



**Welcome to the
NATIONAL SMALL COLLEGE RUGBY ORGANIZATION
Mid-Atlantic South Region Champions Cup
Championship**

December 7 & 8, 2019

**Hosted by the
Raleigh Rugby Football Club**





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To Competitors and Fans:

Congratulations to each team on earning the right to participate in the **2019 NSCRO Mid-Atlantic South Region Champions Cup Championship** at the home field of the Raleigh Rugby Football Club in Raleigh, NC. NSCRO and the Raleigh Rugby Football Club welcome you to this event. The winner will qualify for the NSCRO National Championship that will be held April 24 & 26, 2020 at a location to be announced.

The NSCRO Representative in charge of the event is Lisa Jackson.

Her email is lmjackson1985@gmail.com and phone is 910-670-8539.

Be sure to coordinate the time for your Team Check-In on Saturday at the field with Lisa.

Please note the following facility / NSCRO information:

- Teams are expected to clean up their trash and kits after each match.
- **Event t-shirts will be available for sale. Cash, credit card and PayPal are acceptable.**
- Fans should bring chairs and blankets for comfortable seating as desired.
- With families present, athletes should monitor their language at all times – on and off the pitch.
- Portable restrooms are available for use.
- Alcohol – absolutely no alcohol is allowed. Be sure your fans know this.
- Pets are allowed. If present, all pets must be leashed at all times and cleaned up after.
- No smoking on the grounds. Smoking is allowed only in the parking lots.
- All players, coaches, and spectators shall abide by NSCRO Code of Conduct and Alcohol Policy found herein.
- Teams are responsible for providing their own canopies and tents as needed.
- Concessions (food and beverages) will be available for sale.
- **Fans may not bring in outside food and beverages.**
- There are no locker rooms.

The Raleigh RFC is happy to open our fields Friday evening for a run through for the teams traveling to town. Please contact Lisa Jackson to schedule a time as well any venue questions.

We would like to thank Mike O'Brien of the Mid-Atlantic Rugby Referee Society and Nigel Platt of the Southeast Rugby Referee Society for their support in providing the match officials.

Have a great rugby experience!

Lisa Jackson
Event Director, Raleigh RFC
Email: lmjackson1985@gmail.com
Phone: 910-670-8539

Steve Cohen
President, NSCRO
Email: president@nscro.org

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Event Location & Schedule

All times shown are Eastern Time Zone

Poole Road Rugby Complex

7417 Poole Road

Raleigh, NC 27610

Google Maps location: <https://goo.gl/maps/QW8KBExZRk52>

Parking is \$5 per vehicle per day, except for teams and officials. Admission is free.

Team buses can drop off players by the field and will be directed to a parking area.



	Bathrooms
	Vendors
	Trainer
	Concessions
	Teams Setup
	Parking Lots

Saturday, December 7

12:00 PM Semifinal Match #1

Christendom College (Cardinals CRC) vs. Susquehanna University (Mid-Atlantic RC)

2:00 PM Semifinal Match #2

Loyola University Maryland (Potomac RC) vs. Spring Hill College (Deep South CRC)

Sunday, December 8

11:00 AM 3rd/4th Place Match

1:00 PM Championship Match

Awards Ceremony for all teams will follow the Championship match.



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PAST CHAMPIONS

YEAR	TEAM
2012	University of North Florida
2013	Duke University
2014	Mount St. Mary's University
2015	Mount St. Mary's University
2016	Mount St. Mary's University
2017	LSU Alexandria
2018	Loyola University Maryland
2018*	Christendom College

* In 2018-19 competition, the event was moved from the spring to the fall.

Field Use Rules & Regulations

Seating

Fans are encouraged to bring chair to sit on the opposite side of the field from the teams. Fans must remain behind the spectator barrier at all times while a match is being played.

Fans are NOT allowed on the team side of the field.

Photography

If your club has a team photographer (one person), he or she will be able to take photos from the field level (primarily from behind the "Try Zones"). They also can go along the sidelines on the fan side of the field. They must stay out of the way of play, officials and cameras. They need to introduce themselves to the NSCRO Representative. They are expected to provide access to photos for NSCRO use.

Videography

Video is allowed from behind the team benches or on the opposite side of the field. Parents or fans will not be allowed inside the spectator barrier to videotape or stream the match.

Field Access for Families/Friends Post Match

Families and friends **will NOT be allowed** onto the field until **after** the conclusion of the last match on Saturday & Sunday.



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Emergency Action Plan

Medical Information

Location: Poole Road Rugby Complex, 7417 Poole Rd., Raleigh, NC 27610

Event Director: Lisa Jackson - 910-670-8539

Medical Staff: Two (2) Certified Athletic Trainers (ATCs) will be present.

Medical Equipment: We will have an AED onsite, if you have specific requirements for players such as Epi-pen or another please make Karl Berwyn and Lead ATC aware.

1. The Medical Staff on site will be responsible for treating minor injuries to players and for caring for more serious injuries until EMS personnel arrive. The Staff makes the decision and if an ambulance is not at the field, calls 911 to request EMS (ambulance).
2. Instruct EMS to report to 7417 Poole Rd., Raleigh, NC 27610, bottom pitch.
3. The Event Director delegates responsibility for flagging down ambulance; flagger will stand at the street or appropriate entrance. The Event Director or his designee will be responsible for clearing space for the ambulance when it arrives at the field.
4. A member of the Medical Staff provides care until EMS personnel arrive and assists with emergency care as needed. This person shall provide pertinent info (cause if injury, vital signs, treatment rendered, and medical history) to EMS personnel and assists with emergency care as needed. If the match is on-going, the other member of the medical staff will pay attention to it.
5. The Event Director advises the Coach of the player's team to assign someone to accompany the athlete to the hospital as well as bring the medical history form of the player and their personal belongings, including medical insurance card and ID.
6. The injured player's club contacts parents/guardians/family as necessary.
7. The Coach is to complete the appropriate injury report as required by the player's school administration.
8. If a player is diagnosed by a qualified healthcare professional that they sustained a concussion, the Event Director reminds the player's coach of the USA Rugby Policy regarding concussions which includes the 5 R's shown below as well as compliance with the World Rugby Concussion Guidelines.



Medical Information (cont'd)

It is imperative that the athlete does not return to play until he or she is symptom-free and has been cleared for return to play by a qualified healthcare professional. USA Rugby strongly recommends that the player complete the GRTP (Graduated Return to Play) procedure prior to return to full play and competition. USA Rugby's policy requires that ALL rugby players, staff, parents, referees, volunteers, and even fans follow these five basic steps when dealing with suspected concussions:

Recognize – Learn the signs and symptoms of a concussion so you understand when an athlete might have a suspected concussion.

Remove – If an athlete has a concussion or even a suspected concussion he or she must be removed from play immediately.

Refer – Once removed from play, the player should be referred immediately to a qualified healthcare professional who is trained in evaluating and treating concussions.

Recover – Full recovery from the concussion is required before return to play is authorized. This includes being *symptom-free*. Rest and some specific treatment options are critical for the health of the injured participant.

Return – In order for safe return to play in rugby, the athlete must be symptom-free and cleared in writing by a qualified healthcare professional who is trained in evaluating and treating concussions. USA Rugby strongly recommends that the athlete complete the GRTP (Graduated Return to Play) protocol.

Nearest Hospital

WakeMed, Raleigh Campus
3000 New Bern Ave., Raleigh, NC 27610

Distance: 6.7 miles away

Directions:

- Take R out of Rugby Complex
- Take R on Hodge Rd.
- Take L onto I-495/I-87/US-264 W/US-64W
- Take R lane merge onto I-440W
- Take exit 13A
- Merge onto New Bern Ave.
- Make a U-turn at West Campus Dr.



Severe Weather and Lightning Policy (USA Rugby)

Level 1 – If you are planning outdoors activities, obtain the weather forecast beforehand. Know your local weather patterns.

Level 2 – If you are planning to be outdoors, identify and stay within traveling range of a proper shelter. Employ the "30-30 Rule" to know when to seek a safer location. The "30-30 Rule" states that when you see lightning, count the time until you hear thunder. If this time is 30 seconds or less go immediately to a safer place. If you can't see the lightning, just hearing the thunder means lightning is likely within striking range. After the storm has apparently dissipated or moved on, **wait 30 minutes** or more after hearing the last thunder before leaving the safer location.

Level 3 – When lightning strikes, go to a safer location. Do not hesitate. What is a safer location? The safest place commonly available during a lightning storm is a large, fully enclosed substantially constructed building. Substantial construction also implies the building has wiring and plumbing, which can conduct lightning current safely to ground. Once inside, stay away from corded telephones, electrical appliances, lighting fixture, microphones, electric sockets and plumbing. Inner rooms are generally preferable from a safety viewpoint. If you can't reach a substantial building, an enclosed vehicle with a solid metal roof and metal sides is a reasonable second choice. Close the windows, lean away from the door, put your hands in your lap and don't touch the steering wheel, ignition, gear shifter or radio. Convertibles, cars with fiberglass or plastic shells, and open framed vehicles are not suitable lightning shelters.

Level 4 – If you cannot flee to a safer location, take action to minimize the threat of being stuck. Proceed from higher to lower elevations. Avoid wide-open areas, including sports fields. Avoid tall, isolated objects like trees, poles, and light posts. Do not consider unprotected open structures such as picnic pavilions, rain shelters and bus stops. Avoid contact with metal fences, metal bleachers, or other metal structures.

Level 5 – If circumstances or a series of bad decisions have found you outside of a shelter, far removed from a safer place when lightning is occurring, there are still measures to be taken. Put your feet together, squat down, tuck your head, and cover your ears. When the immediate threat of lightning has passed, continue heading to the safest place possible.

Level 6 – If the worst happens, there are key Lightning First Aid guidelines. First, if at all possible, call "9-1-1" immediately. Since all deaths from lightning strikes result from cardiac arrest and/or stopped breathing, begin treatment as soon as possible. CPR or mouth-to-mouth resuscitation is the recommended first aid, respectively. The threat of injury due to a lightning strike is very prevalent. We unfortunately cannot control the weather, however can decrease the possibility of injury through education and proper precautions. By understanding and utilizing the five levels identified in the National Weather Service plan we can be assured that our teams are safe at all USA RUGBY events.



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Accommodations

Hotels are approx. 15 min. from Raleigh Rugby Football Club World Class Fields. The suggested hotels are listed below:

Hampton Inn & Suites Knightdale

405 Hinton Oaks Blvd.
Knightdale, NC 27545
(919) 217-6810

Booking link for discounted rate:

https://secure3.hilton.com/en_US/hp/reservation/book.htm?ctyhocn=RDUKNHX&corporateCode=2697574&from=lnrlink

Hotel: Hampton Inn & Suites by Hilton Knightdale Raleigh

Company Name: Youth Sports

Please note, the entire URL must be copied and pasted for it to work properly. Please share this link with anyone who needs to book Youth Sports rates.

The name of the rate is: YOUTH SPORTS code is 2697574

Holiday Inn Downtown Raleigh

320 Hillsborough St
Raleigh, NC
For reservation, 844-288-0193
\$135.00 per room plus applicable taxes

Meeting rooms can be arranged directly with the hotels.

Contact Karl Berwyn, Raleigh Rugby Football Club, 310-702-6940, k.berwyn@gmail.com for more information if needed.



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Restaurants

Hibernian Pub
311 Glenwood Avenue
Raleigh, NC

<https://www.hibernianpub.com/>

The Hibernian has been the sponsor of RRFC for the past 18 years. There is a room dedicated to Rugby in the lower part of the restaurant.

Morgan Street Food Hall
411 West Morgan Street
Raleigh, NC

<http://www.morganfoodhall.com/>

A new addition to the Raleigh Market, with a wide variety of foods

Amedeos Italian Restaurant
3905 Western Blvd
Raleigh, NC

<http://amedeosrestaurant.com/>

Amedeos has been in the Raleigh Market for generations, a well priced Italian restaurant.



Conduct of Players, Coaches and Spectators

All players and coaches must abide by the following Code of Conduct:

Collegiate rugby players and coaches represent their colleges and are ambassadors of collegiate rugby in the United States. As such, collegiate rugby players and coaches are expected to behave with dignity both on and off the field. Collegiate rugby players and coaches should not tolerate rude or anti-social behavior of any sort which would reflect negatively on the image of rugby, NSCRO, USA Rugby or the student athlete's college/university, or the image of collegiate rugby as a serious and disciplined athletic endeavor.

Players, coaches and spectators are not to use foul language or make threatening remarks before, during or after the match. Such behavior whether directed at a teammates, opponents, match officials, spectator or even part of a pre-match "chant" or play call (such as for a line out) is unacceptable. Doing so will be considered a violation of the Code of Conduct. Any breach of this Code of Conduct will be addressed by the NSCRO. Disciplinary and forwarded to the rugby organization having jurisdiction and school as appropriate.

The disciplinary actions of any club/player in question of violation will first be investigated by the NSCRO Disciplinary. If the NSCRO Disciplinary deems it necessary, the report will then be sent to the organization that has direct jurisdiction for the club/player (such as its Conference/Union). Based on their findings, if warranted, the registered player's school should be advised."

Alcohol Policy

Possession and/or consumption of alcoholic beverages is not allowed by anyone (players, coaches, spectators, etc.) in attendance at an NSCRO-sanctioned match or event. The onus of responsibility for compliance is on the individual club they are associated with. League matches played under the jurisdiction of a local Union or Conference are not considered sanctioned by NSCRO with regard to this policy.

If NSCRO enters into a written agreement that allows the facility owner to serve alcoholic beverages, the facility owner shall be required to enforce any and all applicable laws relating to the provision, sale and consumption of alcoholic beverages, including the prohibition of consumption of alcohol by minors.

Teams are requested to refrain from evening gatherings involving consumption of alcohol during attendance at an NSCRO playoff match or event.

Failure to comply with this Policy as well as applicable laws may result in team and/or player disqualification and/or enforcement by either college/university or city police. Any breach of this Policy at this event, as witnessed and reported by any individual will be forwarded to the appropriate disciplinary committee for action as well as possible disqualification from future NSCRO playoff matches.



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Enforcement of the Technical Zone Guidelines

Refer to Technical Zone map and details on page 12

Coaches

Each team may have two coaches in the technical zone. These coaches must be certified and registered with USA Rugby (as a member of the club) and listed on the NSCRO PEV form. Coaches must stay within the technical zone and may not serve as water carriers.

Water Carriers

Teams may have two water carriers wearing contrasting bibs or other contrasting attire so as not to be confused with the players. Water carriers must be on the team bench unless allowed onto the field at a stoppage in play. When a kicking tee is requested, it should be taken onto the field by one of the water carriers.

Medical

Teams providing their own medical staff must provide the appointment letter from the school to the NSCRO Representative. Medical personnel are not required to stay in the technical zone. However, if medical personnel make non-medical comments at or near match officials, the medical personnel will be restricted to the technical zone.

Temporary Suspensions

Players receiving a yellow card must sit in the administrative area between the technical zones, not behind the dead ball line or on the team benches. These players can be given water and warm-ups / jackets.

Spectators

Spectators are welcome on the opposite side of the field from the teams. No spectators or coaches are allowed behind the dead ball lines.

Sideline Behavior

We know that you are passionate about your team and have invested heavily to reach this point in the playoffs. We also know that you will disagree with referee decisions and we do not expect you to remain silent the entire match. However, engaging opposition coaches, shouting profanity, or loudly commenting on referee decisions or non-decisions is not within the spirit of rugby, the NSCRO Code of Conduct, the USA Rugby Code of Conduct, or World Rugby Regulation 20. If your sideline behavior becomes unacceptable (as determined by the match or NSCRO officials):

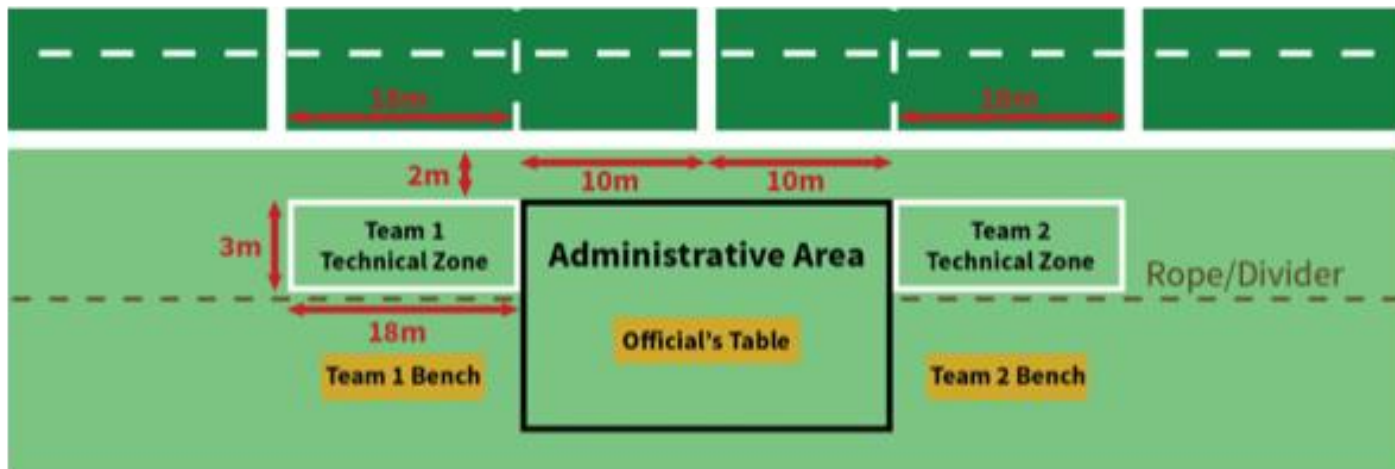
- On the first occasion, the match officials or the NSCRO Representative will ask that person to refrain from their behavior.
- In the case of repeated incidents, the match officials and NSCRO rep may require the person to leave the venue.
- If the person refuses compliance the match will be abandoned in favor of the other team.
- The incident will then be reported to NSCRO for disciplinary review.



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USA Rugby Technical Zone & Sideline Management Guidelines



The #4 Official, with the support of the NSCRO Staff, shall enforce the below guidelines:

- Technical zone (TZ) defined as space in front of the rope/barrier between the 10m line and 22m line*
- Technical zone ends 2m from the touch line to give room for ARs and touch judges
- Coaches may not cross into the other team's TZ or leave their own TZ
- No more than 2 coaches are allowed in the TZ
- Coaches should not stand in/near the try zone or anywhere on the field of play
- Uncertified coaches should not be in the TZ
- #4 (Fourth Official) or Match Manager (data tracker) occupies the space between the 10m lines (Administrative Area)
- Chairs may be set up in the Administrative Area for disciplinary/sin bin purposes
- No coach or player is allowed in the Administrative Area except when petitioning for a substitution
- Teams may have two medical professionals "in front of the rope"
- Medical professionals may roam either sideline and are not confined to the TZ*
- Only one (1) medical professional per team is allowed per side of the field*
- Second medical professional must be across from the first medical professional on opposite sideline*
- Coaches are not allowed onto the field with medical personnel unless explicitly allowed by the match official
- Medical personnel should always introduce themselves to the match official(s) before the match begins
- Team benches should also be between the 10m line and 22m line* but "behind the rope" and not in the TZ
- Spectators should be on the opposite sideline from the teams unless a second rope is present to prevent mixing of spectators with players/staff/administrators
- Water carriers must stay "behind the rope"* unless the match official signals that they may enter the playing field
- Water carriers should endeavor to wear a top that clashes with the players on the field
- Coaches may not serve as water carriers
- Water carriers should not be in the TZ*
- Coaches should not huddle with teams on the field after scores
- Teams must warm up in the end they are attacking into, not the end they are defending
- Players warming up must wear a contrasting top to the players on the field (e.g., a penny)
- Teams should not warm up with balls, cones or other equipment (e.g., ruck pads)
- Teams should not warm up within 5m of the field of play
- If space demands it, teams may warm up in the try zone but only if they access the try zone by staying "behind the rope" to and from

***Variance specific to USA Rugby that differs from the World Rugby standard**

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