



Distribution list: **Tuesday 3 August**

Constituent Bodies Chairs, Honorary Secretaries, Treasurers, Communications

Liaison

Club Presidents, Chairs, Honorary Secretaries, Communications Liaison

## Return to Rugby

This edition includes:

1. All RFU regulations for the 2021-22 season are now effective
2. Activate and HEADCASE reminders for coaches and players
3. Tackle height law change recap
4. Mitsubishi Motors volunteer awards shortlist
5. Supporting Age Grade to Adult Transition
6. Pitch Up For Rugby countdown
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RFU regulations for the 2021-22 season

All RFU regulations for the 2021-22 season are now effective (as of 1 August 2021) and available below.

In addition to key changes already communicated about **Age Grade Rugby (RFU Regulation 15)** and **Payment of Players (RFU Regulation 7)**, details of other changes relating to the below regulations are set out in the attached document.

RFU Regulation 1 (Foreign Player definition)

RFU Regulation 5 (Insolvency Regulations)

RFU Regulation 7 (Approaches)

RFU Regulation 13, Appendix 3 (Non-fulfilment of fixtures due to non-Covid 19 reasons)

RFU Regulation 19 (Discipline)

RFU Regulation 22 (Covid 19 Variations)

For any questions on the regulations, please contact [regulations@rfu.com](mailto:regulations@rfu.com).

[Further Details](#)

[Regulations](#)



## Activate and HEADCASE awareness

As we get closer to the start of the season, we want to make sure that players can take to the pitch safely and in their best condition.

**The Activate** resources below will help players return ready to play. Activate is an injury prevention exercise programme that can be integrated into training and pre-match sessions, and is available for players, rugby coaches and teachers via a suite of online resources.

Exercises are designed to improve functional and core strength, balance and agility, helping players with the game's physical demands.

**Exercises focus on three areas:** General movement control, Pre-activation and Functional Conditioning. These aid activation of stabilising head and neck muscles, reducing the potential whiplash effect that can cause a concussion.

We also encourage all those involved in the game to take the **HEADCASE** online education module, which is open to all. The course provides information on how to recognise signs and symptoms of a suspected concussion, as well as concussion management and Graduated Return To Play protocols.

[Activate](#)

[Headcase](#)



## Tackle height law change reminder

We would also like to remind everyone of the law change which has implemented a reduced tackle height consistently across age grade rugby.

Bringing the tackle height for U15-U18 groups down from shoulder level to below the imagined line of the armpit means that all age grade players from U9-U18 will now play to the same tackle height law.

Having the same tackle height across the age grade game will support our work to reduce injury and will aid the development of tackle skills across the

age grade game.

A range of training courses and resources are available for coaches and referees on our coaching resources page which can be found below.

Players participating at U7 and U8 level will continue to play non-contact rugby, as is the case now.

[Resources](#)

[Read More](#)



## Mitsubishi Motors Volunteer of the Year nominees

Now in its fifth year, the Mitsubishi Motors Volunteer awards have been created to recognise the exceptional work that volunteers have put in to keep both their local communities and their rugby clubs going. To reflect the challenges of the last 12 months, this year's awards will recognise volunteers across three categories; Resilience in Rugby, Beyond Rugby & Diversity & Inclusion Volunteer Award.

52 nominees have been invited to attend the awards event, which will take place at Twickenham Stadium on Friday, where three overall winners will be announced

[Nominations](#)



## Supporting Age Grade to Adult Transition

Now that August is here, we are at an important point for players who have graduated from age grade rugby in the last two seasons. Most will not have experienced adult rugby before, so making sure their early involvement is as engaging and enjoyable as possible will be critical. The transition is a bigger step than usual due to the rugby they have missed through the pandemic.

We have developed a range of tools for everyone involved in supporting the age grade to adult transition. These include tips, ideas and templates that will help you to focus on this key group of new adult players and give them the experience that keeps them involved in rugby, through what can be a challenging part of their rugby journey.

See the Age Grade to Adult Transition section on the link below.

[Age Grade To Adult](#)



Pitch Up for Rugby - final few weeks

Nearly 600 clubs have expressed their interest in taking part in our Pitch Up For Rugby week, supported by the National Lottery.

Please complete the final sign-up form below by 20 August to confirm the details of your event and be part of the national celebration of rugby's return.

We will then add your event to findrugby.com and send you an event pack including promotional assets, planning resources, event guidance and press release templates.

Join us between 4-12 September to launch the new season in style and show that all forms of rugby are back on the menu!

[Sign Up Now](#)



## News round up

### **Volunteer vacancy for Independent Member of Council Nominations Committee**

We have a vacancy for an independent member to work with the Council Nominations Committee effective from September. The role will suit someone with an HR background or someone who has been involved in the nominations process in other organisations. Further details are contained within the Person Specification below.

[Read more](#)

### **Cornwall's oldest rugby club**

Cornwall's oldest rugby club, Penryn, are to celebrate their 150th season with events kicking off this month (August).

[Read more](#)

### National League Rugby

This year, National League Rugby is promoting a chance to catch up with all the action from 6pm every Sunday on a match weekend, following the National League Rugby Review Show launch. Discover more via the link below.

[Watch here](#)

**Teamwork**

**Respect**

**Enjoyment**

**Discipline**

**Sportsmanship**

