

SASRU

NEWSLETTER

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THE NEW SEASON APPROACHES.

Welcome to the 2011 South Australian School's Rugby Union. It is certain that all concerned are looking forward to early May with the start of the 2011 season.

The SASRU Committee is actively looking to expand the competition. So if there are boys or teachers at your school who may be interested in participating in such a wonderful sport, played in over 120 countries, please contact a Committee member.

Why do we play Rugby??

Some say, that in the absence of dragons to slay and princesses to rescue, Rugby inspires the virtues of unselfishness, fearlessness, and self-control.

Others say it offers opportunities for struggle and sacrifice, but in the heat of battle it also relies on decency, self-discipline, and restraint.

Some may argue that it provides wincing collisions and a brutal intensity, requiring of you courage and endurance and a preparedness to have a go, even as it happens we don't always endure, and are not always entirely courageous,

It has been said that the game is played in heaven.

All we know is, it's tremendous fun.



Lineouts

This is a distinctive feature of the game and is the method by which the game restarts after the ball has gone into touch.

The lineout has two columns of players separated by a metre. Two support players assist one player into the air to catch the ball thrown in from the touch line. The assisted player, known as the Jumper, may pass the ball immediately or bring the ball back to ground.

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COMPETITION DETAILS

The competition has three levels based on age. The U/18 or Senior teams which consist mainly of boys who are in Year 11 or 12, the U/16 or Junior teams which comprise of boys who are in Year 9 or 10, and finally the U/14 or Junior Development teams which encompass boys who are in Year 8 or 9.

The Senior teams compete on Wednesday afternoons starting at as close to 4pm as possible on a home and away basis. The game is played as per the Australian U/19 Variations of the Laws of the Game, and as such will have two 35 minute halves.

The Junior teams will be played on Thursdays after school under the same rules as the Seniors except that the game will consist of 30 minute halves.

The Junior Development teams will be focused on developing the boys Rugby skills and in recognition of the fact that schools will sometimes have trouble with player numbers a number of rule modifications have been made. The team will have a minimum of 12 players (5 forwards, 7 backs), the scrums will be uncontested, there is no lifting in lineouts, and the halves will be 20 minutes. The teams will compete on Thursday afternoons, with kick-off as close to 4 pm as possible.

Combined Schools

As some schools may struggle with numbers two schools may combine to form one team. However no more than two schools can combine to form a single team.



Tackling: a fundamental skill

One of the most exhilarating aspects of the game is the type of tackle that is employed in Rugby. Keeping your head on the outside use your shoulder to make impact, throw your arms around and grab the opponent who is carrying the ball. Drive through with your legs while squeezing tightly as you bring the opponents legs together causing them to fall to the ground. The ball must now be released.

Tackles must be BELOW the arm-pit of the ball carrier and you must NEVER raise the opponents legs higher than his hips. Players must have their feet on the ground to be tackled.



INTERNATIONAL RUGBY SEVENS in Adelaide



In early April International 7's come to Adelaide Oval, boasting the World's best at the short form of the Game. There will be 16 countries playing 44 matches at a fast and furious pace.

Not only will there be the usual Rugby powerhouses such as Australia, New Zealand, South Africa, and Fiji, but other nations that are making a name for themselves such as Japan, Kenya, and the USA will be pushing for places beyond the pool matches.

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The SCRUM

A contest within the game from which legends of strength and courage are made.

A pack of 8 players combine to form a unified force to battle with the opponent's pack to win possession of the ball by pushing the other pack off the ball. In U/19 Law the second row must bind AROUND the hips of the prop and the scrum can not be pushed beyond 1.5 metres and there is NO wheeling of the scrum.

Twenty nations will compete for the Webb Ellis Cup in NZ

On Friday 9th September in Auckland the All Blacks will play against Tonga at Eden Park in the opening match of the 2011 Rugby World Cup.

There are five nations in each of the four pools with the top two nations from each pool progressing onto the knock out stages of the competitions.

Current world rankings at the start of this year show New Zealand as the number one Rugby nation, with Australia just nudging out South Africa for second place.

England, Ireland, and France are ranked fourth to sixth respectively, with counties such as Scotland, Argentina, Wales, and Fiji making up the rest of the top ten. In Pool A New Zealand and France would be favourites to progress to the Quarter Finals.

In Pool B England is expected to top the pool with Argentina and Scotland battling for the second position.

Pool C sees the Australians and the Irish likely to progress. South Africa is odds on favourite to take top billing in Pool D, leaving Wales, Fiji, and Samoa fighting out an even battle to secure the last spot to get into the Quarter Finals.

In 1987 New Zealand won the

inaugural World Cup against France and has been the favourite team at the start of every World Cup since but they have crashed out in the Semi Finals stages.

Australia has been in three Finals winning twice, and losing the third to England thanks to a drop goal in the dying moments by Johnny Wilkinson.

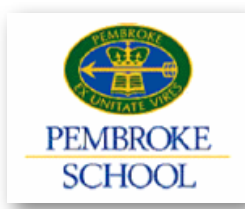
South Africa has won the World Cup twice, in 1995 in Johannesburg and in 2007 in St Denis France.

Each World Cup has shown that many upsets occur with favourites failing to meet expectations and other teams with longer odds forge unlikely victories, all to the delights of spectators around the world as each team strives to be able to be the last one standing to hold the Webb Ellis Cup.

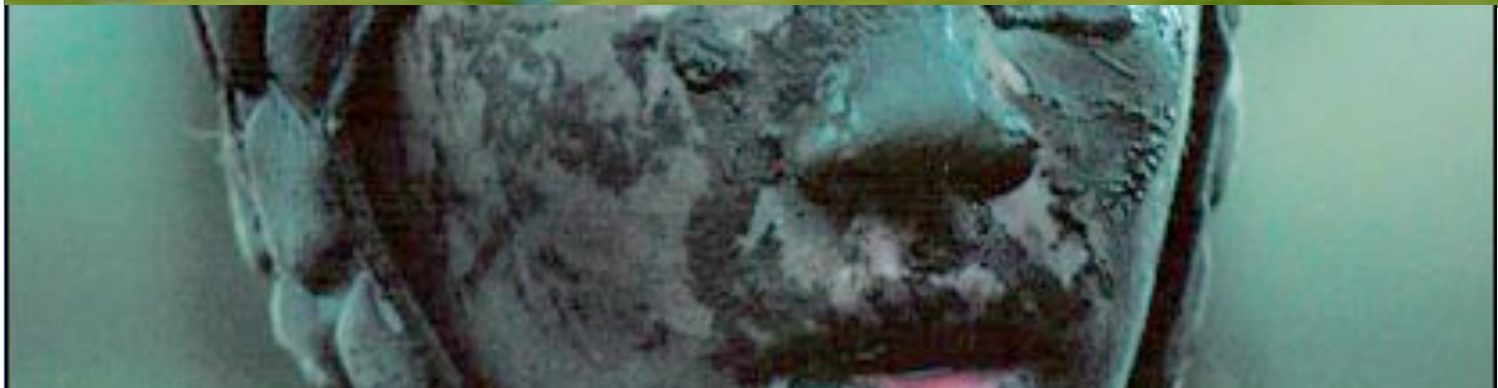


Who will dominate the 2011 SA School's season?

Over a number of years Pembroke has reigned supreme in the senior School's Competition. Both St. Peter's & Prince Alfred have had their chances but neither has been able to wrest Pembroke's hands away from the premiership trophy. Sacred Heart have always shown that they have the physical strength but to date have not been able to force their way into the GF. Westminster has always been full of courage and this may be their year if enough experienced players from 2010 remain. Rostrevor, a relative new comer to recent competitions are mercurial and always pose a danger on game day. CBC had a junior side last season for the first time and it is hoped that they will field a senior team this season.



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Get Involved!

Do other sports seem to be lacking something? Rugby prides itself on total involvement with plenty of contact and an experience to appeal to the basic instincts.

In this game there is a place for you if you are tall or short, heavily or slightly built, fast or of moderate speed, enjoy the close contact of competing for the ball or running through gaps in a defense. But you are never alone; there are your teammates who are always supporting your efforts with their physical commitment.

While many boys end up playing Rugby well into their adult years, the skills learnt in Rugby and the principles of teamwork will enhance your enjoyment of other sports such as Basketball, Water-polo, Australian Rules, Rowing, and Soccer.

Rugby is such a natural game for boys. Throw a ball to a group of boys and at some stage there will be running, catching, and wrestling for the ball all in the name of good fun.

So get chatting with your friends, have a look on the Internet. Ask your teachers in PE if they could organize some Touch

Rugby so you can experience some of the flavour of Rugby without the contact.

Teachers and parents are a vital aspect of the success of Rugby in a school. They may have even played the game in an earlier life. It is a very satisfying experience being able to pass on the skills and spirit of the game to a new generation.

Assistance and Resources.

The South Australian Rugby Union, SARU, organizes a number of Coaching courses from Level 1 up to Level 3. All persons who coach or referee must undertake the SmartRugby Course prior to the season commencing. This course is the first step to becoming a qualified coach and is a bi-annual qualification.

Most boys will already have boots and socks. They will need Rugby shorts, a mouthguard, and a Rugby jersey. The jerseys can be supplied by KooGa, and as they supply nearly all clubs as well as the Wallabies they can cater for many designs, colours, styles, and materials. The KooGa sales representative is Chad O'Sullivan (chad@kooga.com.au). Headgear is an optional piece of equipment that a number of boys choose to wear.

Training equipment such as tackle bags, shields, cones, and balls may be borrowed from other schools or the SARU until the sport becomes a regular activity at the school.

If the school does not have a Rugby field various Rugby clubs have fields available during the week.

There are many Internet resources outlining Rugby skills and drills for a range of experience levels.

Key Dates

- Tuesday 8th March SASRU AGM
- Monday 4th April registration
- Wednesday 11th May season starts
- Wednesday 17th August Senior Grand Final

STATE REPRESENTATION

Boys playing Schools or Club Rugby have the opportunity to represent SA at both the U/16 and U/18 age levels.

Selectors will be viewing matches throughout the season.

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