



SARU REGULATIONS FOR UNDER-AGED RUGBY

APRIL 2011

Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.



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A joint initiative by SARU and the Chris Burger/Petro Jackson Fund



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DEFINITION: Although the IRB defines “Adult rugby” as “Rugby played by teams comprising players normally 18 years of age and older”, “Senior rugby” in South Africa, is defined as any form of rugby played above the U20 Age-grade level, which includes U21 age-grade level and above. “Elite” level rugby is “rugby played between representative teams of Unions”

1. Players younger than 18 years old shall not be allowed to play U20 or senior rugby in any position, at any level of rugby under the auspices of SARU or any of its provincial unions, except as provided for in regulation 5 below.
2. In addition to regulation 1; Players younger than 19 years old shall not be allowed to play in either elite U20 or senior rugby in the front row at any level of rugby under the auspices of SARU or any of its provincial unions, except as provided for in regulation 3 below.
3. Prior to a player, who is 18 years old but younger than 19 years, being selected as a front row player to a squad in an U20 elite and/or senior elite competition (e.g. National U20, Provincial U21, Vodacom Cup, Absa Currie Cup, Super Rugby and above) and before participating in any training activities relating to such squad, the following documentation must be obtained and kept on file/record:
 - 3.1 Voluntary assumption of risk and an indemnity signed by the player;
 - 3.2 Both parents or the legal guardian of the player have to consent in writing and sign an indemnity form – *this is and should not be seen as a legal requirement for clearance, but it should be strived to obtain this on record to protect both the relevant Union and SARU, whichever may be applicable;*
 - 3.3 If still in school, the Headmaster of the school, on advice of the coach of the school team, also has to give his written permission;

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- 3.4 Written confirmation from a Sports Medical Practitioner that the player is in an appropriate physical condition to play elite U20 and/or elite senior rugby, and this shall include a complete rugby-specific medical assessment and report;
 - 3.5 Confirmation from a SARU accredited High Performance testing centre has to confirm in writing that the player is appropriately conditioned to participate on the level of rugby intended, as well as the position(s) in the team intended for such player which in any event shall not be less than the intended position(s) in an elite U20 level.
 - 3.6 Written confirmation from the medical officer / team doctor from the province the player is registered with that the player is suited to play elite U20 and/or elite senior rugby in the intended position(s) in the team;
 - 3.7 Confirmation in writing from a qualified IRB level 2, or SARU level 2, or provincial coach with an equal or better coaching qualification, that the player has the requisite skills and experience to play elite U20 and/or elite senior rugby in the front row;
 - 3.8 The player shall not be allowed to participate in any training session or match for an intended squad or team until the aforementioned documentation is on record at the respective province's offices, and a copy thereof with SARU's Medical Manager.
 - 3.9 As per the IRB guidelines on this matter stipulated in Clause 4 of this document, all players who are 18 years old but younger than 19 years, being selected as a front row to compete at U20 elite level, have to be cleared via the waiver application process stipulated in Clauses 3.1-3.8
 - 3.10 Players, who are 18 years old but younger than 19 years, being selected as a front row, may only participate at Club U20 level, and **NOT** at U20 elite or Senior rugby (U21 or above) levels, without being identified by the relevant Union as an elite player and meeting all terms and conditions of the waiver application process
4. Players who are 18 years old but younger than 19 years old, and who are nominated for the IRB Age Grade Championships to play in the front row, regulation 3 has to be complied with.

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5. Prior to a player, who is younger than 18 years old, being selected in any position, excluding the front row, to a squad in an elite U20 and/or senior elite competition (e.g. National U20, Provincial U21, Vodacom Cup, Absa Currie Cup, Super Rugby and above), and before participating in any training activities relating to such squad, the following documentation must be obtained and kept on file/record:
- 5.1 Voluntary assumption of risk and an indemnity signed by the player;
 - 5.2 Both parents or the legal guardian of the player have to consent in writing and sign an indemnity form;
 - 5.3 If still in school, the Headmaster of the school, on advice of the coach of the school team, also has to give his written permission;
 - 5.4 Written confirmation from a Sports Medical Practitioner that the player is in an appropriate physical condition to play elite U20 and/or elite senior rugby, and this shall include a complete rugby-specific medical assessment and report;
 - 5.5 Confirmation from a SARU accredited High Performance testing centre has to confirm in writing that the player is appropriately conditioned to participate on the level of rugby intended, as well as the position(s) in the team intended for such player which in any event shall not be less than the intended position(s) in an elite U20 level.
 - 5.6 Written confirmation from the medical officer / team doctor from the province the player is registered with that the player is suited to play elite U20 and/or elite senior rugby in the intended position(s) in the team;
 - 5.7 Confirmation in writing from a qualified IRB level 2, or SARU level 2, or provincial coach with an equal or better coaching qualification, that the player has the requisite skills and experience to play elite U20 and/or elite senior rugby in the intended position(s)
 - 5.8 The player shall not be allowed to participate in any training session or match for an intended squad or team until the aforementioned documentation is on record at the respective province's offices, and a copy thereof with SARU's Medical Manager.

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- 5.9 As per the IRB guidelines on this matter stipulated in Clause 8 of this document, all players who are younger than 18 years, being selected in any position, excluding the front row, to compete at U20 elite level, have to be cleared via the waiver application process stipulated in Clauses 5.1-5.8
6. It is the responsibility of the coach and SARU, the province, club, rugby body or school (whichever is applicable) to ensure that regulation 1 and 2 is complied with. Documentary proof of the age of players shall be kept on record for this purpose.
 7. Only elite players having been identified within the province or national structures and with the potential to play at elite U20 and/or elite senior level (e.g. National U20, Provincial U21, Vodacom Cup, Absa Currie Cup, Super Rugby and above) can apply for a waiver of these restrictions in accordance with regulation 3 and 5 above.
 8. Players younger than 18 years old and nominated for the IRB Age Grade Championships to play in any position, excluding the front row, have to comply with regulation 5 in order to be eligible.
 9. Any reference made with regards to age refers to the age of the player on the first day of January of the specific year in question e.g. if required to be 19 years of age, the player would have to be 19 years old on the first day of January of that specific year.
 10. 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.
 11. 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
 12. These regulations will be enforceable from 1 April 2010.
 13. 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.

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14. In addition to the recommended penalties prescribed by the disciplinary and judicial regulations, the following minimum penalties shall apply:
- 14.1 For breach of regulation 1 and 2, the coach and the responsible person(s) at SARU, the province, club, rugby body or school (whichever may be applicable) suspension for a period of 24 (twenty four) months.
 - 14.2 For not obtaining and /or keeping proper records as per regulation 3 and 5 – R5000.00 fine.

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