

Schedule B - Exception for Front Row (prop or hooker)

<p>Considerations:</p>	<p>In assessing the suitability of a player to participate in the position of Front Row (prop or hooker) outside their Eligible Grades, the following factors will be considered and addressed in the Submission Form.</p> <p>(i) skill level, experience and the level of coaching received –</p> <p><i>Player experience in the Front Row (prop or hooker)</i></p> <ul style="list-style-type: none"> ➤ Number of years' experience playing in front row ➤ Did you play in the front row last year? ➤ If you missed a game through injury last year please identify the injured area (e.g. R. Shoulder, L. Knee or neck etc.) <p><i>Level of coaching received</i></p> <ul style="list-style-type: none"> ➤ What Level of coaching accreditation does your current coach have? ➤ Have you received any specialist front row coaching in the last 2 years? If Yes, please outline coaching received, identify the coach who provided this coaching, and outline their coaching accreditation and experience? <p>(ii) strength –</p> <ul style="list-style-type: none"> ➤ Do you undertake a regular strength program? If Yes, how many times a week do you complete strength training, identify who provided the program and their qualifications, and provide the strength program that you have completed over the past 4 weeks. ➤ Was your strength and conditioning program developed by a qualified Strength and Conditioning Coach? ➤ How long have you been doing regular strength training? (ie months/years) <p>In addition to the above information, an objective assessment of body structure may also be required if deemed appropriate.</p> <p>(iii) body structure –</p> <p>If your skill/experience and strength levels outlined above have been considered adequate, the ARU may request additional information in the form of CT scans or MRI scans, prior to approving an exception for Front Row.</p> <p>A referral for these investigations will be posted to you if appropriate. The costs of these investigations must be borne by the athlete.</p>
<p>Submission Forms can be sent to:</p>	<p>Australian Rugby Union Fax: (02) 8005 5681; or E-mail: communityrugby@rugby.com.au</p>
<p>Approvals</p>	<p>Approvals will be granted on a case by case basis.</p>

SCHEDULE B – EXCEPTION FOR FRONT ROW SUBMISSION FORM

COMPLETED SUBMISSION FORM, ATTACHMENTS AND CONSENT FORM TO BE SUBMITTED TO THE ARU

Fax: (02) 8005 5681 or e-mail communityrugby@rugby.com.au

PLAYER (please print clearly)			
Players Name:		Club/School:	
Phone:		E-mail:	
Rugby Link No.		Date of Birth:	
1. Please enter the number of years played in front row			
2. Outline level of rugby played in front row (e.g. club/school, representative, etc. and year played)			
3. Did you play in the front row last year? (please circle)		YES	NO
4. If No, please state why:			
5. Did you miss any games due to injury in the last year? (please circle)		YES	NO
6. If Yes, how many games were missed due to injury last year?			Missed Games
List injuries causing a missed games:			
ASSESSING COACH			
<i>The assessing coach must be the same coach as in Schedule A. The assessing coach <u>must</u> hold the minimum required Coach accreditation, current Smart Rugby qualification and assess the player against the following considerations. If the answer is NO to any of these considerations, then the player shall NOT be considered capable of competing safely with players in the proposed competition at the time of this assessment. Subsequent assessments <u>may</u> take place if the coach believes competency has been gained to the considerations below by the player.</i>			
Have you received any specialised front row coaching in the last two seasons? (please circle)		YES	NO
If Yes, specify details (e.g. what coaching, identify the coach, level of coaching accreditation & experience, etc.)			
Does the player's level of skill development allow the player to compete safely in the front row with players in the proposed age grade competition		YES	NO
Does the standard of competition allow the player to compete safely in the front row with players in the proposed age grade competition?		YES	NO
<i>I declare that the information provided and attached is true and correct.</i>			
Name:		Signature:	Date:
ASSESSING STRENGTH & CONDITIONING COACH			
<i>The assessing S&C coach <u>must</u> hold a minimum qualification of ASCA Level 1 (or equivalent). If the answer is NO to any of these considerations, then the player shall NOT be considered capable of competing safely with players in the proposed competition at the time of this assessment. Subsequent assessments <u>may</u> take place if the coach believes competency has been gained to the considerations below by the player.</i>			
Name:		Contact No.	
Qualifications/ Accreditation:		E-mail:	
Does the player undertake a regular (> 2/week) strength program? (please circle)		YES	NO
If Yes, how many times a week does the player complete strength training?			Per week
How many years has the player been completing regular strength program?		Yrs	Mths
Please attach a copy of the player's current S&C program (with S&C coach sign off)			