing team. Players are tackled around the waist and legs and, in general, may not be tackled higher. Once a player is tackled, however, play does not stop as it does in football.

A player who is tackled to the ground must make the ball available immediately so that play can continue. Supporting players from both teams (one from each team) converge over the ball on the ground, binding with each other and attempt to push the opposing players backwards in a manner similar to a scrum. This situation is known as a ruck. The ball may not be picked up by any player, until the ball emerges out of the ruck. The ruck ends and play continues. A team that can retain possession after the tackle and the ensuing ruck has a huge advantage.

A maul is formed with a similar gathering of players, except the player in possession of the ball is simply held up, and not tackled. The maul ends when the ball emerges.



OTHER RUGBY TERMS

DROP KICK: A kick made when the player drops the ball and it bounces off the ground prior to being kicked. Worth three points if it travels through the goalposts. Drop kicks are also used to restart play after a score.

FORWARD PASS: A violation that usually results in a scrum to the non-offending team.

INFRINGEMENT: A violation of a law.

KNOCK-ON: The accidental hitting or dropping of the ball forward. The infringement is the same as that for a forward pass; a scrum to the other team.

NON-CONTACT RUGBY: A Version of rugby designated to introduce the game to first time players (touch rugby). Two-hand tag replaces the tackle.

PENALTIES: Penalties occur regularly in rugby. Unlike other sports, there typically aren't yardage penalties and teams do not have to play shorthanded. Instead, the non-offending team is usually awarded a choice to kick the ball to gain field advantage. Some of the more important penalties are listed below:

- **PENALTY KICK:** Awarded after a serious infringement of the law. Offenders are required to retreat 10 yards while the opposing team is given the opportunity to restart play unopposed. Teams will often kick the ball up field and out of bounds to gain field advantage. When they do this, play is restarted as a lineout where the ball goes out of bounds. If in range, they may attempt a kick at the goal posts, worth three points. Finally, they may simply tap the ball with their foot and run with it.
- **FREE KICK:** A kick is awarded to the non-offending team for an infringement by its opponent. Unless a Law states otherwise, a free kick awarded of an infringement is awarded at the place of infringement. Also, a free kick may not be kicked at goal for three points.
- **SIN BIN:** On occasion, the referee will send a player behind one of the in-goal areas (the Sin Bin) for serious and/or repeated infringements for a specified period of time. The team is required to play short-handed until the referee permits the player to return. This penalty is fairly rare, but used by the referees to maintain control of the game.
- **SEND-OFFS:** In extreme cases a referee may send a player off the field for dangerous or reckless play. A player who has been sent off is banned from that game and is not permitted to return or be replaced.

PUT IN: Rolling the ball down the center of the scrum tunnel by the scrum half.

SEVENS: An abbreviated game of rugby that follows the same laws except a 7s team consists of only seven players and each half is seven minutes long. Much like a game of three-on-three full court basketball, it's

a wide open contest. Because of its wide open style of play, the 7s version of rugby is a very entertaining game to watch.

SET PIECE: A term for scrums and line-outs because these are the only choreographed plays of the game.

SUPPORT PLAYERS: Players who position themselves to increase the ball transfer options of the ball carrier.

TAP AND GO: A gentle kick to oneself, followed by a pick up, used to restart play after either a penalty or free kick is awarded.

THROW-IN: Throwing the ball down the middle of a lineout.

TOUGHLINE: The side boundary of the field (sideline).

22-METER LINE: Balls kicked out of bounds from behind the "22" are restarted by a lineout at the spot where the ball went out. Balls kicked out of bounds from in front of the 22 are restarted by a lineout where the ball was kicked. The exception is a ball kicked out of bounds immediately after a penalty has been awarded. In this case, the lineout is held where the ball went out and the kicking team retains the throw-in.

CONTACT INFORMATION

For more information about rugby or to learn where to play rugby in your area, please visit the USA Rugby website at www.usarugby.org or contact:

USA RUGBY
1033 WALNUT STREET, SUITE 200
BOULDER, CO 80302
(P) 303.539.0300
(F) 303.539.0311
INFO@USARUGBY.ORG



The Southeastern Rugby Club’s spring 2012 season is just around the corner and we want you to be a part of it! 2011 was another great year, thanks to the commitment of our volunteer organization of coaches, medical staff, parents, board members and all of our sponsor businesses. As we look to 2012, we see much more to come. We want you to join us on the ground floor of something special!



Rugby continues to be one of the fastest growing team sports in America, and the number two sport in the world. This fast-paced, full-contact, non-stop game requires endurance and toughness like no other -the best part is that everyone has the chance to score! With the return to the Olympics in 2016 and the US network coverage of the Rugby World Cup this fall, Rugby is growing at an amazing pace. Southeastern Rugby will participate in that growth – including a new 5th and 6th grade team this year. The club has more than 100 players (youth boys, high school girls, high school boys) a dedicated coaching staff, and a policy that everyone plays.

As an independent club (operating as a 501(C)(3) corporation), Southeastern Rugby’s high school teams will play a Division I schedule that will include matches all over the state and travel tournaments – we are looking at events in Tennessee, Ohio and North Carolina to find the best opportunities - with a home pitch of Fisher’s crown jewel Cyntheanne Park, about 2 miles East of HSE High School. The 5/6 and 7/8 teams will play at Super-Site matches around greater Indianapolis with a tournament feel. These events are great to help promote the social side of Rugby as a close knit community.

To keep the player fees reasonable, the team relies on revenue through partnerships, donations and sponsorships. Our sponsorship program gives our sponsors exposure to the community through a variety of avenues. Our primary fundraising activity is our yearbook to commemorate the season, which has grown each year. Pre-season sponsors can also be included in our sideline program, Tee shirts, a banner at our annual banquet and on our sideline tents at each match. We are asking you to get behind our club and community while giving your business exposure. There are also opportunities for companies interested in taking a Title role in sponsoring the team including equipment and game-day field presence. Please call to discuss. **Packages are available as follows:**

		Price	Yearbook	Handout Program	Tee Shirt	Banquet Banner	Sideline Tents
Deadline Jan 15, 2012	Title	Contract	Full Page Color	Logo	Logo	Logo	Logo
	Gold	\$325	Full Page Color	Logo	Logo	Logo	Name
	Silver	\$175	1/2 page color or full page B/W	Name	Name	Name	No
	Bronze	\$100	1/4 page color or 1/2 page B/W	Name	Name	Name	No
Yearbook Only							
Deadline April 15, 2012	A	\$275	Full Page Color (7.5W x 10H)				
	B	\$125	Full Page B/W (7.5W x 10H) or 1/2 Page color (7.5W x 5H)				
	C	\$75	1/2 Page B/W (7.5W x 5H) or 1/4 Page color (3.75W x 5H)				
	D	\$45	1/4 Page B/W (3.75W x 5W)				

Sponsors will receive a copy of the yearbook for their office or lobby, which will also increase the exposure of all the sponsors. **Southeastern Rugby needs your support.** Please take a moment to consider supporting the team. Contact me for more information, to discuss options, or to arrange a meeting. Our players, coaches, parents and board members all truly appreciate your support.

Sincerely,

Mike Barry
 President, Southeastern Rugby Club
 12690 Promise Road, Fishers, IN 46038

(317) 409-2858

southeasternrugby@gmail.com

2012 SOUTHEASTERN RUGBY GEAR ORDER FORM

Due Jan 5th, 2012

PLAYER NAME:

Shorts/Socks (Returning Players do not need to order)
Girls are Red, Boys are Blue



Shorts:
(Socks
are one
size)

Size(s)	Qty	Cost
<input type="text"/>	<input type="text"/>	<input type="text"/>
	x \$35	\$

Hoodie (Optional Spiritwear for players, family and fans)



Circle to choose
between Dry
Weave and
Cotton/Poly

Dry
Weave

Cotton /
Poly

<input type="text"/>	<input type="text"/>	<input type="text"/>
	x \$45	\$

Warm-up Suit (High School teams only)



Adult Small to 3X

Pants
Shirt
Jacket

<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>		
<input type="text"/>		
	x \$60	\$

Garage Signs (Grade 9-12 only)



Name to appear on the sign:

<input type="text"/>	<input type="text"/>	<input type="text"/>
	x \$27	\$

Duffle Bag (High School teams only)



Name to appear on the side of the bag:

<input type="text"/>	<input type="text"/>	<input type="text"/>
	x \$40	\$

Make Checks payable to "Southeastern Rugby"

Total: