



**Welcome to the
NATIONAL SMALL COLLEGE RUGBY ORGANIZATION
Northeast Region Championships
November 23 & 24, 2019**

**Hosted by
Siena College**





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To Competitors and Fans:

Congratulations to each team on earning the right to participate in the 2019 NSCRO Northeast Region Championships! Siena College and NSCRO welcome you to this event.

NSCRO is very pleased to be holding its Northeast Region Champions Cup and Challenge Cup Championships at Siena College at The Siena College Rugby Pitch located in Loudonville, NY. We do this to both reward and inspire the student-athletes who have worked hard to reach the pinnacle of small college rugby success. The winners of each Championship will qualify for the Spring NSCRO National Championships.

The NSCRO Representative in charge of the event for NSCRO is Steve Cohen. His contact info is as follows: 609-284-5658 (phone), email is president@nscro.org.

Be sure to coordinate the day, time and location for your Team Check-In with Steve.

Please note the following facility information:

- Teams are expected to clean up their trash and kits after each match and at the end of the tournament.
- With families present, athletes should monitor their language.
- Portable restrooms are in the parking lot.
- Water jugs will be provided and filled on the team benches for use just prior to and during matches. Water bottles are to be provided by the teams.
- Alcohol – absolutely no alcohol is allowed. Be sure your fans know this.
- Pets are discouraged. If present, all pets must be leashed at all times.
- 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.
- Teams are responsible for providing their own canopies and tents.
- There will **NOT** be a concession stand/food truck. There is no restriction on bring in food and non-alcoholic beverages (no glass bottles)...so please clean up your area. There is a Starbucks on campus...a short 4 minute walk from the field. Ask a Siena College student for directions.
- Access and parking at the event is complimentary.
- There are limited changing facilities / locker rooms available. Teams should come as game ready as possible. Players must provide their own towels and soap After use, please clean up!

NSCRO thanks Siena College for hosting the event and the New York State RRS for providing the match officials.

Have a great rugby experience!

Greg Matthew
Rugby Coordinator
Siena College

John D'Argenio
Vice President and Director of Athletics
Siena College

Steve Cohen
NSCRO President

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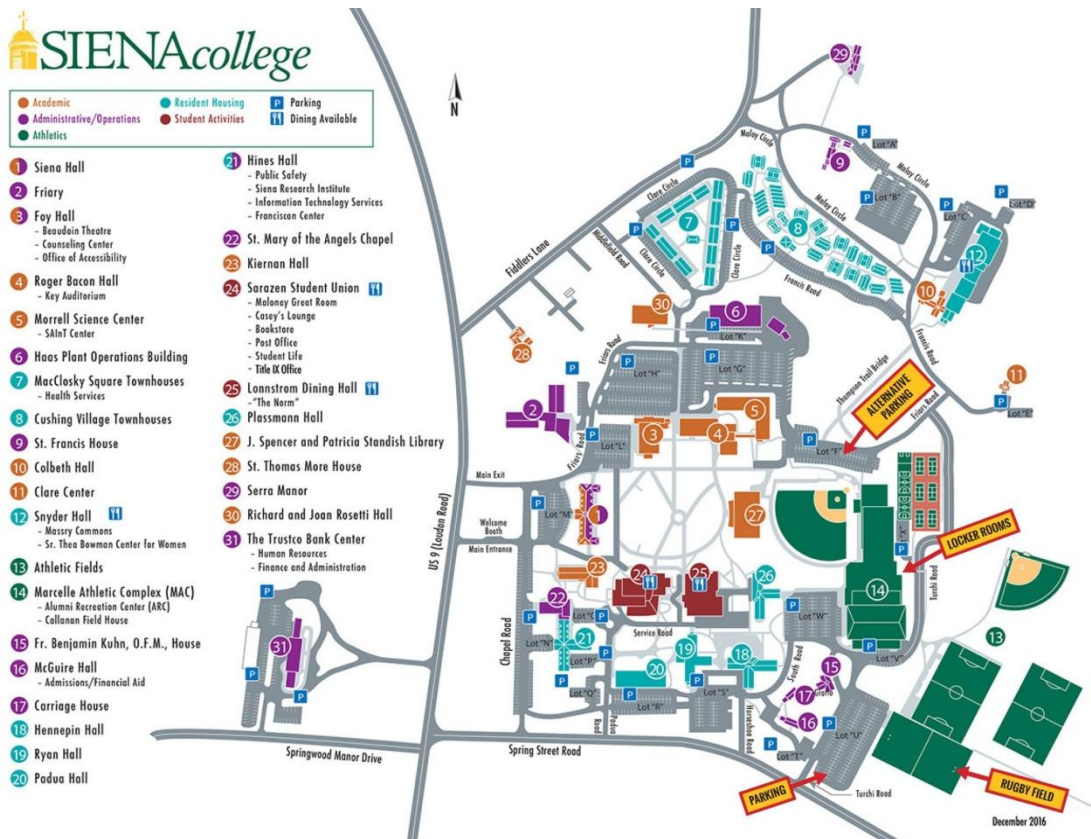
Event Location

Siena College
Marcelle Athletic Complex and Siena College Rugby Pitch
515 Loudon Rd
Loudonville, NY 12211

Google Maps location:
<https://www.google.com/maps/place/515+Loudon+Rd,+Latham>

Parking

The Siena College Rugby Pitch has parking adjacent to the pitch for officials, fans and team vans. From Route 9 turn east on Spring Street, take the fourth left on Turci Road. The parking lot is immediately on your right. Parking for team buses as well as additional parking once the lot adjacent to the Pitch reaches capacity is available in Lot H. See map below:



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The National Small College Rugby Organization
The Home of Small College Rugby in America
www.nscro.org





Schedule

Times shown below are in Eastern Time Zone

Saturday, November 23 – Sunset is approx. 4:30pm

9:00 am – Challenge Cup Semifinal #1

SUNY Geneseo (Upstate SCRC) vs. **Wentworth Institute of Technology** (Colonial Coast CRC)

10:45 am - Challenge Cup Semifinal #2

SUNY Maritime (Tri-State CRC) vs. **University of New Haven** (New England RFU)

* The NSCRO Heart and Soul Award will be presented to the non-winning semifinal teams.

12:30 pm - Champions Cup Semifinal #1

Salve Regina University (Colonial Coast CRC) vs. **Colby College** (New England RFU)

2:15 pm - Champions Cup Semifinal #2

College of the Holy Cross (New England RFU) vs. **Ithaca College** (Upstate Small CRC)

Sunday, November 24

9:00 am - Teams TBD Champions Cup - 3rd Place

11:00 am - Teams TBD Challenge Cup - 1st place followed by Awards Ceremony off field

1:00 pm - Teams TBD Champions Cup - 1st place followed by Awards Ceremony

All teams will receive recognition and must be present for Awards Ceremony.

PAST CHAMPIONS

YEAR	CHAMPIONS CUP	CHALLENGE CUP
2007	Plymouth State University	n/a
2008	Salve Region University	n/a
2009	Keene State College	n/a
2010	Salve Regina University	n/a
2011	Salve Regina University	n/a
2012	New England College	n/a
2013	New England College	n/a
2014	New England College	Washington & Lee University
2015	Eastern Connecticut State University	Salem State University
2016	Tufts University	Trinity College
2017	Salve Regina University	University of New Haven
2018	Endicott College	Washington & Lee University

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Field Use Rules & Regulations

Field Surface

The Siena Rugby Pitch is grass. If due to weather conditions it is not usable, the matches will be played on the adjacent synthetic turf field. If used, there are no restriction on the type of boots.

Seating

Fans are to sit or stand on the opposite side of the field from the teams. There are no stands. Fans are encouraged to bring chairs and blankets.

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 the "Try Zones"). They can go along the sidelines so long as they stay out of the way of play, officials and cameras. Please contact Steve Cohen with name and contact info for this person.

Videography

Video is allowed from behind the team benches or on the opposite side of the field. Parents or fans will not be allowed onto the field to take still photos or video during a game.

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.

Fans are not allowed on the teams' side of the field during the match.

Security Personnel will be present to control/manage the event.

Local Restaurants

The following restaurants can accommodate dining for large groups. Reservations are required.

Brickhouse Tavern. 9 minutes away from campus

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

Century House. 12 minutes from campus

<https://thecenturyhouse.com/>

Bellini's. 4 minutes from campus

<http://www.marrellorc.com/page/bellinis-italian-eatery-of-loudonville-13.html?>

Dinosaur Bar-b-que in Troy. 12 minutes from campus.

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

A good choice for general eating is Galleria 7 is an upscale food court. 16 minutes from campus

<http://www.galleria7market.com/>



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Emergency Action Plan

Medical Information

Dates: November 23-24, 2019

Host: Siena College

Siena College Rugby Pitch, 515 Loudon Road, Loudonville, NY 12211

This plan is supplemented by the Siena College Athletic Department's Sports Medicine Emergency Action Plan.

Event Director – Greg Matthew; Phone 518-786-5021; email; gmatthew@siena.edu

Medical Staff –

Athletic Trainers

Carla Pasquarelli, carla.pasquarelli@ascension.org, (518) 207-5522

Rachel Simkins, rachel.simkins@ascension.org, (518) 812-4307

Medical Equipment located at the field: AED (Automated External Defibrillator); SAM splints, crutches, Nasalpharyngeal airways along with all first aide, taping necessities, and a treatment table. Radio (EMS contact).

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. Field Location & Directions for EMS personnel: The field is located on Turci Road just off Spring Street in Loudonville, NY. Once you enter Turci Road, take an immediate right hand turn, the field is beyond the parking lot.
3. The Event Director or Assistant Director delegates responsibility for flagging down EMS and clearing bystanders from injured player.
4. A member of the Medical Staff provides care until EMS personnel arrive and assists with emergency care as needed. Pertinent info (cause if injury, vital signs, treatment rendered, medical history) shall be provided to EMS personnel, as appropriate.
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 pertinent medical history 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 or organization.



Medical Information (cont'd)

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.

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:

1. **Recognize** — Learn the signs and symptoms of a concussion so you understand when an athlete might have a suspected concussion.
2. **Remove** — If an athlete has a concussion or even a suspected concussion he or she must be removed from play immediately.
3. **Refer** — Once removed from play, the player should be referred immediately to a qualified healthcare professional who is trained in evaluating and treating concussions.
4. **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.
5. **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.

****Directions to Nearest Hospital****

Nearest Hospital: Albany Memorial Hospital 600 Northern Blvd Albany, NY 12204

Phone: (518) 471-3221

Distance from the pitch: 3.4 miles

Directions:

Turn left on Turci Rd.

Turn right on Spring Street.

Turn left on Route 9 for 2.6 miles.

- Slight right onto Loudon Rd/New Loudon Rd for 4/10th of a mile.
- Turn right onto Northern Blvd.
- Use the left lane to turn left onto Shaker Rd.
- Turn Left into Albany Memorial Hospital.



Lightning Policy

For NSCRO-sanctioned matches or events, the tournament/event director or the senior on-site referee is empowered to suspend play during adverse or predicted unfavorable weather conditions. The NSCRO Representative and head (or match) referee will jointly decide whether to resume play; either individual has the authority to cancel the proceedings.

As we all know, thunderstorms can strike at any time conditions are right, especially during the summer, early fall and spring months. If a storm develops and is felt to be dangerously close, you have a duty to postpone your practice, match, or event for safety reasons until the storm has passed. A safe location to wait out the storm is any fully enclosed, substantial building (e.g., locker room, classroom, office building). If a fully enclosed building is not available, a fully enclosed vehicle with a metal roof and the windows completely closed is a reasonable substitute. Do not touch any part of the metal framework while inside the vehicle. Once it is felt that the storm has safely passed, the local event coordinator will inform everyone that that the teams can return to practice/event activities.

Here, again, are a few facts that we would like everyone to understand:

1. The "flash to bang" count of 30 seconds is what we will be using to make a decision to discontinue activity. The NCAA uses this as a guideline for discontinuation of play. If any participant has seen a lightning flash and the ensuing thunderclap can be heard at a count of 30 seconds or less, a storm is dangerously close.
2. Essentially, a 30 second flash-to-bang means that the storm is 6 miles away (the distance is determined by dividing 5 into the number of seconds, in this case 30). It neither has to be raining nor extremely cloudy for a lightning strike to occur in the area where you are standing.
3. Even though a storm center passes miles to the right or left of where you are located, it does not mean that you and those with you are not in potential danger. Lightning has and does strike when a storm is seemingly not a threat. Lightning has been observed striking 10 miles from the storm center.
4. Any practice/match/event that is delayed due to a thunderstorm may resume 30 minutes after the last clap of thunder is heard. This is considered to be a safe period of time for any storm to clear the area and no longer be a threat. The storm is equally threatening on the back end as it is on the front end or sides.



Accommodations

NSCRO has contracted discounted room rates for team and their fans at the following hotels.

* Cutoff date for registration is Monday November 18 *

Please use them. Rates do not include 14% tax.

NAME	PHONE	GROUP CODE/Rate	WEBSITE / AMENITIES
Holiday Inn Express -Wolf Road 16 Wolf Rd. Albany, NY 12205	518-459-3600	National Small College Rugby \$89/night – two queen beds	https://www.hiexpress.com/redirect?path=hd&brandCode=EX&localeCode=en&regionCode=1&hotelCode=ALBWO&PMID=99801505&GPC=NSS&cn=no&viewfullsite=true Free Hot Breakfast, WiFi, and Parking Laundry facilities available
Hampton Inn by Hilton 10 Ulenski Drive Albany, NY 12205 Team Booking. Call Director of Sales, Joe Stewart at 518-407-2021	518-438-2822	National Small College Rugby \$74/night – two queen beds	Go to https://hamptoninn.hilton.com/en/hp/groups/personalized/A/ALBULHX-RBY-20191122/index.jhtml?WT.mc_id=POG Complimentary hot breakfast (6AM – 10AM), high speed internet (WiFi), parking, and local shuttle services (2-Mile Radius).
SureStay Albany Airport 200 Wolf Rd. Albany, NY 12205	518-458-1000	National Small College Rugby \$75/night – two queen beds	https://www.bestwestern.com/en_US/book/hotel-rooms.55086.html?groupId=1Z2GB1K4 or call the hotel. If you are looking to book an entire team, please call the hotel and ask for Nusair (ext 196). If you prefer, you can also email me at nusair@surestayalbany.com . Free Hot Breakfast, WiFi, indoor heated pool and parking

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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):

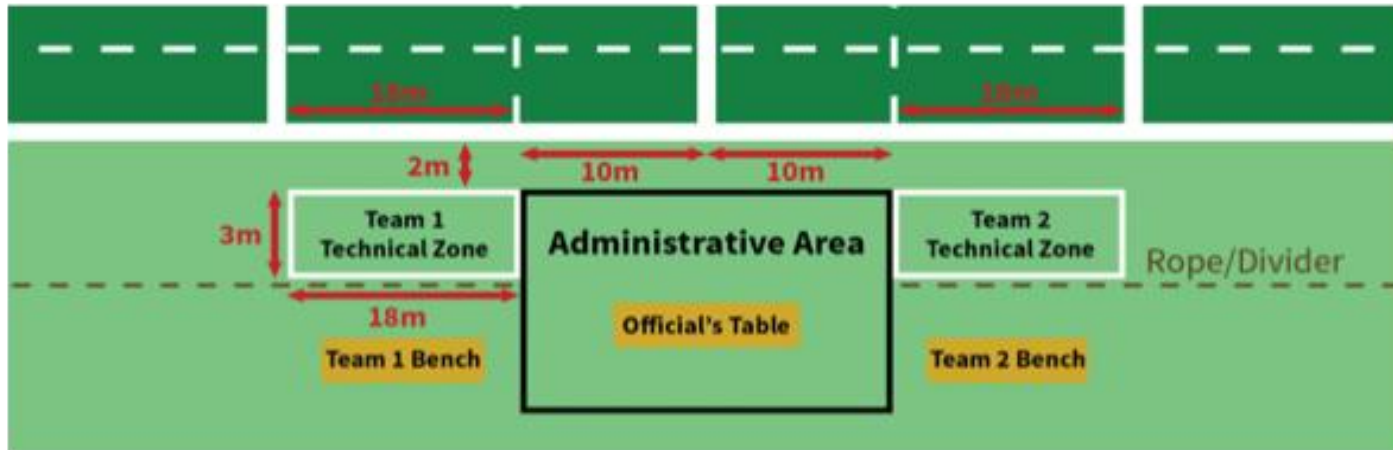
- On the first occasion, the match officials or the NSCRO Representative will ask that person to refrain from their behavior.
- In the case of repeated incidents, the match officials and NSCRO rep may require the person to leave the venue.
- If the person refuses compliance the match will be abandoned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



PennMutual.

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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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