



Central Coast Junior  
Rugby Union



*"Going Forward"*

## 2021 TOURNAMENT MANUAL U10s/U11s

**Date:** 11 – 12 September 2021

**Venue:** Tuggerah Sport Complex - Lake Road Tuggerah NSW 2259

**Gala Event Hosted by:** Central Coast Junior Rugby Union



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## **President's Welcome:**

On Behalf of the Junior Rugby Clubs on the Central Coast and the Central Coast Junior Rugby Union (CCJRU) Committee, I warmly welcome you to the fantastic Central Coast.

We are proud to be hosting the 2021, U10 and U11 State Rugby Union Championships and hope that all participants and spectators enjoy the beautiful beaches and surrounds of the Central Coast.

I am sure that amongst the talent we see on display this weekend, there will be future Waratahs and Wallabies. All participants and spectators are encouraged to support each other in the spirit of sportsmanship that Rugby is renowned for.

As we compete against each other, I also encourage you to make new friends from other zones, these players will see each other every year for years to come.

I would also like to remind spectators that they are here primarily for the player's development and the enjoyment. We must all recognise the efforts of the Referees, Assistance Referees and other Match Officials as they do their job in officiating the Championships. Without these men and women, can't play the game we all love.

Finally, I would particularly like to thank the members of the Central Coast Junior Rugby Union Committee and the willing volunteers from our wider rugby community, for their efforts in delivering such a great weekend of Rugby.

Enjoy the time here in beautiful Central Coast and best of luck in the Championships.

**Shane Orr**

CCJRU President



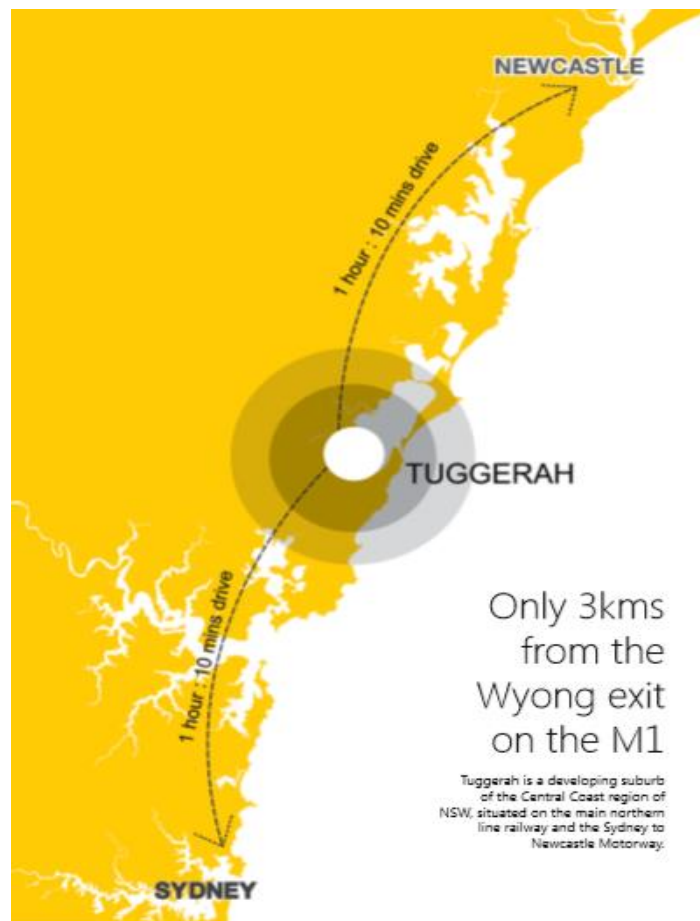
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In order for the weekend to run as smooth as possible, there are a couple of important points that all teams and team managers, parents and carers will need to know. Please take the time to review this document.

**Sporting Complex Address:** Lake Road Tuggerah NSW 2259





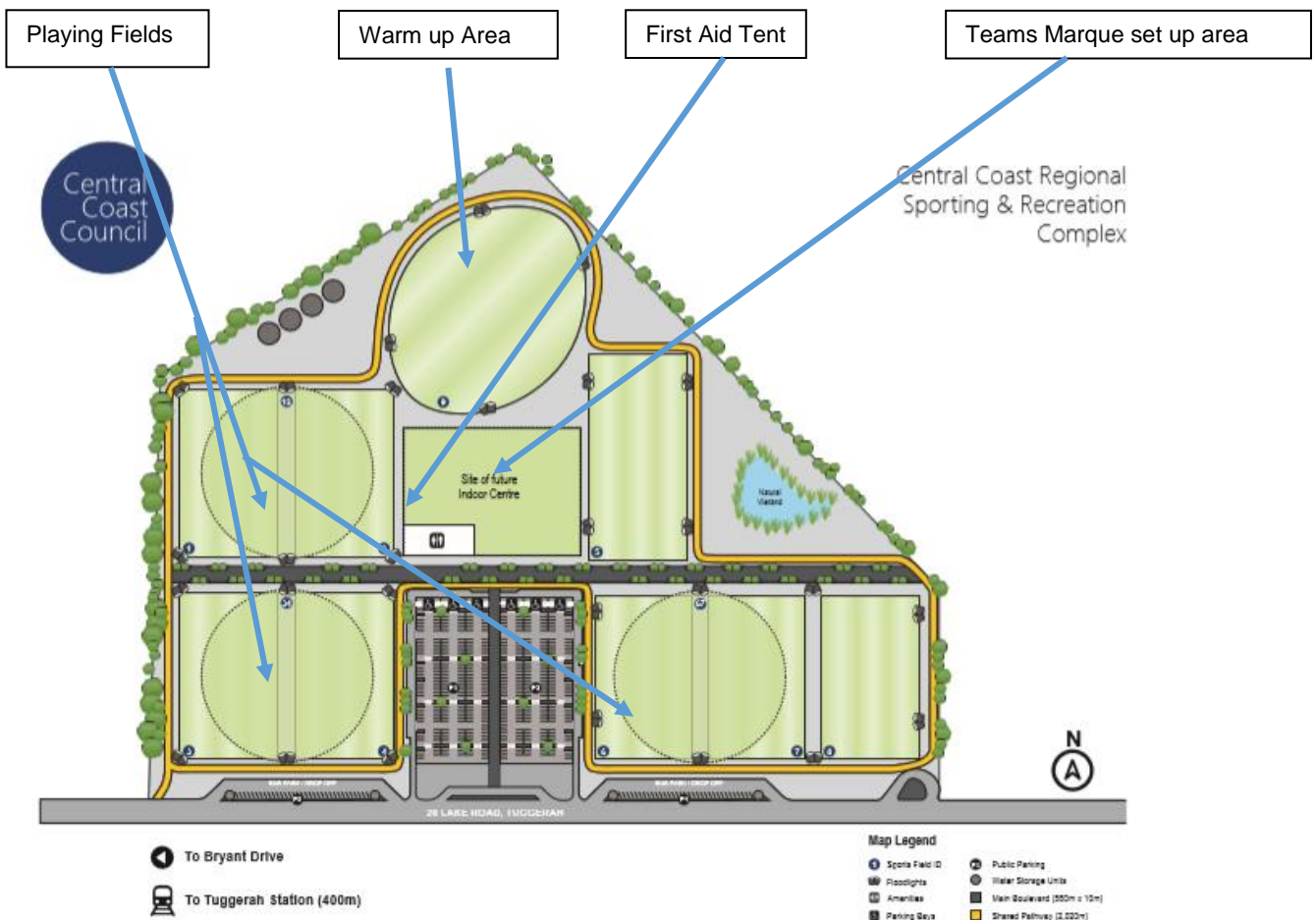
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**Ground:**

The Tuggerah Sports Complex sits on 18.28 hectares of land at Tuggerah and consists of nine playing fields, an amenities building (that includes accessible toilets, change rooms, canteen and store rooms), over 2km of shared pathways, landscaping, car parks and bus zones for drop-off and turning. The facility is located close to the M1 freeway and alongside train and bus transport, and is in close proximity to main town centres and a major shopping complex making it a highly connected destination.





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**Code of Conduct:** All team officials, players, parents and spectators must adhere to the Rugby Australia Code of Conduct. Additionally, there is a zero tolerance of match official abuse, anyone who breaches this code of conduct will be ejected from the championships and grounds.

**Alcohol:** No alcohol is to be brought onto any ground or consumed at any event facilitated by Central Coast Junior Rugby Union.

**Ground Marshalls:** Ground Marshalls will be designated to each ground over the weekend. The ground marshalls will be supplied by the CCJRU and they will ensure that the following occurs:

1. All teams are in the designated technical areas/zones,
2. Coaches and Managers are in designated areas/zones,
3. Behaviour of players and officials is at the standard that is expected,
4. No abuse or heckling of the referee or assistant referees takes place. Such behaviour may result in the ejection from the playing area,
5. Ensure smooth running of games,
6. Report incidents of inappropriate crowd behaviour,
7. Ensure that spectators also follow the rules of conduct set out by the NSW Country, ARU and NSW Codes of Conduct.

**Rubbish:** Garbage bins will be provided on each ground and around the sporting complex. Please ensure that your team cleans up after each day's play.

**Security:** As the oval is an open space and spectators and members of the public can walk through, we advise that all teams ensure that personal belongings are kept safe at all times. Do not leave valuables around or unattended in your designated areas.

**Medical at the Ground:** Medical emergencies at the ground over the weekend will be looked after by a trained first aider who will be situated under a medical marquee near the canteen. If you have an injury on field, please put your hand in the air and they will attend as required.



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Medics have been engaged to deliver a professional medical and first-aid service to everyone on site including players, officials, spectators, volunteers and contractors – the sequence will be based on a triage system where the order of treatment will be determined by the Medic on Duty and dictated by the seriousness of each case. It will be well signed and will be operational from no later than half an hour prior to the first Game.

#### **Medical Facilities:**

1. Gosford Hospital is located at Holden Street, Gosford New South Wales 2250 , PH 02 4320 2111 (approx. 30 Minute drive)
2. Wyong Hospital is located at Pacific Highway, Hamlyn Terrace New South Wales 2259, PH 02 4394 8000 (approx. 25 Minute drive)

**Ice:** The Medic will have ice on hand to be applied where clinically appropriate for the treatment of injuries once the patient has been assessed by the Medic; ice will not be handed out. ie. any patient requiring ice from the treatment room, must be seen by a trained medic.

**Ambulances:** Under no circumstances should any person on site call an ambulance; if an injury is so serious that you think an ambulance MAY be required then, firstly, have the Medics attend and examine the patient so the Medic can decide the most appropriate course of action. Our Medics are familiar with the Ambulance Service and the local hospital Emergency Departments.

**Patients Under 18 Years Old:** Patients under 18 years old are legally children and subject to Child Protection protocols and 'Working With Children' guidelines. All patients under 18 years of age requiring treatment by the Medic should be accompanied by an adult, preferably a parent.

**Concussion:** In the event of any player from any team receiving a trauma to the head or neck, or a head injury (anything above the shoulder), or if any player is suspected of being, or appears to be, concussed, the player must be referred to the Medic or match official for assessment.



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**Warm up areas:** Warm up areas have been designated for the tournament. Please be aware that other teams will also be warming up and only use a reasonable amount of area required for your warmup.

**Pre-Game Strapping:** Each team should supply their own pre-game strapping and strapping throughout the weekend.

**Hydration:** Players are advised to commence their fluid intake NO LATER than 2 hours before each warm-up session, and to maintain hydration throughout the event. Water is recommended for hydration.

**Sunscreen:** Players, officials, and spectators are encouraged to apply, and to frequently re-apply, sunscreen throughout the day.

**Marquees:** Team and spectator marquees can be erected over the two days of the tournament in the designed areas only. It is advisable that you take them down after the first day and erect them again on the second morning. Professional Security will be on site Friday and Saturday night – if you choose to leave your marquee up overnight – CCJRU will not bear responsibility for damage or if it is stolen.



**Parking Facilities:** There is parking for cars inside the sporting facility as a first in basis. The cost of parking is \$10.00 per day. If the need arises (Providing dry weather) an overflow carpark will open at 59 Lake Rd, Tuggerah. The Cost of the overflow carpark is \$5.00 per day. You should also be mindful of parking arrangements, ie 'No Parking" areas, "No Stopping" areas etc around the facility, as Council Rangers or Police may visit over the tournament weekend, therefore please ensure that you obey all parking and street signs.



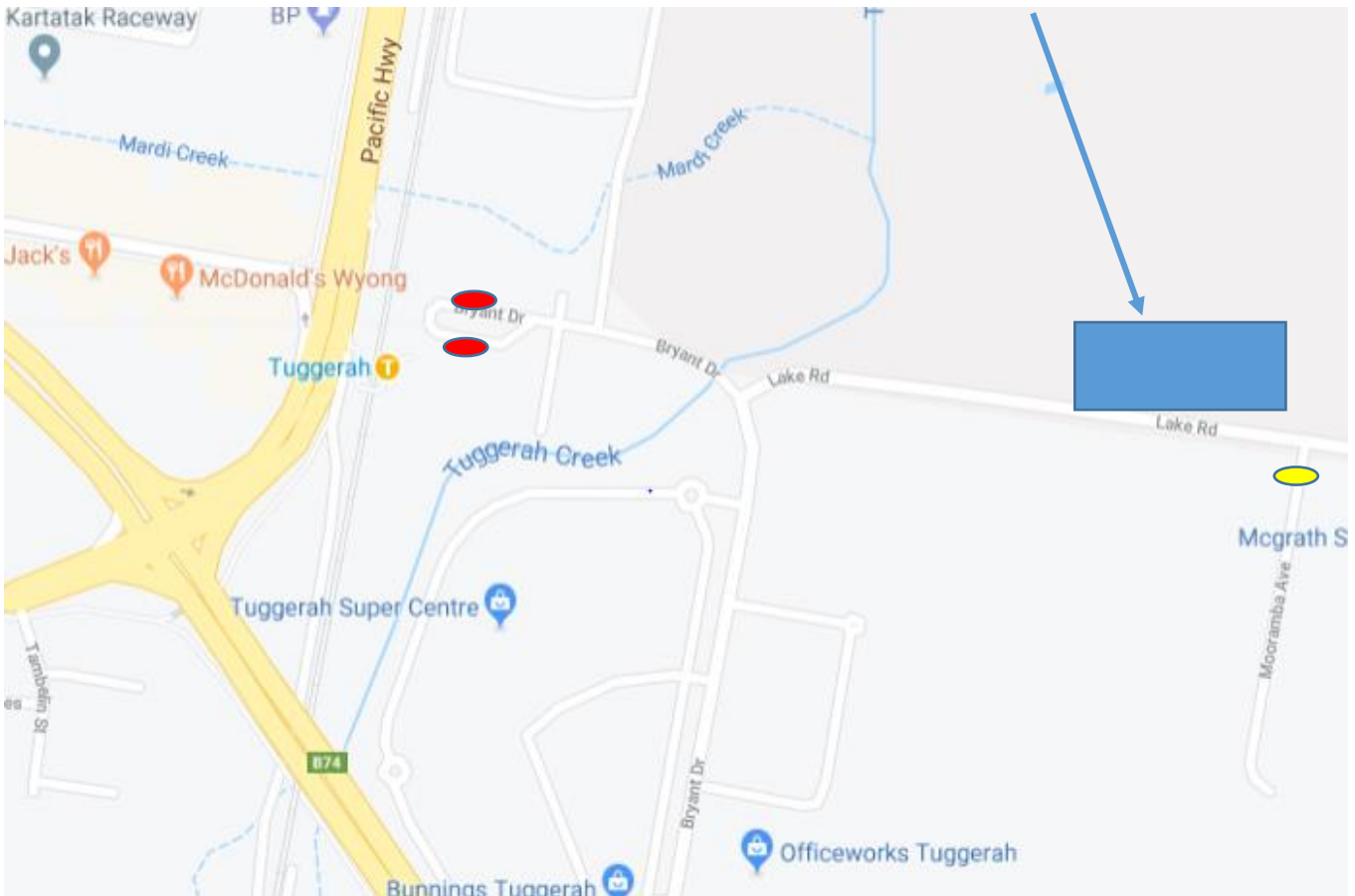
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An overflow car park is located at 59 Lake Rd, Tuggerah, indicated below in  . Additional Parking is may be available in the vicinity of the Tuggerah Sports Facility along Bryant Dr as indicated below in a red 

Tuggerah Sports Complex







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**Coaches (Busses):** There is no designed parking area for Coaches (Buses).

**Canteen facilities:** CCJRU will have one canteen and six food trucks operating for the duration of the carnival. In our "truck canteens" the following will be available: Coffee and Tea - Barista, Wraps, Lamb gyros, Lamb Skewers, Gozleme, Angus Beef Burgers, Grilled chicken burgers/wraps, Vegetarian options Hot Chips, Tempura Fish and Chips, Fresh Sandwiches. In our main canteen the following will be available: Steak/Sausage Sandwiches, Pies and Sausage Rolls, Lollies, Chips, Drinks etc. Please visit our canteen over the weekend to support our Junior Rugby Clubs.

**Toilet Facilities:** Toilet facilities are located on site.

**Team Dressing Rooms:** The dressing rooms are located in the main building near the canteen and need to be shared over the tournament weekend. Please ensure that you leave the dressing rooms clean and tidy for the next team. Do not leave any equipment or gear in the dressing rooms as their security cannot be guaranteed and the space is to be vacated for the next team to utilise.

**Laundry Service:** A laundry service is available on the Saturday night and the price is as follows:

- a. \$45 set of up to 18 Jumpers
- b. \$60 per load Shorts and Socks.

You can book this service by sending an email to [ccjrusec@gmail.com](mailto:ccjrusec@gmail.com) showing your interest. You will need to book this service prior to 14 June 2021 to allow enough time for us to notify the service provider. Payment in cash must be made at the Canteen when dropping your jerseys off on the Saturday afternoon. If you choose to use this service please drop off the jumpers at the canteen at the completion of your day's competition games, but not later than 5:30 pm Saturday 03 July 2021 and your jumpers will be ready for collection the following morning by 7:30 am from



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the canteen area. All jumpers and Kit bags (not garbage bags) must be clearly labelled with your team name and a contact number.

Contacts: For information leading up to the tournament or over the weekend please feel free to contact:

Shane Orr: PH 0408 726 414

Steve Keiler: PH 0402 256 899

Marc Bookallil: PH 0411 049 555

The CCJRU Committee hopes you have a great experience and we would like to wish all teams participating over the weekend.