Requirements Specification

LNF Development Days

Season 2016/2017

Fédération Suisse de Rugby

Contents

Abbreviations

SWRC = Swiss Women's Rugby Commission

FSR = Fédération Suisse de Rugby

LNF-Dev = Ligue Nationale Féminine Développement

OC = Organising Club

1. General

- The dates of the LNF Development (LNF Dev) days are related to the training schedule of the Swiss Women's National Rugby teams and are communicated at the beginning of each half season.

- The locations for each tournament are communicated to the Swiss rugby community as soon as possible, through the FSR's website www.suisserugby.com.

1.1. Inclusion U16-U18

- In parallel to the LNF Development tournament, there will be a U16-U18 girls' rugby training taking place on each LNF Development Day. The invitation and coordination of the girls is being organized by the SWRC.

- At the first LNF Development day of each half of the season, the technical age upgrade test for the U17 and U18 will be organised as part of the day.

1.2. Assignation of the Host Clubs

- LNF Development Tournaments are organised by the clubs who previously send a request to host one or multiple dates throughout the season to the SWRC of the FSR.

- The WRC of the FSR collects all incoming requests to host, and assigns the tournaments to the different clubs taking into account all relevant parameters and the following points:

- As much as possible, the WRC ensures a balance in terms of geographical placement throughout the season.

- Clubs with newer Women's teams are preferred and encouraged to organize a LNF Development Day to support their recruitment process.

- The WRC confirms the organisation of a LNF Development day to the clubs in writing, taking into account all relevant parameters and the 2 points above. The club then becomes the Organising Club (OC) for the respective tournament.

1.3. Minimum requirements to host a LNF-Dev Tournament

- Minimum 1.5 (better 2) pitches to host the tournament and in parallel the U16-U18 event.

- Minimum 4 changing rooms with showers and hot water to host 8 or more teams, 1 of which will need to be reserved for the U16-U18 girls.

- Buvette and food options for players.

2. Responsibilities of the Organiser

2.1 Host club Application

The host Club gets in touch with the SWRC before the half season and informs about its interest in hosting a development tournament. This request must contain the following information:

- Location of the tournament

- Date and possible start of tournament

- Phone number of contact person

- Number of pitches available

- Kind of pitch (Gras or synthetic)

2.2 Before the tournament

2.2.1. Host club confirmed: Responsibilities

- Invitation to all the women's teams at least four weeks ahead of the tournament in order to clarify attending teams

Ó Signing up deadline: 3 weeks before the tournament

Reminder to the teams to communicate their approximate number of players 10 days before the tournament

- The SWRC needs to be informed of the number of participating teams with their respective number of players minimum 10 days before the tournament in order to create the match schedule

- Organisation of a first aid post (e.g [Swiss Samaritans](#))

- Determination of a tournament responsible

Mark pitch

- (If needed) signage for teams to find the tournament responsible and changing rooms

- Provide enough space for teams to warm up

- Secure and prepare changing rooms (referees, players, separate changing room for U16-U18)

- Organise catering for players and spectators

⌈   Marketing activities about the tournament in the region & rugby community

2.2.2. FSR Responsibilities

⌈   Tournament / Day Scheduling (based on participating teams)

⌈   Referee Appointments & Fees payment

⌈   Assignation of tournament director (should be someone from the host club if appropriate)

⌈   Provision of host club with a maximum of supporting information for the organisation and a sample report of a previous LNF Development Day

2.2.3. Participating Clubs Responsibilities

All of the following needs to be communicated at **the latest 10 days before the tournament takes place** (= on Thursday the previous week), to the OC as well as the SWRC:

⌈   confirmation (or cancellation) of the participation of the team (3 weeks in advance)

⌈   confirmation of approximate numbers of participants and staff (10 days in advance)

⌈   confirmation of U16-U18 players participating (10 days in advance)

⌈   payment of participating fee (100.- CHF) in advance

2.3 During the Tournament

2.3.1 Administration

⌈   From the start of the tournament, the tournament responsible is located at the organiser desk to accept the team's match sheets and licences.

⌈   There is a manager's meeting taking place 30min before the start of the day, during which all important info for the day is being communicated. The attendance at this meeting is compulsory for a representative from all teams.

⌈   Every team designates a referee who will officiate games together with an official FSR referee in a double refereeing system. There is a referee briefing taking place 20min before the start of the day, which is compulsory for all designated referee girls & women. It is conducted by the official referees assigned by the FSR for the day.

⌈   All players participating in a development league tournament must be of age and in possession of a FSR licence. The exception to this are players that have passed the age upgrade technical test and can show all required documents to make the age upgrade valid. Requirements and details to this process can be found on the [FSR Website](#).

⌈ On the organisers desk (or on a board in close vicinity), a game plan is displayed in which the results are continuously marked.

⌈ The referees communicate the result of each game to the tournament responsible by handing in the match sheet.

2.3.2 Start of Tournament

⌈ The designated referees and FSR referees take their places on the pitch, the teams are game ready on time.

⌈ The laws of the Game for the LNF Development days are slightly adapted to fit a development level and ensure health and safety at all times. The aim, at all times, is a maximum of game time and experience for all teams. For details, see point 4.

⌈ The tournament organisers and the teams strive for a punctual start of the games at the beginning and throughout the tournament, so delays can be avoided.

2.3.3 End of Tournament

⌈ The tournament organisation assembles the teams and thanks the participants and organisers/volunteers.

⌈ Because no finals are played, no results and rankings are announced.

⌈ If possible **a group picture of all the participants** is taken (at any point during the day).

2.4 After the tournament

By the evening of the development day, the organiser writes a short report about the tournament and sends it with a few photos to women@suisserugby.com. This report shall include the following:

⌈ general conditions and events/highlights of the day (weather, flow of games/atmosphere, if applicable: injuries,

⌈ # or participating teams,

⌈ # of participating players (total, U16-U18) > please transmit the team sheets listing all names (for statistical reasons),

⌈ names and e-mail addresses of player referees,

⌈ Results of Games (in collaboration with Referees).

3. Pitch

⌈ If 7s is played the normal sized pitch is divided in half according to the following picture. The organiser is responsible to mark the pitches accordingly.
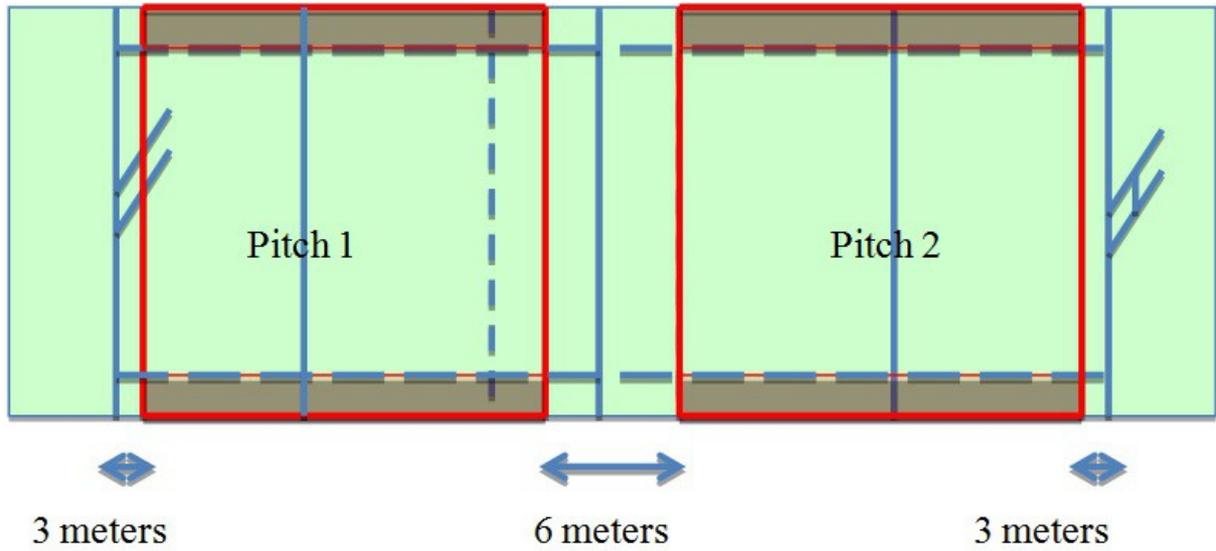
IO a side rugby is played on a normal sized pitch.

4. Rules

The official World Rugby 7s/10s rules apply for the development tournaments. A few minor adaptations are made. The adaptations and most important rules are listed below.

NUMBER OF PLAYERS	**SEVEN PLAYERS per team**
SUBSTITUTION	Rolling substitutions
PITCH DIMENSIONS	56 m X 46 m (please see map on page 2)
MATCH GAME TIME	14 minutes (2x7)
REFEREEING	1 referee, assisted by a player of the team of the same pool who isn't playing at the time
FOUL PLAY	From temporary substitution to send-off from the game, depending on the infringement. The substitution of the penalized player is mandatory, but the team will stay with 7 players. The player can be banned for the whole tournament for dangerous play or repeated foul play.
TACKLE	A player must tackle with 2 arms and below the chest. All contact above must be punished. Any kind of spiking is strictly forbidden.

RESTARTS	Where ?	HOW?
KICK OFF	Centre of the half way line	Drop kick with the opponents standing at 10 meters from the half way line. The ball must travel 10 meters
RESTART AFTER A TRY	Centre of the half way line, by the team who just scored	
DROP OUT	10 meters in front of the goal line	Drop kick
KNOCK ON or STOPPAGE	Where the infringement took place, and at least 5 meters from each line (try line and sideline) We can never play a second scrum. Sanction: penalty. If the referee doesn't know who has made the infringement, he will order a scrum for the	Scrum with 3 players in front row. Contested scrum, except if the referee thinks it is dangerous for the players. The players who are not in the scrum must be at least 5 meters behind the scrum The referee will call : 1 Flexion / Crouch 2 Liez vous / Bind 3 Jeu / Set No delay. As soon as the front rows have come

	team who had the throw-in.	together, the scrum half must throw in the ball without delay. The scrum half must throw in the ball when told to do so by the referee. The scrum half must throw in the ball from the side of the scrum he has first chosen. A player who is in the scrum cannot pick up the ball with her hands.
PENALTY	Same as Rugby 15 a side laws	
FREE KICKS	Same as Rugby 15 a side laws	
TOUCH or KICK INDIRECTLY INTO THE OUT	Where the ball or the ball carrier went into the out, and at least 5 meters in front of each try line	1 thrower, 2 lifters, 1 jumper **at least**. For the defensive team, 1 player to match each player in the line out of the attacking team. The lineout is contested. All other players who are not taking part in the lineout must be at least 5 metres behind the line lineout. The beginning of the lineout players is 3 meters from the sideline. The end of the lineout players is the last player of the attacking team. The player marking the thrower must be at 1,5m from the lineout (in depth and width). The Receiver must be at 1,5m in depth of the lineout players. Quick throw-in is permitted, but with respect to off-side lines.
KICK DIRECTLY INTO THE OUT	If the kicker was more than 10 meters in front of the goal line : the throw-in is on the same line where the ball was kicked	
	If the kicker was in the between the goal line and 10 meters (or less) in front of the goal line : the throw-in is where the ball went into the out	
CONVERSION - DROP GOAL	NO	
When the referee blows the whistle, the ball carrier must immediately put the ball in the ground where she is. Sanction : penalty		
APART FROM THESE ADAPTATIONS, WE USE THE CURRENT WORLD RUGBY LAWS		