

**SCHEDULE A - AGE-GRADE TWO-YEAR EXEMPTION AND CONSENT FORM FOR ALL APPLYING PLAYERS TO COMPLETE**

**COMPLETED FORM MUST BE SUBMITTED TO YOUR PROVINCIAL UNION MANAGER OF SCHOOLS RUGBY – Front Row players, additionally need to Submit SCHEDULE B**

**SECTION A: TO BE COMPLETED BY THE PLAYER (PRINT CLEARLY)**

Player's Full Names:			
ID Number:		Competition/Province:	
Date of birth:		Current Age-grade e.g. U16 – (15 year old)	
Club/School Name:		Age-grade applied for e.g. U18	
Playing position:		Contact Number:	
Number of years' experience playing at this position:		Email address:	

**SECTION B: TO BE COMPLETED BY THE PLAYER'S COACH (PRINT CLEARLY)**

Coach's Full Names:			
ID Number:		Contact Number:	
IRB Level Coaching qualification:		Email address:	
IRB Level Expiry date:		BokSmart Certification Code:	
Years of coaching experience:		BokSmart Expiry date:	

*The coach has to assess the player against the following considerations: If there are any NO answers to any of the considerations, the player should NOT be allowed to participate in the Age-grade applied for, as this indicates an increased risk to safe participation in the proposed Age-grade.*

*Please Note: In exceptional cases, a player's physical, emotional, motor and cognitive development, skill level and experience, may be such that he may be allowed to participate in an Age-grade above his current two-year age-band. However, within the year in question, he, in keeping with the "Minimum Age" definition, may not participate in an Age-grade greater than three years above his age on the 1<sup>st</sup> day of January of that year.*

*The coach performing this assessment on the player shall have no less than an IRB Level 2 Coaching qualification. Not having an IRB Level 2 qualification therefore does not qualify the Coach, to competently and objectively assess the player's capabilities. Furthermore, the coach has to have an active BokSmart Certification status.*

Physical Development:	Is the player physically developed, big, fit and strong enough to be able to adequately compete in his position within the age-division applied for?	YES	NO
Skill Level:	Is the player technically skilled enough in his position to be able to adequately compete in the age-division applied for?	YES	NO
Level of Experience:	Does the player have the necessary experience in his position to compete with other players at a comparable standard in the age-division applied for?	YES	NO
Safety Risk:	Can the player compete safely in his nominated position, and is the player at no more risk of serious and catastrophic head, neck or cervical spine injury than any of the other participants in the age-division applied for?	YES	NO
	Have you completed the BokSmart Pre-participation screening questionnaire with the player?	YES	NO

I have explained to both the player and his parents or legal guardian, that the player will be competing in a higher age-division against older players and that this may normally involve an increased level of risk.

However, in my qualified opinion, the player's physical development, skill level and level of experience is of a sufficiently high standard so that the player can safely compete in the proposed Age-grade, in his nominated position, with no more risk of serious and catastrophic head, neck or cervical spine injury than any of the other participants that play in the same position applied for within the proposed Age-grade.

Signature of Coach:		Date:	
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**SECTION C: TO BE COMPLETED BY THE PLAYER'S PARENT/LEGAL GUARDIAN (PRINT CLEARLY)**

Full names:			
ID Number:		Contact Number:	

I hereby confirm that:

- I am the parent or legal guardian of the abovementioned player
- I have been provided with and read a copy of the SARU Under-age guidelines applicable to School rugby Age-banding
- The coach has explained to me that in his qualified opinion the player's physical development, skill level, and level of experience is of a sufficiently high standard so that the player can safely compete in the proposed Age-grade, with no more risk of serious and catastrophic head, neck or cervical spine injury than any of the other participants that play in the same position applied for within the proposed Age-grade
- It has however been explained to me that the player will be competing in a higher age-division against older players and that this may normally involve an increased level of risk
- I understand that rugby is a contact sport, and like all contact sports, players are exposed to a risk of injury, and in the case of rugby union, albeit very few in number, potentially also catastrophic head, neck or cervical spine injury
- I acknowledge and fully comprehend that the level of risk of these injuries may be increased where a player competes above the two-year window, and where the player's physical development, skill level, and level of experience may potentially be inferior to that of the players that he may play against.
- I, knowing the above agree to the extent permitted by Law, to waive any claims for liability against SARU, the Provincial Union, or any of its affiliate clubs, schools or rugby bodies, and any of its participants, including but not limited to players, coaches, referees, medical support staff, volunteers and administrators and release every such body or participant from all liability that may be incurred in connection with the player's participation in the proposed Age-grade

Signature:		Date:	
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**SECTION D: TO BE COMPLETED BY THE PROVINCIAL UNION'S MANAGER OF SCHOOLS RUGBY (PRINT CLEARLY)**

Full names:			
ID Number:		Contact Number:	

I hereby confirm that:

- I have received all the necessary and completed SCHEDULE A documentation as required by the School Age-banding exemption policy, and confirm that all stipulations have been met
- I have also received Certified Copies of the applying Coach's Identity document, IRB Level 2 (or above) coaching qualification and active BokSmart Certification status, in application for exemption of the two-year window for the player mentioned above, and within the restrictions of the three (3) year maximum window stipulations
- I further acknowledge that all records of the Consent and this application are kept on file at the Union offices and that the office, the player's parents or legal guardian and the coach have received copies of the completed exemption documentation

Signature:		Date:	
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**SCHEDULE B - ADDITIONAL EXEMPTION INFORMATION FORM REQUIRED FOR FRONT ROW PLAYERS TO BE SUBMITTED TOGETHER WITH SCHEDULE A**

**COMPLETED FORM MUST BE SUBMITTED TO YOUR PROVINCIAL UNION MANAGER OF SCHOOLS RUGBY**

**SECTION A: TO BE COMPLETED BY THE PLAYER (PRINT CLEARLY)**

Full Names:			
ID Number:		Competition/Province:	
Date of birth:		Current Age-grade e.g. U16 (15 year old)	
Club/School Name:		Age-grade applied for e.g. U18	
Playing position:		Contact Number:	
Number of years' experience playing at this position:		Email address:	

*The coach has to assess the player against the following considerations. If there are any **NO** answers to any of the considerations, except for the question: "Did the player miss any games last year as a result of a significant head, neck or spine injury?" where a **YES** answer would apply, the player should **NOT** be allowed to participate in the Age-grade applied for, as this indicates an increased risk to safe participation in the Proposed Age-grade.*

*Please Note: in exceptional cases, a player's physical, emotional, motor and cognitive development, skill level and experience, may be such that he may be allowed to participate in an Age-grade above his current two-year age-band. However, within the year in question, he, in keeping with the "Minimum Age" definition may not participate in an Age-grade greater than three years above his age on the 1<sup>st</sup> day of January of that year.*

*The coach performing this assessment on the player shall have no less than an IRB Level 2 Coaching qualification. Not having an IRB Level 2 qualification therefore does not qualify the Coach, to competently and objectively assess the player's capabilities. Furthermore, the coach has to have an active BokSmart Certification status.*

**SECTION B: PLAYING SKILL AND EXPERIENCE (PRINT CLEARLY)**

*to be completed by the COACH in consultation with the PLAYER and their PARENT(S)/LEGAL GUARDIAN(S)*

Has the player played more than two consecutive seasons/years in the front row?	YES	NO
Has the player played more than two consecutive seasons/years in their current front row position?	YES	NO
Did the player play in the front row last year?	YES	NO
Did the player play a full season in the last year in the front row?	YES	NO
Did the player miss any games last year as a result of a significant head, neck or spine injury?	YES	NO
Knowing the increased risk of front row positions, can the player compete safely in his nominated position, and is the player at no more risk of serious and catastrophic head, neck or cervical spine injury than any of the other participants in the age-division applied for?	YES	NO

*NB – Rugby medical research studies have indicated that players in the front row, especially the hooker, are exposed to an increased risk of catastrophic head, neck or cervical spine injuries; and that the head, neck and spine injuries in these positions and in the scrum are generally more severe.*

**SECTION C: LEVEL OF COACHING AND TRAINING RECEIVED IN THE FRONT ROW POSITION (PRINT CLEARLY)**

*to be completed by the COACH*

Has the player received any form of specialised front row coaching over the last two years?	YES	NO
Has the player received any form of specialised front row technical conditioning over the last two years?	YES	NO
Does the player have the necessary technical experience and ability to compete safely in the front row?	YES	NO

**SECTION D: STRENGTH AND CONDITIONING BACKGROUND (PRINT CLEARLY)**

*to be completed by the COACH in consultation with the PLAYER and their PARENT(S)/LEGAL GUARDIAN(S)*

Does the player undertake regular strength and conditioning i.e. more than 2 x per week?	YES	NO
Has the player participated in a structured pre-season preparation programme of more than 1 month prior to participation?	YES	NO
Has the player participated in regular strength training over the last two years?	YES	NO
Have you as coach, reviewed, and monitored the player's strength training programme and are you satisfied that they are suitably conditioned to play in the front row at the Age-grade indicated?	YES	NO
Does the player undertake regular NECK strengthening and conditioning i.e. more than 2 x per week?	YES	NO
What is the player's current weight in kilograms?		Kg
What is the player's current height in centimetres?		Cm
What is the player's current bench press 1RM in kilograms?		Kg

**SECTION D: DECLARATION OF TRUTH (PRINT CLEARLY)**

I hereby confirm and declare that all the information provided is accurate and correct, and understand that should any false information be provided, that there may be legal ramifications.

Signature of player:		Date:	
Signature of parent or legal guardian as specified in SCHEDULE A:		Date:	
Signature of IRB Level 2 Coach as specified in SCHEDULE A:		Date:	

**SECTION E: TO BE COMPLETED BY THE PROVINCIAL UNION'S MANAGER OF SCHOOLS RUGBY (PRINT CLEARLY)**

Full names:			
ID Number:		Contact Number:	

I hereby confirm that:

- I have received all the necessary and completed **SCHEDULE A AND B** documentation as required by the School Age-banding exemption policy for **FRONT ROW PLAYERS**, and confirm that all stipulations have been met
- I have also received Certified Copies of the applying Coach's Identity document, IRB Level 2 (or above) coaching qualification and active BokSmart Certification status, in application for exemption of the two-year window for the player mentioned above, and within the restrictions of the three (3) year maximum window stipulations
- I further acknowledge that all records of the Consent and this application are kept on file at the Union offices and that the office, the player's parents or legal guardian and the coach have received copies of the completed exemption documentation

Signature:		Date:	
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