



Queanbeyan Rugby Union Football Club Inc
ABN 20100872627

Players Information Handbook

2013

Players Information Handbook 2013

Queanbeyan Rugby Union Football Club aspires to be a community Rugby Union Club that:

- *Has the highest standard of personal and sporting values in its members and players*
- *Is of sporting excellence and high achievement*
- *Generates an “esprit de corps” that ensures harmony, a sense of participation and pride that is unrivalled by any other sporting or community organisation within the Queanbeyan and ACT Region*
- *Contributes to the City of Queanbeyan community spirit*

Web site:

www.whitesrugby.org.au

E-mail address:

whitesrugby@bigpond.com

To the Players,

'Perfect preparation and planning equals perfect performance'

I am very honoured to have been appointed the First Grade Coaching role at the Queanbeyan Whites for season 2013. A new coaching and support team have been assembled and will provide the club with a professional enthusiastic approach to the game.

After what was a very successful year for the club having all grades make the finals series I see the role of the coaching staff is to take the club to the next level both on and off the field. I want the club to be the number one sporting team in the Queanbeyan area success on the field and a positive culture off the field will ensure we can achieve our goal.

I want the players to become part of an environment where they can develop their game physically, mentally and gain a greater knowledge of the game. For the players to perform at their best they must be well prepared and 'Love what they do". The coaching staff will place a lot of emphasis on preparation and creating a culture of success and commitment.

A fresh new approach will be adapted and we aim to play an exciting brand of rugby based on fitness, skill and game awareness. All players will be given the opportunity to play the highest level of rugby they can.

We will again have the services of our four Brumbies players Leon Power, Nic White, Robbie Coleman and Tevita Kuridrani who proved last year they are all quality players and people and provide the club with professionalism for the younger players to aspire to.

I would like to welcome all new players to the club and hope your Whites experience is an enjoyable one.

I would like to wish all players' good luck for the upcoming season. The commitment and sacrifice you make is acknowledged and the club cannot operate without you. The commitment and sacrifice the players, committee and volunteers ensures the history and traditions of the Whites are further enhanced.

Once again and on behalf of the Committee and I we would like to wish each player a successful and enjoyable season of Rugby.

Adam Fahey

Queanbeyan Whites Club Coach

Queanbeyan Rugby Union Football Club
White's Player Values

- W** Wanting and Pride
- H** Heart and Attitude
- I** Integrity and Discipline
- T** Teamwork & Passion
- E** Effective & Intelligent
- S** Success & Mateship

These values have been formulated by White's players over a period of time.

Private Health Cover

All players and officials are strongly encouraged to take out private health cover, if only for the rugby season and to ensure there is adequate cover for such things as physiotherapy, dental, etc.

As a minimum it is recommended players purchase their own ambulance cover. Short trips in an ambulance are very expensive and are not covered by the club or the ARU players insurance.

Insurance

While the club will provide the necessary forms, it is the player or official's responsibility to fulfil the requirements of the player's insurance policy.

Availability and preparation for training and games

- Personally notify the coach/manager about your non availability for selection.
- Personally notify the coach prior to the commencement of training of your non-attendance.

Registration

- Every player **MUST** sign an Australian Rugby Union (ARU) 2013 Registration form before taking the field. Forms can be obtained from the Club Registrar or Team Managers.
- Registration for season 2013 is \$200 per player [Colt age players are exempt as their registration fee is covered by the Development Fund]. Payment can be made in instalments, please see Club Registrar or Club President.
- Registration payments are to be made to the Club Registrar.

You have a personal responsibility for preparing and presenting yourself for all matches and training, injury management, having the proper gear, punctuality, and personal contacts with coaches, managers, sponsors and the committee.

Players & Officials Insurance Information

Duty of Care Statement.

When you register and play with a Rugby Union Club, you are reminded that Rugby Union is a body contact sport. Potential, withstanding all safety guards, exist for a player to sustain injury. Players must therefore prepare themselves for the game by having a commitment to training and a high level of fitness.

As a measure of our club and your Union's support to players and officials, the ARU has arranged insurance cover as detailed for your benefit and risk protection. In addition all players and officials may, and are encouraged to take out private health insurance, life insurance and 'Top Up' cover over and above the Insurance cover specifications defined in this 2013 Player's Handbook, particularly in relation to 'Loss of Income'. For any advice or additional insurance cover contact :

Gow-Gates Insurance Brokers Pty Limited ARU
Sports Insurance Section
Phone 1800 811 371 or 02 8267 9999
Fax: 02 8267 9998
Postal: GPO Box 4731, Sydney NSW 2001
Street: 8th Floor 491, Kent Street Sydney NSW
E-mail: rugbyins@gowgates.com.au

The Australian Rugby Union Insurance Package for 2013

The ARU has developed this insurance plan to provide a basic level of insurance for all players, coaches, trainers, managers, administrators, voluntary workers, selectors, ball boys, medical officers, physiotherapists, ambulance officers, and all directors, officers, employees, executive officers, office bearers, and committees of the Insured.

Who can make a claim?

A claim can be made by any person who is a registered player, coach, trainer, manager, administrator, voluntary worker, selector, referee, touch judge or ball boy of a club that is part of the Australian Rugby Union (ARU) Limited who has been injured whilst playing or engaging in Rugby Union Limited who has been injured for, or travelling to and from a club match or administrative or social activity.

What benefits am I entitled to?

Death = up to a maximum \$100,000.00 or if under 18 years, \$10,000.00
Permanent Total Loss of sight of one eye \$150,000.00
Permanent Total Loss of Use of Hearing - one ear \$ 30,000.00 both ears \$ 90,000.00
Permanent Total Loss of the lens of one eye \$ 30,000.00
Fractured leg or Patella with established non-union \$ 15,000.00
Death and Permanent Disability is limited to \$50,000.00 whilst actually engaged in travel to and from insured activities

Medical

Payment of 80% of non-Medicare medical expenses (incurred with 12 months of injury) after any reimbursement from your health fund. These expenses include private hospital accommodation, physiotherapy, pharmacy, ambulance and dentistry. The maximum benefit payable is \$3,000.00.

An Excess of \$100 applies to each claim. (No excess for Ambulance only claims if the amount claimed is greater than \$100.00)

Due to the National Health Act (1953) as amended, no coverage is provided under this insurance for medical expenses which are payable (whether fully or partly) by Medicare (including the Medicare Gap)

All medical treatment must be certified necessary by a medical practitioner. This insurance does not seek to replace the need for Private Medical Insurance and/or Life Insurance and the ARU recommends that ALL players consider individual coverage as required for their circumstance.

Weekly Benefits

Weekly Benefits are payable as below whilst you are temporarily totally disabled and wholly and continuously prevented from engaging in any occupation and/or attending school and/or studies.

Income Earners – 80% of gross income (net of business expenses) up to a maximum of \$300.00 per week net of business expenses and excluding bonuses, commissions, overtime payments and other allowances for 52 weeks. 28-day excess applies. The benefit is payable for 52 weeks from the date of the injury.

Non-Income Earners – 80% of authorized domestic help up to a maximum of \$300.00 per week for 52 weeks. 14-day excess applies - benefit restricted to persons who are not earning an income.

Full Time Students – 80% authorized tutorial costs up to a maximum of \$300.00 per week for 52 weeks. 14-day excess applies, benefit restricted to full time students.

Parents Inconvenience Expenses – Reimbursement of necessary additional expenses incurred by parents in visiting an insured full time student aged under 25 years hospitalized through injury up to a maximum of \$100 per day. Maximum benefit is \$2,000.00 (2 day excess).

Travel & Accommodation Expenses - Reimbursement of Travel and Accommodation Expenses, in regard to reasonable travel and accommodation costs incurred as follows:

In the direct transportation of an Insured Person to and from a place of treatment, providing such travel is in excess of 100kms in all. Travel costs include fuel costs associated with a private motor vehicle and/or commercial domestic airfares by one Family Member accompanying an Insured Person and which results in the need for overnight accommodation in a hotel or motel. Accommodation costs do not include food and beverage costs.

Cover is limited to 80% of Travel Expenses and \$150 per night for family members' overnight accommodation. Subject to a maximum of \$1,000 in total for 12 months

Non-Medicare medical expenses

Are only covered for 12 months from time of injury unless the claim has been lodged within the 12 months period and the delay is deemed necessary by your treating medical practitioner and a medical statement is provided to the Insurer.

Only injuries which occur during the policy period are covered.

No cover is provided for injuries arising from pre-existing injuries or physical or congenital conditions. No cover is provided for heat stroke or cardiac or pulmonary or cerebrovascular incidents (e.g. heat attack). Injuries arising from AIDS, HIV, childbirth or pregnancy are not covered.

Public and Products Liability and Professional Indemnity cover is included for Insured persons and football clubs only. No coverage is provided for the Business of Licensed Clubs or participant against participant.

All claims must be advised to QBE/GAB Robins Australia Pty Ltd within 30 days of injury (P.O. Box 1438, Parramatta NSW 2150, Phone 02 9633 3533)

Top up insurance on a team or club basis is available and recommended. Any player or Team of players that are interested please contact the Club Secretary.

The above points are a summary only of the main points of coverage. Please contact the Gow Gates Insurance Brokers Pty Ltd (e-mail: info@gowgates.com.au or www.gowgates.com.au and/or refer to the policy document for complete policy terms and conditions, if required.

Public/Products Liability & Professional Indemnity

Public Liability up to \$20,000,000.00 Professional Indemnity up to \$10,000,000.00.
Excess \$1,000.00 in respect of each and every loss.

How do I make a claim?

When making a claim for an injury, you must:

- i. Advise the Club Rugby Manager, Club Secretary or Club Registrar that you wish to make a claim (see Club officials table on page 11);
- ii. Obtain a form from one of the above Club Representatives;
- iii. the "Sports Injury Report Form" to be completed by you and your attending Physician's Statement to be completed by your doctor;
- iv. Fully completed forms to be returned to the Club Secretary to certify and submit to the insurance company.

**GAB Robins Australian Pty Ltd
PO Box 1438, Parramatta NSW 2150
Telephone: 02 9633 3533**

- v. Claims must be advised as above within 30 days of injury;
- vi. When completing the claim form, ensure that you provide as much information as possible. This may include documents, records or even photographs for identification;
- vii. You must attend any medical examinations or other assessment organized by QBE Insurance or GAB Robins Australia Pty Ltd;
- viii. You must take all reasonable steps to recover from any injuries; and
- ix. If you require an update on the status of your claim, you may contact GAB Robins Australia Pty Ltd as above or phone 02 9633 3533.

Who can I talk to about an issue or complaint?

Talk to QBE Insurance staff first - ask for Corporate Property underwriting or claims staff and if the matter cannot be resolved, it will be referred to QBE's Internal Dispute Resolution (IDR) representative.

If the matter cannot be resolved internally, QBE will provide you with details of an independent external dispute resolution body, which will either be Insurance Enquiries and Complaints Ltd. (IEC) or Financial Industry Complaints Service Limited (FICS), depending on where your claim falls.

Points to Remember

The level of benefits provided through this plan are not “comprehensive” for all persons and the individual needs and circumstances of each insured person have not been taken into consideration when arranging this insurance. As such all players, coaches, officials and other insured persons should consider the adequacy of the coverage for their needs and circumstances and it is highly recommended that they take out Private Health Insurance, Life Insurance and ‘Top Up’ coverage over and above the coverage provided by this insurance as required by their particular circumstance.

For more information on Rugby Insurance visit <http://www.rugby.com.au/tryrugby> or rugbyins@gowgates.com.au

All players & officials must be registered with the ARU for coverage by this insurance which covers the period 1 March 2012 to 1 March 2013.

WHITE'S CODE OF CONDUCT

All players and officials are required to familiarise themselves and strictly comply with terms of the ARU Code of Conduct.

The Queanbeyan Rugby Union Football Club - Code of Conduct requires that all players, coaching staff, officials and administrators:

- i. Respect the referee, touch judge or match officials' decision;
- ii. Not show dissension, displeasure or disapproval towards a referee, touch judge or match officials' decision in an abusive or unreasonable manner;
- iii. Not abuse, threaten or intimidate either verbally or physically, a referee, touch judge or match official;
- iv. Not abuse, threaten or intimidate either verbally or physically, the officials of another Club or spectators at any rugby match, official function or ARU sanctioned event;
- v. Not do anything which is likely to intimidate, offend, insult or humiliate another participant or spectator at any rugby match, official function or ARU sanctioned event, on the grounds of their religion, sexual orientation, disability, race, colour, or ethnic origin;
- vi. Not behave in any manner, or engage in any activity, whether on or off the field, that is likely to bring the Club into disrepute or in any way impair positive public perception of the integrity and good character of the club, its members and sponsors;
- vii. Respect the rights, dignity and worth of fellow players, coaches, officials, administrators and other club members;
- viii. Be professional in, and accept responsibility for, their actions; and
- ix. Demonstrate appropriate behaviour at the Royal Hotel and the new club house (designated after match function centres), club and all official Club and ACTRU functions.

Where an alleged breach of this Code of Conduct is reported to the Club the Queanbeyan Rugby Union Football Club Disciplinary Committee will take up the matter for investigation.

YOU ARE REPRESENTING THE “WHITE’S” IN ANY OF THE FOLLOWING SITUATIONS

- i. As part of any representative team;
- ii. When attending any function or event on behalf of the Club;
- iii. When dressed in White’s “brand” dress;
- iv. Anything that links you to the White’s RUFC; and
- v. Any contact with sponsors or their employees.

When representing the “White’s” you are to behave in a manner that upholds our professional reputation and integrity. Specifically, sponsors must be treated with respect and understanding at all times.

Games

When playing for the “White’s” you are to do so in the spirit of the game of rugby. The following are unacceptable actions and are violations of the Club’s code of conduct:

- i. excessive and/or offensive coarse language;
- ii. racial vilification;
- iii. sexual harassment;
- iv. spitting;
- v. kicking an opposition player;
- vi. deliberate violent and/or dangerous play;
- vii. consistent foul play;
- viii. abuse of referee or match official;
- ix. abuse of opposition player;
- x. abuse of team members;
- xi. abuse of committee members and volunteers;
- xii. abuse of coaching or support staff; and/or
- xiii. abuse of members of the public in the crowd that can incite crowd unrest

Drugs

The “White’s” do not condone the use of any form of drug, including recreational drugs. It is expected that as a member of the Queanbeyan RUFC you will abide by the Club’s clear stance on this issue.

PLAYER RESPONSIBILITIES

After Match Functions

Players, coaches and support staff should make every effort to attend all after match functions “Home and Away” and dress and act in the appropriate manner.

Player Responsibilities

- i. To ensure that the traditions of the Whites are maintained and protected at all times whilst representing our club;
- ii. To maintain and value the traditions and spirit of fair competition and good sportsmanship at all times;
- iii. To play and train to the best of your abilities at all times;
- iv. Attend all training, team meetings and games, if available or if unavailable to participate, to inform the team manager and/or coach;
- v. To ensure and value our sponsors and the importance of their contribution to the Whites;
- vi. To ensure that a knowledge of the fundamentals and rules of rugby are undertaken, so as to perform (during training & playing) within the Laws of the Game and all other applicable regulations and directives; and
- vii. To utilise and seek out, Club Doctor and/or Physiotherapist, for any assistance or information required for the treatment and prevention of injuries as a result of playing at our Club.

You are not permitted to:

- i. Consume (or have consumed) alcohol before/during training or games;
- ii. Use drugs or have drugs in your possession while you are attending all training, team meetings, club functions and games; and/or
- iii. Be under the influence of un-prescribed drugs, alcohol or illegal drug substances during all training, team meetings, club functions and games.

2013 CLUB OFFICIALS

Committee

President	David Jones	0418 439 066 Dj_homes@bigpond.com
Secretary	Gavin Kemp	0412 483468
Treasurer	Graham Dean	0401 803 444
Vice – President	Ian Darmody	0418161049
Vice – President	Ron Hill	ronhill@bigpond.net.au
Vice – President (Juniors President)	Alan Morton	0414 517503
Committee (Sponsorship)	Franca Jones	0418 483323
Committee	Melanie Debenham	0431 647457
Committee (Rugby Manager)	Grant Jones	0429 804606
Committee	Tim Hawke	0421 458 267
Committee	Mark Henjak	0424 590219
Committee	Richard Maloney	0418 630505
Committee	Paul Mynott	0418 482 155
Committee	Mark Read	0418 630505
Committee	Bob Brady	0419 295896
Committee	Sue Kemp	0414 629413
Committee (Registrar)	Sarah Debenham	0434 672300
Member Protection Officer	TBA via Club website	

Coaching Staff

1st Grade Coach	Adam Fahey	0407 258997
1st Grade Manager	Bob Donnelly	0438 609056
1st Grade Assistant Coach	Tony Doherty	0437 173 806
1st Grade Assistant Coach / Club Forwards Coach	Glen Stumbles	0409 949 025
Football Manager	Grant Jones	0429 804606
2nd Grade Coach	Nick McCarthy	0408 498 362
2nd Grade manager	John King	0400 025482
Colts Coach's	Sean Debenham Tim Hawke	0411 148538 0421 458 267
Colts Manager	Brad Jones	0400 166595
3rd Grade Coach	Tim O'Brien	0414 469 846
3rd Grade Manager	Paul Thomas	0402 614807
4TH Grade Coach	Shane Wood	0403 290075
4TH Grade Manager	Mike Fahey	0401 712174
Women's Coach	Ron Giteau	0422 6161343
Women's Manager	Kristina Erwin	0406486730

Players Representative	Mark Henjak	0424 590219
Administrator ("My Rugby")	Sarah Debenham	0434 672 300
Development Fund	Ian Darmody	0418 161 049

CLUB MEDICAL PERSONNEL

Club Doctor	Doctor Peter Renshaw Surgery (02) 6297 2122 (also after hours)
Club Physiotherapist & Medical Coordinator	Dan Fasch Matrix Physiotherapy and Sports Clinic Focal Point Arcade Queanbeyan (w) (02) 6299 5303

Treatment of Injuries

If you sustain a head injury (or suspected concussion) on match day you must make sure that the attending Club Doctor is notified on the day of the match. Once the medical staff assesses your injury you will be given a set of instructions on how to manage your injury during the next 24 hours. It is crucial that you take note of this information as it may make the difference in you playing or not playing on the following weekend.

If you are told your injury will require further treatment then you can contact Matrix Physiotherapy and Sports Injury Clinic for an appointment, opening hours are 8.00 am to 5.3 pm or arrange for an appointment with either the Club Doctor or a Doctor of your choice. Matrix Physio offers a reduced fee for members associated with the Whites.

If you are injured at training and medical staff are unavailable, notify your relevant Coaching Staff immediately. Contact the Physio as soon as possible the following morning.

If you have any questions regarding injury or return from injury do not hesitate to contact Club medical staff. Remember medical staff are here to look after you and assist you with returning to play as soon as possible.

Very important – it is your responsibility to manage your injury promptly (that means Saturday afternoon not Tuesday evening) and precautions such as ICE & RICE should be practiced.

List of Local Doctors, Medical Centres & the Club Physiotherapist

Hospitals	Queanbeyan Hospital Collett Street Queanbeyan NSW General Enquiries (02) 6298 9211 Emergencies (02) 6298 9284 or 6298 9243
	The Canberra Hospital Yamba Drive Garran ACT (02) 6244 2222 (02) 6244 2611 (Emergency)
Doctors	Rutledge Plaza Medical Centre 82 Rutledge Street Queanbeyan NSW (02) 6297 2122 (also after hours) Mon to Fri – 9am to 6.00pm Sat 9.00 a.m. to Noon
	Crawford Street Medical Centre 150 Crawford Street, Queanbeyan NSW (02) 6297 3311 (also after hours) Mon to Fri - 9 am to 5. 30 pm Sat 9.00 am to Noon Sun 10.00am. to Noon

CLUB SELECTION POLICY

Selection Committee

FIRST GRADE

Senior Club Coach

Assistant First Grade Coach

ALL OTHER CLUB TEAMS

Senior Club Coach

Respective Team Coach

Policy on the Selection of Senior Grade Players

- I. To promote Club harmony and team performances through the use of fair and consistent selection practices across all grades.
- II. To respect and maintain the Club's "Rules of Association" which requires the Management Committee to formulate and maintain a formal selection policy and procedures that are binding on the Club's Selection Committee.

Selection of Teams – Meetings

Selection of teams will usually occur on Monday evenings with teams to be advised at Tuesday or Thursday training.

Eligibility for Team Selection

To be eligible for selection in any senior grade team a player must meet the following:

- a) an ARU registered player; and
- b) A QRUFC financial player i.e. having paid the club registration fee of \$200.00

To ensure the Whites can field all grades required under our partnership agreement the Club/Selection committee may at their absolute discretion allow players to play 4th grade only if registration fees have not been paid by the due date. Players who fall into this category shall be required to pay a non refundable \$15.00 per game levy in addition to the \$15.00 levy on strapping fees and will not be eligible for Player of Day and/or points towards end of season awards.

Any deviations to the points above will be assessed against "Will this be in the best interests of the QRUFC".

Order of Team Selection - the order of team selection for senior men's grade teams is

- a. First Grade
- b. Second Grade
- c. Colts (Under 20)
- d. Third Grade
- e. Fourth Grade

The order of team selection for the women's side will be at the discretion of the Women's Coach in consultation with the Club Executive, if and when required

Guidance

1. Colts (Under 20) Selection - Guidance

As a general rule players eligible for Colts are available for selection in both the 1st and 2nd XV teams, however, with two exceptions, the first, unless selected for the 1st XV an Under 20 player playing in his first year out of school will be deemed eligible for selection in the Colts team only. The other exception is, if a player has elected to only play Colts, he will only be eligible for selection in Colts.

2. *Overflow of Colts Players*

If there is an overflow of Colts players, the named reserves for Colts will play 4th Grade and any other Colt player will be selected for either 3rd or 4th Grade as determined by Selectors.

Consistency in Selections

In striving for consistency in team selections the following general principles will apply.

A regular member of a team will normally be returned to that team if he/she misses one game only due to injury or an unavoidable commitment which is accepted by the Selection Panel, provided he/she is able to train fully on the final training run preceding his/her return.

Immediate return to their regular team after a longer period will depend on a number of considerations by the Selection Panel, including attendance at training, match fitness, disruption to other teams etc.

The Club recognises that an amateur player will on occasions have family or work commitments that must take higher priority and will prevent the player from participating in a match or a training session. [It is the player's responsibility to ensure his/her coach gets the message and understands the circumstances, such occasion may or may not have an effect on future selections at the discretion of the Selection Panel.](#)

Advising Players of Selection

When players are either promoted or demoted to/from the 1st VX or Colts XV they are to be advised prior to the team being publicly announced. This communication is to include an explanation for the promotion or demotion. This responsibility lies with the Coach from the team where he has been either demoted from, or promoted to.

THERE WILL NO EXCEPTIONS TO THE ABOVE CRITERIA FOR A PLAYER TO BE ELIGIBLE TO PLAY FOR THE WHITES DURING SEASON 2013

SO THAT PLAYERS UNDERSTAND THE CHALLENGES OF ENSURING THE CLUB REMAINS FINANCIAL THE FOLLOWING IS PROVIDED AS A MEANS OF EXPLANATION FOR THE FORMULATION OF THE REGISTRATION FEE.

Registration and selection – further information

The White's financial viability in 2012 was due in no small part to the majority of players that did pay their registration fee and it is paramount this financial contribution by players continues. Additionally, there are problems (legal, ethical and team morale) when a player who has not paid their registration fees particularly when they are selected to play in a club team, awarded a Club trophy on Presentation Night and/or is injured and seeks to benefit under the player insurance scheme.

The selection of a player, who has not paid their registration, is unfair to the large majority of players who have fully met the eligibility requirements of the Club and Club officials who must spend an undue amount of their private time following up payments and enforcing the listed conditions.

Exemptions to Paying Registration Fees

A consideration again this year and to encourage senior players to participate in the Junior Club, players that coach in a full time capacity would have their registration fee reimbursed by the Senior Club only after the player has provided active coaching for at least 10 weeks of the junior season. All other exemptions have to be approved by the Club's Football Operations Sub-Committee and as a general rule would only be approved if financial hardship is considered.

Additionally, only Financial Players will be eligible for Insurance claims

Payment is due within two (2) weeks of commencement of the season. Early payment is encouraged to assist the Club meet ACTRU team affiliation fees which are due in early April 2013, and to pay team player insurance fees and purchase strapping and playing equipment required for the 2013 season.

QUEANBEYAN RUGBY UNION FOOTBALL CLUB - ESTABLISHED 1954

Players joining the Club after Round 6 in the season must pay a reasonable proportion of the combined Fee. The amount payable is set out below.

- After Round 8 and before Round 10 - 50% of fee \$100.00

Any questions regarding Registration should be directed to the Club Registrar or the Club President.

White's Training Requirements

Training Times - First & Second XV

Tuesday and Thursday evenings commencing at 6.00 p.m.

Colts, Third, Fourths & Women's XV

Tuesday and Thursday evenings commencing at 6.00 p.m.

Strapping

If you require strapping please get to training early. All taping and strapping must be completed before 5.50 pm ready for the commencement of training.

Any player who has not paid registration by the commencement of the first round of the Premier Division competition will be entitled to strapping only if a \$15.00 levy is paid to the strapper or committee member on duty. This will also be the process followed on game day. A list of players who have not paid the registration fee will be made visible in the change rooms. This list will also be used to establish eligibility of players for the selection process. To avoid embarrassment please pay your registration fees.

Training Gear/Clothing

At all times players are to ensure they have running shoes, football boots, mouthguard and a tracksuit (or warm clothing) to put on after training. Ensure you have the appropriate training clothing for the weather conditions. Snow, ice and rain will not stop training.

Mouthguards

Mouthguards are an essential item of training and playing equipment. All players are required to obtain and wear a mouthguard at all times whilst playing and training.

Mobile Phones

Mobile Phones are to be switched off and not used at training, meetings and club functions.

Valuables

Try to avoid bring valuable items to the ground.

Training when Injured

If you are injured, you are to attend training for rehabilitation and team/club information. A separate program will be available for those unable undertake contact drills.

Competition Draw and Results - Refer below Hyperlink to Brumbies web site

<http://www.brumbies.com.au/ACTCompetitions.aspx>

Game Times

(May Change from time to time as per ACTRU requirements)

Team	Game Commencement Time (& Length of Half)	
4th XV	10.55 a.m.	(35 mins halves with no time added for injury)
3rd XV	12.15 p.m.	(35 minutes halves with no time added for injury)
Colts XV	12.15 p.m.	(35 minutes halves with no time added for injury)
Women's XV	1.40 p.m.	(35 minutes halves with no time added for injury)
2nd XV	1.40 p.m.	(40 mins halves with no time added for injury)
1st XV	3.05 p.m.	(40 minutes halves with time added for injury)

Player Training Ethics

- 1. Be on time and ready to go at 6.00pm.** If unable to make it on time – or at all – ring/text your respective Coach and let them know well in advance of training starting. This is common courtesy to your coach and your team mates.
- 2. Train with intensity.** Do the activity and move with urgency between activities. Focus on what needs to be done and what's going on. Leave the casual chat until after training.
- 3. Train with Accuracy.** Everything is done for a reason at training and always relates to how we play the game. Be accurate in an activity (we have objectives that need to be met). Never do it for the sake of doing it!
- 4. Understand the activity.** Know why the activity is being done, listen to the explanation. If you're not sure why you are doing something feel free to ask at an appropriate moment.
- 5. Don't whinge.** If you have a problem ask, approach the Coach at an appropriate time. Don't walk around whinging to whoever will listen to you.

"Train to Perform"

Award Winners

Protocols for determining QRUFC awards.

Awards are an important aspect of any football club as they recognize the efforts of all involved, players, coaches and volunteers. They are awarded at the end of the season to acknowledge both players and volunteers who have achieved or contributed in a significant manner to the club during the season.

These protocols, which have been endorsed by the Club Committee, are to be followed to ensure that the process for selecting those who are eligible for player and volunteer awards is fair, transparent and has complete integrity. White's awards will be made in the following categories for each grade:

- Best and Fairest winner
- Best forward
- Best back
- Most consistent player
- Players Player award

Voting Protocols to determine eligibility for awards are as follows:

- Non Financial Members will not be eligible to receive votes in any of the award categories.
- At the end of each game votes will be awarded for the best three players. This will be determined by the Team Coach and Manager. Both team officials will sign the appropriate pro forma. The completed pro forma is to be handed (sealed) to the Club Registrar who will be the "keeper" of the envelopes until the end of the season.
- Coaches/Team Managers are to nominate their best three players in order of their performance. They will also nominate a best forward and best back.
- The most consistent player award will be determined by a player in each grade who consistently receives a 'vote' during the season in his/her appropriate grade i.e. each vote received will be counted as 'one' vote.
- The respective Team Coach will determine Coach's awards/Captains Trophy.

Award Eligibility

- Players sent from a game with a 'red card' and then found guilty of an offence (but not necessarily suspended) will be deemed not eligible for the award of 'best and fairest' in any grade. These players would be eligible for all other awards.
- A player who fronted the disciplinary tribunal due to award of the necessary number of yellow cards and receives the automatic one week suspension would not be disqualified from receiving a best and fairest award.
- If a team plays in the final series, votes will continue to be counted for these games.



QUEANBEYAN RUGBY UNION FOOTBALL CLUB - ESTABLISHED 1954

Specific club awards, the genesis and how the awards are to be determined are provided at the Whites web page: www.whitesrugby.org.au

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The Club has many sponsors and they are an integral part of the club and without them we would not succeed. Many have remained very loyal for a long time and deserve our full support.

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All sponsors and their contact details are listed at our web page:

www.whiterugby.org.au

DISCLAIMER

The information provided in this Players Handbook is to the best knowledge of the Committee of Management true and correct at the time of issue.

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