



# MARCH & APRIL 2008

## Training!

### *Steve Bennett on an eye-opener with Aileen Mills*

Last September Paul Renton, our RT&D Chairman, ran a course for colleagues from the Federation entitled 'Pre-Match Prep & Referee Development'. The first part was classroom based and very informative to say the least but the second part was an eye opener. We were ushered to trackside at the Robin Park Athletics Arena for instruction in warm up and warm down routines and briefly touching on the great taboo that is called training.

Following the warm up routine many of our illustrious MADREF group were feeling the pace and were, I think, happy that the experience passed without serious injury, which would probably explain why quite a number were reluctant to get involved in the more strenuous routines that followed.

The 'training' experience was good and it made you realise as referees how easily you can get out of the habit of serious training especially when that training is being overseen by an ex 400 metre Commonwealth Games athlete. Aileen as she is affectionately known is a true professional and currently helps with the training routine that enables the RL referees to attain the standards required to referee at National Level or Super League. Those standards are based on a 12-minute run, which is closely monitored as we witnessed on one nasty evening in January.

The distance required for Super League is 3,000 metres and 2,600 metres for National Leagues. A lone representative from the Manchester Society achieved the minimum standard and later achieved the standard required of Super League, so it can be done if a person is driven and motivated. The question is how is it possible to get to this level and the answer is self-belief, commitment and just a little help from the professionals?

Aileen has established a programme that will definitely improve your fitness and is covered in two sessions per week. Tuesday is on the indoor 60-metre track and Thursday on the outdoor 400-metre track. The choice is yours!!!!

*Continued on page 2...*

Tuesday starts at 7.00pm prompt with a warm-up routine incorporating a gentle jog and stretching. Circuit Training commences at 7.10 and last approx 30minutes and is physically demanding but you do as much as you can do. The circuits are varied and completed in teams of two so you're always working with someone.

The result is an improvement in overall body strength, co-ordination and mental toughness. It is also possible to cheat when Aileen isn't looking but that's for the individual to deal with so the choice is there. Following the circuit is the dreaded 12 minute run. I say dreaded because you know it has to be done and there is little chance of avoiding it, but when it has been completed there is a sense of achievement and feeling good about yourself.

Training for the 12 min/3000-metre run is completed in many different ways and to date she has never repeated the same session. Typical indoor routine are as follows and take place on the 60-metre track:

- 2 x 2 min run, 2x 1.5 min run, 3 x 1 min & 4 x 30 seconds (i.e. 12 min running) (Walking recovery between runs)
- Or distance... 3 x 360mtr, 3x 300mtr, 4 x 160m 2 x 120m & 1 x 140m (i.e. 3,000m) (Based on shuttles on 60m track - recovery between runs).

Thursday Training is probably the more intense of the two nights and is specifically geared to the RL fitness test of 7½ laps in 12 mins. Again, training starts at 7 prompt, with warm-up at trackside then it's down to the serious business of getting

around a 400-metre track in 96 seconds per lap (Super League) & 111 seconds per lap (National League). Sounds easy I know but just try it and see. Typical routines on the 400 metre track are as follows:

- 1 x 8 min run, 1 x 4 min run, 1x 2 min run & 2 x 90 sec runs (1 minute break between runs).
- Or... 16 x (200 metre Parloffs)

...running in three groups means that there is always one group running and equates to 8 laps of the track, but is not for the faint hearted. This is a form of shuttle so you do get a full lap rest and anyone who has done this type of training will know that the rest appears to get shorter and shorter as the tiredness kicks in but is a great exercise to improve stamina.

Of the two nights I feel that Tuesday is the one that would benefit referees of both codes and reflects more of what goes on in an actual game and the added bonus is that it is indoor. Thursday is geared to passing the fitness test, end of story.

Regardless of the level of fitness you will get some benefit from the experience and the choice is yours, so take the opportunity to be trained by a professional and you just may even enjoy the feeling of being fit again... *especially young, up & coming refs!!!*

For information there have been seven Manchester Society Referees who have come along at various times during the season but from a hardcore group of four, two have achieved levels of the National League and 2 of Super League, so it does make a difference but as they say you have to be in it to win it

...if you know what I mean?!

## Bits 'n' Pieces

With this month's *MaDRefMag*...

### **FOR CLUB CONTACTS**

- please pass-on the letter re recruitment to your Chairman, as soon as possible

### **FOR REFEREES, COACHES, ADVISERS, *et al***

- a copy of the new E-expenses Form *[see below]*  
(An email copy can be obtained from the Treasurer or downloaded from the Society's web-site. his Word document is ready formatted for easy completion and electronic return; it also has the facility for auto-totalling.)

### **FOR REFEREES**

- a copy of a Ref's Score Card (for copying onto card)
- a copy of a Ref's Summary (on obverse of the score card)  
(Email copies can be obtained from Stephen Snoddy (*the designer*) [ [snoddys@walsall.gov.uk](mailto:snoddys@walsall.gov.uk) ], or downloaded from the Society's web-site)

### **EXPENSE CLAIMS** - a message from Steve Halliday

1. All claimants must include their bank details (Account Name, Number and Sort Code) with future claims - the Treasurer has thrown away his quill pen and will in future make reimbursement by bank transfer! *(Please use the new E-expenses Form.*
2. The Society financial year-end is 30 April - to ensure accurate accounts (and reasonably prompt reimbursement) all expense claims for this season must be received by 14 May 2008.

Thank you

\* \* \* \* Congratulations to John Large! \* \* \* \*

*John was invited by Wooden Spoon Society to referee the English v Irish ' International Legends' game which took place at Richmond on 15<sup>th</sup> March. The game was part of the Spoon's 25<sup>th</sup> Anniversary celebrations - quite an honour!*

## To Referees who assist with Colts games

### Colts League Directive on Spectator Control

Following a particularly nasty recent incident involving Players and Spectators, the Halbro Colts League has re-emphasised the content of their "Codes of Conduct", particularly the reference to the Technical Area and Spectator Control. This is contained within the Competition Rules each Team signed up to observe when they entered the Colts League.

Should Referees believe the playing enclosure (and its surrounds) they are due to referee on does not comply with the "Rules" they are requested to decline to start any Colts League game. This applies with immediate effect, to include all Colts games, League or Cup.

This news item has been sent out to all colts Team Managers, and to all other contacts on the Colts League's database. See:

<http://www.colts-rugby.org.uk/halbro/all/1A2CCE180E030A1C802573F6002DC631?open>

Should Referees have any queries please do not hesitate to contact Jon Kitchen (*Secretary, Halbro Colts League*)

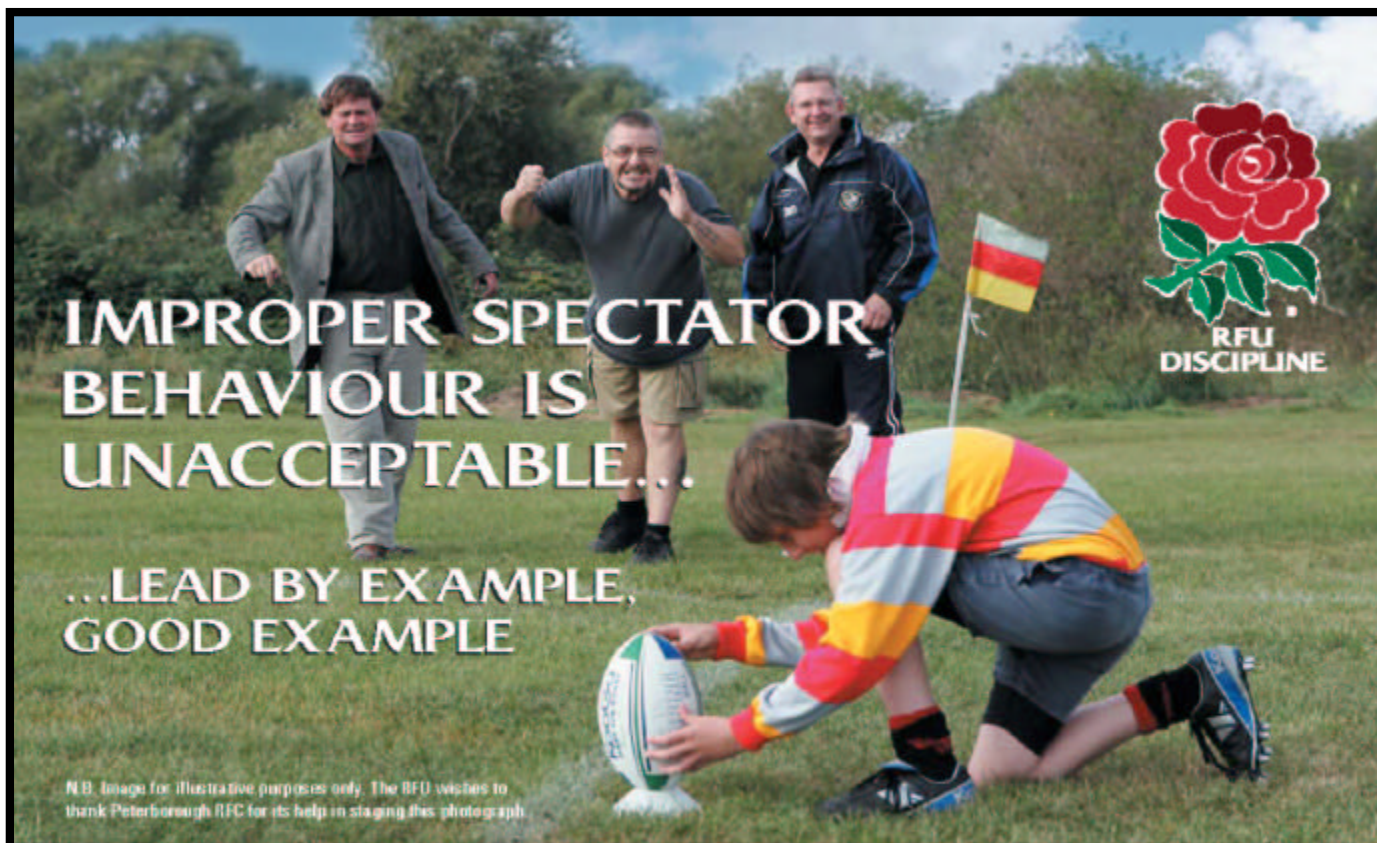
## Discipline Posters and Code of Conduct Cards

For some time the RFU have been concerned at increasing levels of misbehaviour by spectators and parents whilst watching rugby played at the under 18 level. As a result and at the request of Clubs we have produced two posters and a code of conduct (some of which are reproduced below).

### Wilf Owen - update

Members will be pleased to hear that Wilf continues to improve and he sends his regards to all. "Most of the effects of the stroke have improved but the leg seems to be stubbornly reticent to get back. I can walk reasonably in a splint and with a stick, but it gets a little precarious and the effort is fatiguing. I have been to watch Lymm 2nds, because the small numbers of spectators allows me to get in and out reasonably. I keep up when I can remember with *MaDRefMag* on-line, not taking too much notice of the Law changes!! I hope the season is going well for everyone."

*Well done Wilf - keep on the mend! (Ed.)*



N.B. Image for illustrative purposes only. The RFU wishes to thank Peterborough RFC for its help in staging this photograph.

## RECOMMENDED SANCTIONS FOR MEMBERS OF CLUBS INVOLVED IN OFFENCES AT MATCHES AT U18 AND BELOW

This guide is written for use by Club Disciplinary Panels when dealing with spectators/club members who offend at matches at U18 and below. It is not exhaustive and should be used in conjunction with the RFU Disciplinary Regulations, which can be found on [rfu.com](http://rfu.com).

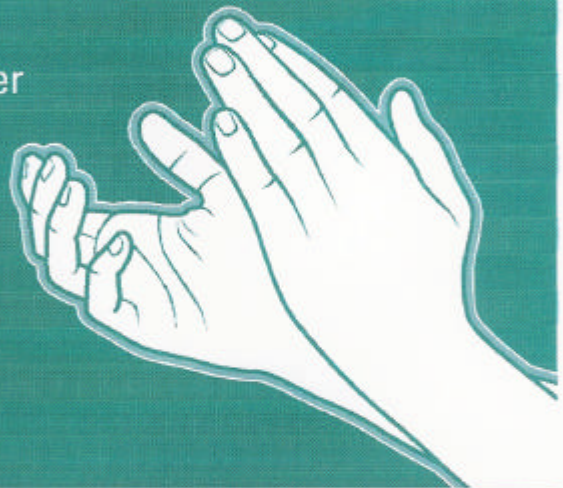
<i>For use by Club Disciplinary Panels only</i>	<b>Suggested starting point</b>
Entering the playing enclosure	3 weeks
Striking	6 weeks
Verbal abuse	4 weeks
Verbal abuse of match official	10 weeks
Threatening behaviour	12 weeks
Threatening behaviour towards a match official	24 weeks
Racial abuse based on religion, colour or national or ethnic origin	18 weeks
Any other act, misconduct or behaviour contrary to the spirit and/or interests of the game	6 weeks

- In assessing a penalty, Panels should take into account mitigating and/or aggravating factors which will determine a reduction or increase from the entry point.
- Clubs can, in exceptional circumstances, properly suspend wholly or in part a period of suspension.
- In the most serious cases, a life ban can be imposed.
- Clubs are encouraged to speak to the RFU Discipline Manager if they wish to seek further advice, and should always do so in the more serious cases. Contact 020 8631 6567/6702/6547 or email [discipline@therfu.com](mailto:discipline@therfu.com)

# SPECTATOR AND PARENT CODE OF CONDUCT



- Show respect for officials and other players
- Encourage in your support
- Be courteous to all
- Applaud good play
- Verbally support in a proactive manner
- Remember victory is not everything
- Children are playing for their own enjoyment
- Enjoy the day and transmit that enthusiasm to the players



- Do not force your child to play
- Do not stray on to the pitch at any time
- Do not verbally abuse match officials - remember, they are volunteers
- Do not verbally abuse players or other spectators
- Do not use bad language
- Do not threaten or intimidate
- Do not become involved in physical aggression
- Do not do anything which is likely to offend by way of insult, humiliation or discrimination



[www.rfu.com](http://www.rfu.com)

## Deaf & Hearing Impaired Players

On 15<sup>th</sup> January, representatives of England Deaf Rugby Union (EDRU) met with representatives of the Rugby Football Union (RFU) Referee Department and Nic Scott, the RFU Equity, Welfare and Medical Manager.

The purpose of the meeting was to agree guidelines for the refereeing of deaf and hearing impaired players, particularly those who play in the front row. The following guidelines were agreed and I would ask the relevant individuals within your club to familiarise themselves with them. The guidelines will also be made available to Referees Societies and National Panel Officials.

Clubs shall take responsibility for informing the referee, prior to the game commencing, if a deaf or hard of hearing player will be present on the field of play.

The club shall inform the referee of that player's position.

In the event of that player being a front row forward and unable to hear or understand verbal signals from the referee, the club will inform the referee of arrangements as to how that player will be made aware of the signal to engage the scrum.

The club must satisfy the referee that the arrangements will remain in place should any player involved in assisting the deaf player have cause to leave the field of play.

In the event that the referee is not satisfied with the arrangements either before or after seeing the arrangements in play, the referee shall be entitled to require uncontested scrums.

Should you require clarification on any of the above, please do not hesitate to contact me.

**Richard Glynn-Jones**

*(RFU Referee Manager)*

## NW Fed' Junior Scheme Presentations

There are now 35 Junior Referees on the North West Federation Junior Referee Scheme database who have all passed the ELRA Level 1 & 2 Courses. As a result of the success of the courses, and the endeavours of the RFU Trainers, we are recruiting an increasing number of youngsters who are showing an interest in continuing with refereeing once they have passed the first two stages. These youngsters are monitored and encouraged by Mentors as they referee matches at their school or their club on their way to achieve the Level 3 Course. 6 of the youngsters have already become Junior Associate Members of the Liverpool and Manchester Societies, but the others will hopefully have had sufficient grounding and enjoyable experiences to encourage them to turn to refereeing once their playing days are over.

The picture shows Rugby World Cup Referee Tony Spreadbury making presentations of North West Federation jerseys and whistles to three of the members of the JRS who have recently refereed away from their own school or club. From left to right: Sam Hardy (Bolton School & Tarleton RUFC); Joe Maden-Wilkinson (Fylde RUFC); Tony Spreadbury and Mason Davies (Sandbach School & Sandbach RUFC).



The North West Federation has also established a means whereby clubs which have helped the Junior Referees' Scheme are presented with a framed certificate to acknowledge the fact.



Tony making presentations to Officers of three such clubs. From left to right: Ian Spivey (Aldwinians RUFC); Tony Spreadbury; Dave Wild (Sedgely Park RUFC) and Peter Jones (Macclesfield RUFC).

**Peter Hughes** [Chairman NWFRURS JRS Task Group]

## Society Kit & Clothing

	<b>£</b>
● Tracksuits S to XXL	29.50
● Showerproof Jackets S to XXL	18.99
● Training Tops S to XXL	17.99
● Polo Shirts Plain S to XXL	10.99
● Polo Shirts 2 colours and Piping S to XXL	13.99
● Sweaters Wool S to XXL	27.50
● Dress Shirts (Collar Size)	17.50
● Refs Shirts ( Green & Orange ) 1 <sup>st</sup> Free (S to XXL)	28.50
● Refs Shorts First pair free (Waist Size)	8.50
● Refs Socks First Two pairs Free (Shoe Size)	4.25
● Skins Long Sleeve S to XXL	17.25
● Skins Short Sleeve S to XXL	15.99
● Ties	7.50
● Personal Kit bags	24.50

*All items except Skins Include M&DRURS logo*

### **Sundry Items**

● Pin Badges	3.00
● Whistles Plastic Acme Thunderer	3.50
● Whistles Metal Acme Thunderer	4.50
● TJ Flags	12.50
● Cards and Holders	3.99
● Wired Blazer Badges	TBA

Please Place orders with sizes to Andy Thompson M&DRURS Kit Manager by phone or email: [frufc@btinternet.com](mailto:frufc@btinternet.com), 01235 882121 or 07973 600092

All the items are available either from stock or to order the prices are including VAT and cheques can be made payable to M&DRURS

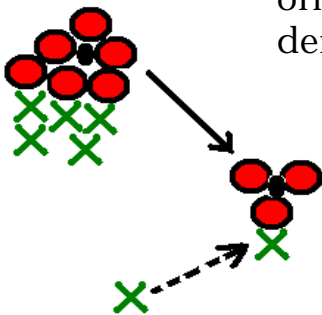
*Payment required on delivery*

## Longley's Corner! - *The Maul ...iRB Law Clarifications*

*Following a protracted debate, Nigel has asked for the Maul ruling to be re-issued*

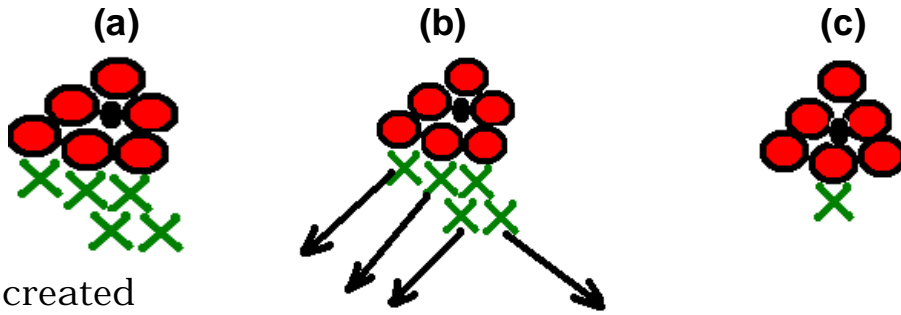
**Scenario 1**

The defender can tackle the ball carrier or if he decides to only drive into the maul to stop the drive then by definition he is forming a new maul.



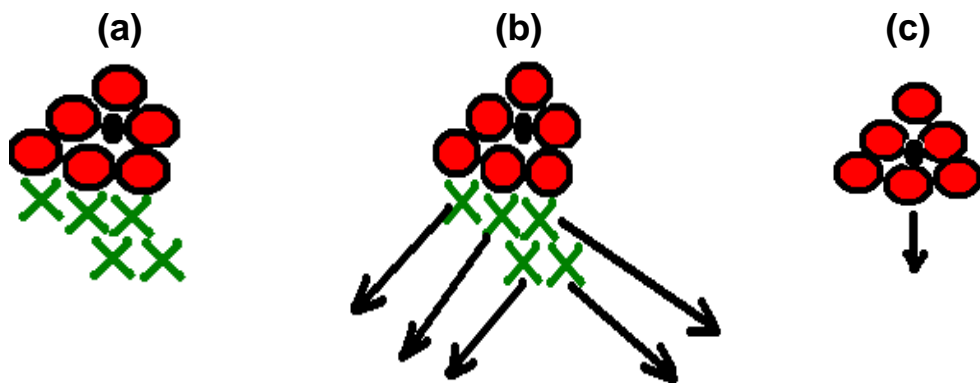
However the ball needs to be at the front or it is obstruction.

**Scenario 2**

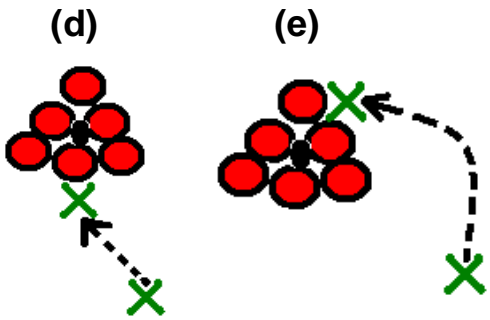


- (a) A maul is created
- (b) Defending players leave the maul apart from one defender who is still involved in the maul.
- (c) If the defender collapses the maul a penalty should be awarded

**Scenario 3**



- (a) A maul is formed
- (b) All defending players leave the maul.
- (c) The iRB have decreed as the defenders engaged their opponents in forming the maul should they decide to leave by definition the maul is in fact still active under Law 17.5.



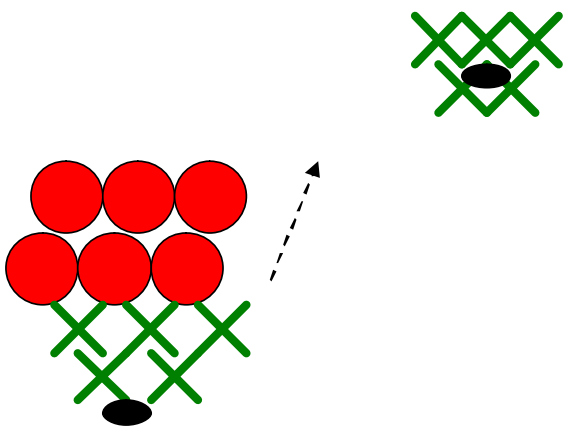
**Successful End to A Maul**

**A maul successfully ends when the ball or a player carrying the ball leaves the maul.**

- (d) A player at a Line Out wins possession of the ball, his team mates bind onto one another and move forward with the ball held in the middle of the group, their opponents back away making no attempt to tackle the ball carrier or form a maul. In this scenario play continues however, should a defender be prevented from making a tackle due to the ball being held in the middle or at the rear of the attacking group the referee should penalise the side in possession of the ball.
- (e) A player at a Line Out wins possession of the ball and his team mates bind onto him without moving forward through the line of touch, the opposition do not engage their opponents and a defending player moves to a position at the rear of the opponents group. As the players have not moved through the line of touch the defending player is deemed off side and should be penalised.

If the side in possession of the ball move forward through the line of touch and the opposition do not engage their opponents and the defending player moves to a position at the rear of the group in possession of the ball the referee should play on.

**Scenario 4**



Provided side X are deemed to spin and break off intentionally, the maul is ended.

Only if it is absolutely clear that side ● broke off and left the maul intentionally is the maul still active.

## Experimental Law Variations (ELVs)

*We have been invited to comment on these proposals - please contact Geoff Gill (Hon Secretary) should you wish to contribute to the process*

***N.B.*** *the ELVs are only trials and are not to be operated in Europe until, and if, they are approved by the IRB*

February 2008 saw the start of Super 14 (S14) which incorporated some of the ELVs developed by the IRB Laws Project Group (LPG). The inventory of ELVs to be used in the S14 is attached as Appendix One. In addition, the Australian Rugby Union and the South African Rugby Union will be utilising all of the ELVs developed by the LPG in certain domestic competitions (Appendix Two).

Significant analysis including injury surveillance is being undertaken to enable informed decisions to be made with regard to the adoption the ELVs on a worldwide basis. This has been overseen by the LPG which consists of Bill Nolan as Chairman, Rod Macqueen, Ian McIntosh, Graham Mourie, Pierre Villepreux, Richie Dixon, Mick Molloy, Paddy O'Brien and Bruce Cook with ongoing input from Syd Millar and Bill Beaumont.

It is intended that the ELVs will be circulated to Unions for comment in accordance with Bye Law

9.10 in June 2008. The IRB Council will then consider the proposed changes at the Interim Meeting in November 2008. If the ELVs are implemented world wide they will remain under review pending a final decision on the matter by the Council in November 2009.

Until that Council decision Unions may only trial the ELVs with the permission of the IRB. Union wishing to trial the ELVs will be required to satisfy the IRB Council that they can meet certain conditions with regard to analysis, medical surveillance and the provision of match DVDs.

The International Rugby Board (IRB) has announced that South Africa is to trial the full inventory of IRB Experimental Law Variations (ELVs) across all levels of competitions starting next month.

"The IRB is delighted that the South African Rugby Union has agreed to trial the full inventory of ELVs. This is a very exciting development for the Game as this gives a further opportunity to conduct comprehensive on-field analysis of the ELVs from school level right through to the Currie Cup," said IRB Chairman Bernard Lapasset.

"Importantly, everything that is being trialled relates to the game's Playing Charter that recognises Rugby as being a game for all shapes and sizes

and that the contest for possession is of paramount importance. The IRB has no desire to change the very fabric of the Game, but recognises the need to continually look at the Laws to ensure that Rugby is as easy as possible to play, referee and understand," added Lapasset.

Trials conducted in South Africa will relate to the breakdown (tackle and post tackle area), the maul, the lineout, sanctions, kicking from inside the 22 metre line and the act of scoring in relation to the corner posts. The trials will also enable the IRB to conduct an in-depth injury surveillance audit of 20 clubs and schools, while extensive qualitative feedback will be obtained from players, coaches and referees.

The ELV project is being managed by the IRB under the auspices of the IRB Laws Project Group (LPG). To date the ELVs have been successfully trialled (either specific ELVs or in their entirety) in the Stellenbosch University Hostel League, Scottish Super Cup, English Country Championship, Australian Rugby Championship, Sydney & Brisbane club competitions & Division B of the New Zealand National Provincial Championship.

The IRB LPG includes IRB Scottish Council Member Bill Nolan (Chairman), IRB Vice Chairman Bill Beaumont, former France player & coach Pierre Villepreux, former World Cup winning Australia coach Rod MacQueen, former South Africa Coach Ian McIntosh, former Scotland coach Richie Dixon, IRB Referee Manager Paddy O'Brien, IRB Medical Officer Dr Mick Molloy & IRB Development Manager Bruce Cook.

Specific ELVs will also be trialled during the 2008 Super 14 competition which kicks-off in February. Variations adopted by SANZAR relate to the corner posts, lineout, offside at the breakdown, scrum, sanctions & kicking from inside the 22 metre line.

"The IRB is extremely appreciative of the positive attitude that all the participating Unions have taken in assisting this important project. It is crucial that we continue to trial these ELVs in different conditions & environments. The implementation of the full inventory of ELVs in South Africa, including the Currie Cup, is a big step in the right direction & will ensure that we obtain further extensive data for analysis," said IRB Laws Project Group Chairman Bill Nolan.

Currently all member Unions have been sent information on the ELVs including analysis of the previous trials & the merits of each law variation. The Unions' feedback along with a comprehensive report including recommendations from the LPG on the ELVs will then be presented to the IRB Council in November. Council will then decide at the meeting whether to accept all or some of the ELVs or to amend them. If it votes to accept all or some of them they will be implemented worldwide for a period of 12 months, before the ELVs can be accepted fully into Law at the end of this trial period in 2009," added Nolan.

## ELVs to be trialled in South Africa

### General

- Penalty kicks will only be given for offside, foul play & deliberate or persistent infringements. All other kicks will be free kicks
- Corner posts are no longer considered to be touch in-goal – players may place the ball for a try if in the air
- When a defending player passes or takes ball back into 22 if the ball is then kicked directly into touch the lineout is in line with where the ball was kicked, but if a tackle/ruck/maul is subsequently formed & the ball is then kicked directly into touch, the lineout is where the ball crossed the touchline

### Tackle / Post tackle area

- The introduction of the offside line at the tackle to protect the ball when players play the ball outside of contact
- Players entering the tackle/post tackle area must do so through the gate
- If the ball is unplayable the side that did not take the ball into contact will receive a tap kick
- The ball may be played with feet or hands provided the player is on his feet
- Only two penalty offences: offside for not coming through gate; offside where defenders are in front of the last man on their side of the tackle/post tackle or deliberate or persistent infringements
- All free kicks have option of scrum or any type of kick

### Maul

- Defending players can pull down the maul
- Players joining maul must do so through the gate which is in current law but needed to be emphasised.

### Lineout

- A quick throw can be thrown straight or backwards towards the defenders goal line, but not forward
- Receiver must stand two metres from the lineout
- Non-throwing hooker does not have to stand between the 5-metre line & touch line. He must conform to law wherever he stands
- No maximum number of players in lineout but must be minimum of two
- No team determines number in the lineout.



## Law Ruling by Designated Members of Rugby Committee

**Date:** January 21, 2008

The RFU has requested rulings relating to IRB Ruling 14:2003.

Under IRB Ruling 14: 2003, the Designated Members ruled the following:

If a player with one or both feet inside (presumably on or behind) the 22-metre line, picks up the ball which was stationary outside the 22-metre line, and kicks it directly into touch, then the player has taken the ball back inside the 22-metre line, and therefore the line-out is formed in line with where the ball was kicked.

If a player with one or both feet inside (presumably on or behind) the 22-metre line, picks up the ball which was in motion outside the 22-metre line, and kicks it directly into touch, then the player has not taken the ball back inside the 22-metre line, and therefore the line-out is formed in line with where the ball crossed the touch-line.

With this in mind, the RFU requests a ruling with regard to the following: (In both the above and in our request, we have assumed that 'in motion' applies to both a ball in the air and to a ball rolling along the ground).

If a player with one or both feet on or behind the goal line, picks up the ball, which was stationary within the field of play, is that player deemed to have picked up the ball in the field of play and thereby that player has taken the ball into in-goal?

If a player with one or both feet on or behind the goal line picks up the ball, which was in motion within the field of play, is that player deemed to have picked up the ball within in-goal?

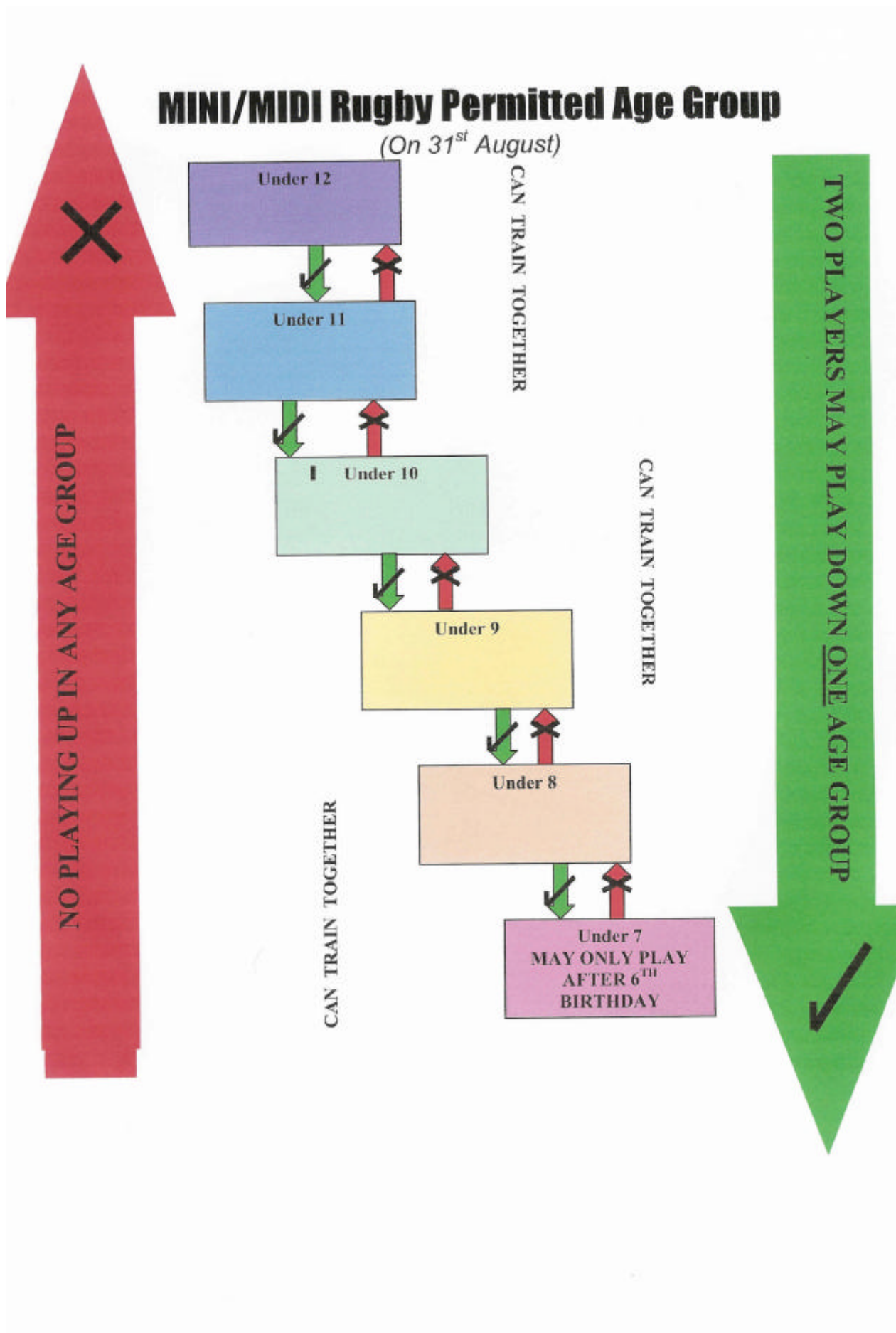
If a player with one or both feet on or behind the dead ball line, picks up the ball, which was stationary within in-goal, is that player deemed to have picked up the ball in in-goal and thereby that player has made the ball dead?

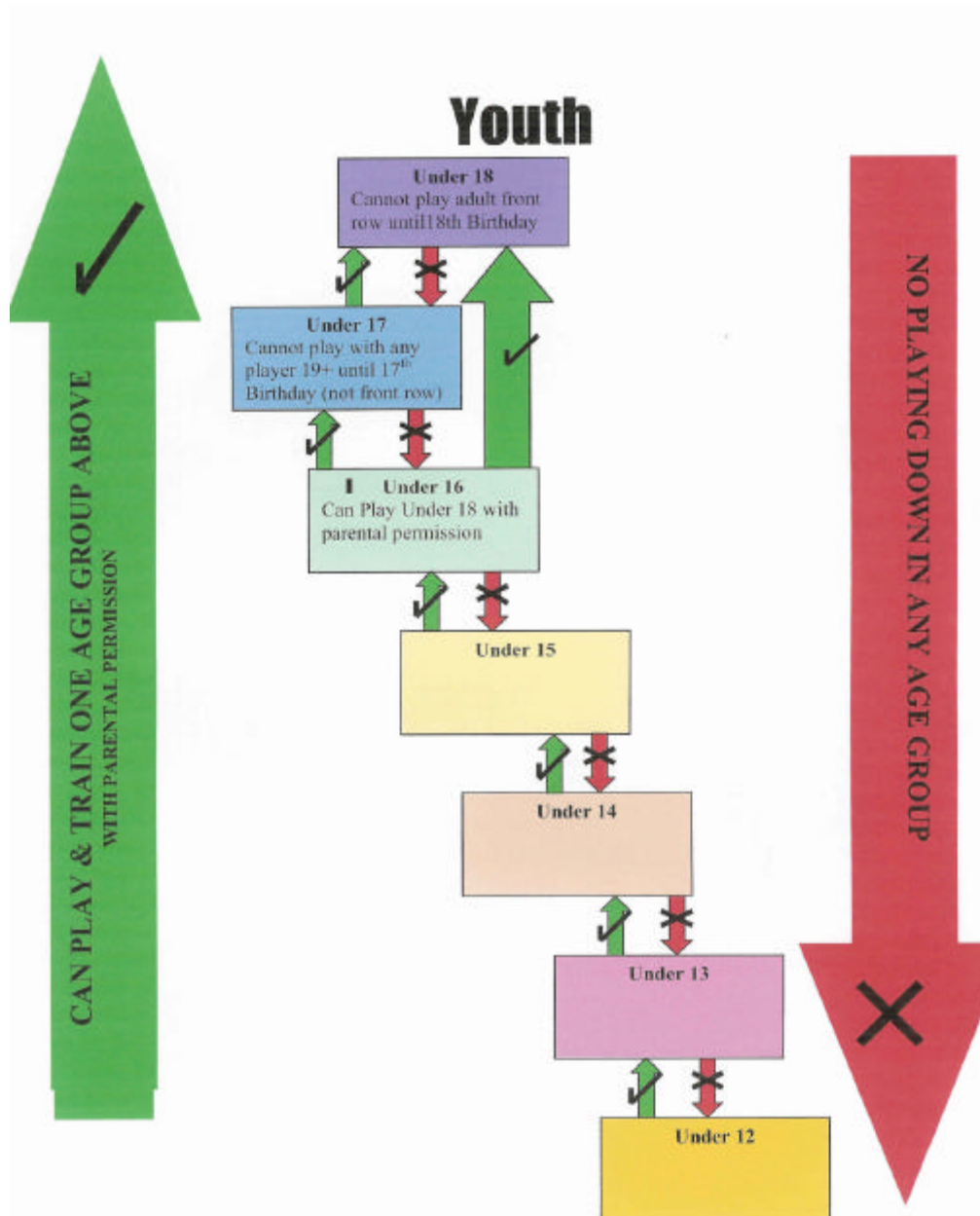
If a player with one or both feet on or behind the dead ball line picks up the ball, which was in motion within in-goal, is that player deemed to have picked up the ball outside the playing area?

If a player with one or both feet on or beyond the touch-line (or touch-in-goal line), picks up the ball, which was stationary within the playing area, is that player deemed to have picked up the ball in the playing area and thereby that player has taken the ball into touch (or touch-in-goal)?

If a player with one or both feet on or beyond the touch-line (or touch-in-goal line), picks up the ball, which was in motion within the playing area, is that player deemed to have picked up the ball in touch (or touch-in-goal)?

*The Designated Members have ruled **YES** to all the question raised.*





## Membership Update N° 5 (29-02-08)

### MEMBERS

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