



# HKU Sandy Bay Rugby Football Club

---

## ***HKU SANDY BAY RFC – MINI RUGBY PHILOSOPHY***

As a volunteer based rugby club member of the HKRU mini section, our mission is to provide children with a fun and enjoyable inclusive experience whilst learning and improving their skills for the game. At the same time we aim to facilitate the opportunity for children to take part in competitive rugby games and to realise their full potential in a progressive manner through a development pathway from Mini to Youth to Senior Rugby.

Age Group Progression Plans for each Mini Age Group have been developed as guidelines to be implemented in-line with the general principles illustrated below.

### ***NON CONTACT U5 to U8***

- Have fun whilst developing rugby skills through drills that allow; ball familiarisation, space awareness, movement evasion / agility, ball handling, support play / team mates and defence.
- Gradual understanding of laws within non-contact relevance.
- Girls mixed throughout Non-Contact years.
- Team mix to always be balanced boy/girl with no tiering/streaming applied and strong focus on ensuring passing is promoted across the team and doesn't become an isolated few players.

### ***CONTACT U9 to U11***

- Blending players within A & B division tiers with respective evenly mixed teams and promotion of player movement though development.
- Training sessions to be set up with a combination of group skills and team time.
- Building players confidence and technique in and around the contact area, Safe technique in the tackle, off-loading in contact/ball placement, organisation and line speed while in attack/defence.
- Competing for possession and decision-making in & around the contact area.

### ***CONTACT U12***

- Commencement of tiering and streaming players into the RH / KL competition teams; with promotion / demotion of players to accommodate development.
- Training sessions to be set up a combination of group skills and team time.
- Increase technical coaching support via HKCC pro coaches; Set piece (techniques), Contest of possession (decision making), Structure and tactical aspects of the game (continuity, patience, simple game plan) being ready for 15 aside youth rugby.
- Through our affiliation with HKCC we have created a pathway to senior rugby from Youth positional play and introduction to game structures (play same way).

### ***OVERALL CLUB OBJECTIVES***

- Inclusive for all players to encourage long term rugby participation.
- Provide best coaching skills to all levels of players to enable progressive development.
- Ensure child welfare is a high priority at all times and never use physical related discipline.

Finally, as one of the largest clubs in HK Mini Rugby by player numbers, it is important that we continue participate and play a leading role in coaching and referee education within our club and the rugby community.

***Jim Leung***  
***President***

***Tim Threlkeld***  
***Mini Chairman***

***Jason Kjestrup***  
***Club Head Coach***

**HONG KONG RUGBY FOOTBALL UNION**  
**MINI & YOUTH RUGBY CODE OF CONDUCT**

**CODE FOR COACHES**

- You have the responsibility for your team and supporters – EXERCISE IT!
- Remember that young players play for fun and enjoyment. Don't overload them with technical information and tactics
- Be reasonable in your demands on young players' time, energy and enthusiasm. Remember that they have other interests and demands on their time
- Ensure that all players get a game. The 'just average' players need and deserve equal time
- Players develop at different times and in different ways – make allowances for their physical, emotional and mental maturity and development
- Winning isn't everything – teach your players to enjoy taking part and performing to the best of their ability. Encourage each player to reach his or her potential
- Never abuse, yell, criticise or ridicule children for making mistakes or losing a game
- Remember that young people need a coach that they can respect. Be generous with praise when it is deserved and set a good example
- Teach young players that the laws of the game are mutual agreements that no one should evade or break
- Create opportunities to teach sportsmanship, just as you would in teaching the basic skills
- INSIST ON FAIR PLAY. Do not tolerate foul play, fighting, or foul language. Be prepared to take off an offending player
- Develop a team respect for the ability of opponents, as well as for the judgement of referees and opposing coaches

**CODE FOR PARENTS**

- Do not force an unwilling child to participate – Young people are involved for their enjoyment, not yours
- Encourage your child to understand and play within the rules
- Teach your child that taking part and trying their best is more important than winning
- Focus your child on practicing skills, sportsmanship and being part of a team. Winning isn't everything and not everyone can score the winning try
- Support and encourage your child – never criticise them for making mistakes. Console them for losing, but encourage them to try harder next time
- Turn defeat into victory by helping your child work towards skill improvement and good sportsmanship
- Do not publicly question the referee's judgement and never his/her honesty. There is no place for 'touchline rage' in Youth Rugby
- Support all efforts to remove verbal and physical abuse from Youth Rugby
- Young people learn best by example. Applaud good play by your team and by members of the opposing team
- Recognise the value and importance of volunteer coaches, referees and administrators. They give of their time and resources to provide recreational activities for your child

**CODE FOR PLAYERS**

- Play to enjoy rugby, not just to please your parents or coach
- Always try your best to improve your skills and play well
- Play within the rules and laws of the game
- Never argue with referees or coaches – their decision is final, even if you think that they are wrong. Let your coach or your captain ask match officials any questions
- Control your temper – do not 'mouth off'
- Treat everyone as you yourself would like to be treated. Don't bully or take unfair advantage of any player
- Rugby is a team game – do your best for yourself and your team. Your team's performance will benefit and so will your own
- If you lose, accept it with good grace and try harder next time
- Be a good sport. Applaud all good play, whether by your team or your opponents' team
- Cooperate with your coach, team mates, referee and opponents, for without them you don't have a game.