



Rugby Nova Scotia Player Exemption Form (Flag)



Section 1 - Player Information (PLEASE PRINT CLEARLY)

Full Name: _____ RC Registration #: _____

Height (cm): _____ Weight (kg): _____ Date of Birth (dd/mm/yyyy): _____

Player Position: _____ Club or Representative Team: _____

Requested Age/Gender Category: _____

Does the Requested Age/Gender Category Match Your Birth Date /Gender Identity?: ☐ YES ☐ NO

Reason for Requesting Player Exemption: _____

Section 2 - Assessing Coach Information and Assessment (PLEASE PRINT CLEARLY)

Full Name: _____ RC Registration #: _____ NCCP #: _____

Highest Level Coaching Qualification: _____ Rugby Ready Certified: ☐ YES ☐ NO

The above coaching qualifications MUST ALL be fully met in order for this application to be valid for the purpose of assessing an exemption for the player to participate in Rugby in a different age/gender category.

The coach is to assess the player against the following four criteria using the factors for consideration listed in Appendix A of this form as guidance. If the answer is NO to any of them, then the player SHALL NOT be considered capable of competing safely with players in the proposed age/gender category.

Physical Development	Does the player's level of physical development allow the player to compete safely with players in the requested age/gender category?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Skill Level	Is the player's skill level comparable with other players in the requested age/gender category?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Level of Experience	Does the player have similar experience levels to compete with other players at a comparable standard of competition in the requested age/gender category?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Competition Standard	Is the standard of competition in the requested age/gender category suitable to allow the player to compete safely?	<input type="checkbox"/> YES	<input type="checkbox"/> NO

This is to attest that the player's physical development, skill level and experience are such that the player is capable of competing safely with players in the requested age/gender category. I have explained to the player and their parent/guardian that the player will be competing with and against players in a different age/gender category and this may involve increased risk.

Assessing Coach's Name

Assessing Coach's Signature

Date of Assessment



Section 3 - Parent/Legal Guardian Information (PLEASE PRINT CLEARLY)

This is to confirm that:

- I am a parent or legal guardian of _____
Player's Full Name
- I understand that rugby is a contact sport and, like all contact sports, players are exposed to risk of injury. When playing with and against players in different age/gender categories, the risk of injury to players generally increases.
- The assessing coach has explained to my satisfaction that:
 - in their opinion, the player's physical development, skill level and experience is at a level that they are capable of competing safely with other players in the requested age/gender category, even though the player's physical development, skill level and experience may differ from that of the players they will play with or against.
- I have discussed the risks and the coach's assessment with the player.
- I am satisfied with the medical assessment.
- I may request the exemption to be revoked for safety reasons

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Date

All forms must be submitted to the Rugby NS office by using the e-mail and subject line:

Email: rugbytd@sportnovascotia.ca

Subject Line: **"Rugby NS Player Exemption Request"**

Before the player can play, they or their parent/guardian must get written confirmation from the Rugby NS office that the application has been approved.

APPENDIX A

The minimum qualification required by a coach to provide a risk assessment of the player, is a current:

- NCCP Competition Introduction certificate; and
- Rugby Ready certificate; and
- Registration with Rugby Canada.

In conducting any assessment, the coach should take the following common factors into consideration:

- What is the player's level of physical development (e.g. height, weight, build, strength) when measured against potential playing colleagues?
- Is the player physically equipped to compete on an equal basis with players in the requested age/gender category?
- Will the player's skill level place them on an equal basis with eligible players in that age/gender category?
- Is the competition at a level in which the player can compete safely?

In conducting an assessment for a player to participate in a higher age or different gender category, the coach should take the following additional factors into consideration:

- Does the player have a sufficient skill level specific to both their playing position and to the game's fundamentals (e.g. tackle, pass, ruck, maul, scrum)?
- What is the player's level of experience?
- Is the player reasonably experienced and have they gained that experience in a comparable standard of competition?
- What is the standard of competition in the requested age/gender group?
- Does the player undertake a regular strength training program?
- If so, how many times a week do they complete strength training and who provided the program?
- What was the nature of the strength program that was completed over the last month?
- For how months/years has the player been doing regular strength training?

In addition to the above considerations, if the player's position is in the front row of the scrum (prop or hooker), then the coach must also consider:

- How many years of front row experience does the player have?
- Were they a front row player during the previous season?
- If the player missed a game through injury in the previous season, what was the nature of the injury?
- What coaching qualifications does the player's current coach have?
- Has the player received any specialist front row coaching in the last 2 years?
- If so, what type of coaching was received and who provided it?
- What are the coaching qualifications and experience of the specialist coach?

In conducting an assessment for a player to participate in a lower age category, the coach should take the following additional factor into consideration:

- Does older player's participation create a possible increased risk of injury to other players?

Once the coach has completed and signed the assessment, it should be explained to the player's parent or legal guardian.