



# Rugby Handbook

Willow Park Junior School

2015-2016



*A note from the Principal*

Dear Parents,

Another academic year, another Willow rugby season!

This ‘**General Information on Rugby**’ booklet - (our 4<sup>th</sup> edition) - is, specifically, for Willow families and outlines the structure, key personnel and general rules of the rugby system in our school.

Rugby – as a sometimes complex and, of course, contact sport - demands much care, organisation and input by pupils, coaches and parents. Safety features have to be embedded into the ‘roll-out’ of the game and players (with parental reminders) have got to remember to bring the requisite gear – mouth-guards, proper boots (with studs rather than ‘blades’), scrum-caps and playing gear to every session. In this season’s booklet we include advice and basic procedures to be followed in the event of concussion. Parents should acquaint themselves with up-to-date advice on this issue - and if in doubt, contact their GP.

Parents are also reminded to sign up for the Willow Tiqbiz App- which will keep you immediately informed of any changes/cancellations etc. throughout the year.

As parents of a rugby player, you have to play many parts: cleaner and co-ordinator of gear, taxi-driver to training/matches, nurse to minor injuries and, of course, side-line supporter. As rugby is part of the fabric of a Willow education, parents and players must understand the rules, etiquette and skills required of our very ‘social’ and challenging game. The game, in Willow, is predicated on enjoyment, safety and ‘good sportsmanship’. It is played to enrich our school curriculum with active participation at its core.

We hope this little publication will help busy families navigate the complex structure that is Willow Rugby and allow you and your son/s enjoy a season of physical expression, social interaction, fun and games!

Yours sincerely,

Jim Casey

Principal

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## Key names: Co-ordinators and Coaches

*Please note that personnel may be amended during the season*

Gamesmaster: Mr. Rory Crinion

### ***1<sup>st</sup> Form:***

Co-ordinator: Mr James Docherty

Coaches: Eoin Conlon

### ***2<sup>nd</sup> Form:***

Co-ordinator: Mr. Paul Byrne

Coaches: Jack Dwan, Joe Byrne

### ***3<sup>rd</sup> Form:***

Co-ordinator: Mr. Jimmy Macken

Coaches: Alex Carroll, Jack Gallagher

### ***4<sup>th</sup> Form:***

Co-ordinator: Mr Aidan Garvin

Coaches: Eoin Conlon, Gary Fenn

### ***5<sup>th</sup> Form:***

Co-ordinators: Mr. Niall O'Connachtáin

Coaches: Fr. Gavin, Mick McNabb, Liam O'Dea

### ***6<sup>th</sup> Form:***

Co-ordinator: Mr Ivan Dunne

Coaches: Andrew Hally-Doody, Dillon Coghlan



## Timetable:

## What if the session is cancelled?

### **1<sup>st</sup> Form:**

Mondays: (Sep-Nov and Feb-Apr) 2.40 – 3.30pm A text/Tiqbiz will be sent out by 1.30pm.

Wednesdays: 12.30pm – 1.30pm The boys remain in class – no text/Tiqbiz is sent out.

### **2<sup>nd</sup> Form:**

Wednesdays: 12.30pm – 1.30pm The boys remain in class – no text/Tiqbiz is sent out.

Fridays: 2.30pm – 3.30pm A text/Tiqbiz will be sent by 2pm. Collect from classroom.

### **3<sup>rd</sup> Form:**

Wednesdays: 12pm – 1pm The boys remain in class – no text/tiqbiz is sent out.

Fridays: 3pm – 4pm A text/Tiqbiz will be sent by 2pm. Collect from classroom.

Saturdays: 9am – 10am A text/Tiqbiz will be sent by 8am on Saturday.

### **4<sup>th</sup> Form:**

Wednesdays: 1pm – 2pm The boys remain in class – no text/tiqbiz is sent out.

Fridays: 3pm – 4pm A text/Tiqbiz will be sent by 2pm. Collect from classroom.

Saturdays: 9am – 10am A text/Tiqbiz will be sent by 8am on Saturday.

### **5<sup>th</sup> Form:**

Tuesdays: 3pm – 4pm A text/Tiqbiz will be sent by 2pm. Collect from classroom.

Wednesdays: 1pm – 2pm The boys remain in class – no text/Tiqbiz is sent out

Saturdays: 10am – 11am A text/Tiqbiz will be sent by 8am on Saturday.

### **6<sup>th</sup> Form:**

Tuesdays: 3pm – 4.15pm A text/Tiqbiz will be sent by 2pm. Collect from classroom.

Thursdays: 3pm – 4.15pm A text/Tiqbiz will be sent by 2pm. Collect from classroom.

Saturdays: 10am – 11am A text/Tiqbiz will be sent by 8am on Saturday.

- If 6<sup>th</sup> Form boys walk home or take the bus, they may leave once they inform a teacher.

## Other Sports:



### **Cross-Country for 5<sup>th</sup> and 6<sup>th</sup> Form:**

Mondays: 3pm – 4pm Teachers will supervise boys until collected.

### **Basketball:**

4 <sup>th</sup> Form: Mondays	3-4pm	Teachers will supervise boys until collected.
5 <sup>th</sup> Form: Fridays	3-4pm	Teachers will supervise boys until collected.
6 <sup>th</sup> Form: Wednesdays	3-4pm	Teachers will supervise boys until collected.

*Swimming, Cricket, Fencing, Tennis, Golf, Table-Tennis, Gaelic, Chess and more are also available – see ‘Before/After school Activities Sheet’ @ Reception. Soccer will also be played at appropriate times.*

### **Competitive Swimming**

Weekdays 7am - contact Mr James Lawless for details. Ph. 0877953804

### **Cycling with Willow Wheelers**

Open to 5<sup>th</sup> & 6<sup>th</sup> Form [www.willowwheelers.ie](http://www.willowwheelers.ie)

### **Blackrock College Leinster Cup Games – Term 2. (Rugby)**

Willow Park Junior traditionally supports the College in their JCT & SCT Cup campaigns. Games played in Donnybrook are particularly suitable –as the stadium has seating and some security.

Pupils are encouraged to support their older peers.

However, it is recommended that a parent /responsible adult accompany boys to these matches. Transport and ‘general behaviour’ on such days require adult vigilance and direction. It can be a great afternoon, allowing for fun and socialisation – once there is an ‘adult presence’.

Remember, our boys - en masse - can be a handful!

There is also the issue of ‘weather permitting’.

Fixtures may have to be suddenly cancelled /postponed because of inclement weather in the winter. Thus, whilst the school tries to communicate with families via text/tiqbiz and web in such situations, flexibility and patience (with the Leinster Branch) are called for on these wet/cold winter afternoons.

That said, a Cup campaign allows our boys to forge a real campus identity – a ‘bonding’ that can stand them in good stead within the maelstrom of our eclectic and changing society.

## Rugby: 'Grading' of Players:

During September, coaches and co-ordinators work hard 'grading' all players between 3<sup>rd</sup> and 6<sup>th</sup> Form. This grading process is extremely important so that when we play against other schools, our boys are competitive and as safe as possible at their own (appropriate) level. Players may move between grades during the year - as they improve and develop their skills-set.

Please support our coaches' decisions - but if you have any major concerns, contact the office and we can discuss the issue.

### Compulsory Gear:

All students should ensure they have the following gear for rugby training and matches:

- Gum shield
- Football boots – studs or moulded studs (NO BLADES)
- Willow jersey, shorts and socks.
- Scrum caps are advised in 5<sup>th</sup> and 6<sup>th</sup> Form (for forwards especially)
- The boys are advised to wear base layers (under armour clothing) during the cold winter months!

### Saturday Matches:

Not every player plays matches every Saturday.

I am working hard to increase the variety of matches during the year. We do try to make sure everyone gets to play a match (at least) once every three weeks. Boys in 3<sup>rd</sup> – 5<sup>th</sup> Form, who don't have matches, train on Saturdays.

I organise and confirm the matches with other schools every Monday - and I let the coaches know how many teams to pick and which grades are needed.

Teams should be picked by Wednesday afternoons - and I hope that they will be posted on the website and in the corridors - by Thursday each week.

**If a player has been picked - and for some reason doesn't make it to the match - parents don't need to worry about contacting a coach. We always pick a squad numerous enough to cater for such circumstances. However, if you know early in the week that you will be away, ask your son to let his coach know at training to facilitate organisation - and allow another boy to 'step-in'.**

I plan to have fixtures with local schools between October and December.

After Christmas, we try to organise some trips, especially for 4<sup>th</sup>- 6<sup>th</sup> Form. 5<sup>th</sup> Form have the annual Fr. Gavin Festival in March and 6<sup>th</sup> Form travel to Coleraine for their annual Blitz. When trips are planned, I will try to give parents as much notice as possible.

Rory Crinion

## Willow Park Junior School: Rugby Fixtures 2015 / 2016

- **Fixtures are subject to change** and some dates are yet to be confirmed (marked TBC)
- Other schools do not have as many teams as Willow -so not all our teams play every week. Each player should get a match every 3 weeks (on average).
- I will inform parents via text and website as the matches approach: re. venue, time, teams etc.
- The 'TBC' dates will be filled later with Campbell, RBAI, Wallace (5<sup>th</sup> & 6<sup>th</sup>) and more...
- I will give parents plenty of notice for any 'away trips' up North - at least 2 weeks in advance (if our hosts can confirm).

### **3<sup>rd</sup> Form – 6<sup>th</sup> Form:**

26 <sup>th</sup> September:	v	Mini Blitz for 3 <sup>rd</sup> - 6 <sup>th</sup> . Details to follow
3 <sup>rd</sup> October:	v	St Conleth's, St Andrew's, 4 <sup>th</sup> Form A's in Ashbourne Blitz (TBC)
10 <sup>th</sup> October:	v	St Mary's, St Gerard's
17 <sup>th</sup> October:	v	St Michael's
19 <sup>th</sup> - 23 <sup>rd</sup> October:	v	5 <sup>th</sup> Form hosting 3 different schools from England
7 <sup>th</sup> November:	v	TBC
14 <sup>th</sup> November:	v	Bray, Terenure
21 <sup>st</sup> November:	v	CUS, Scoil Íde
28 <sup>th</sup> November:	v	Mini Blitz for 3 <sup>rd</sup> - 6 <sup>th</sup> . Details to follow
5 <sup>th</sup> December:	v	TBC
12 <sup>th</sup> December:	v	TBC
16 <sup>th</sup> January:	v	CUS, CBC, St Conleth's
23 <sup>rd</sup> January:	v	6 <sup>th</sup> v Methody
30 <sup>th</sup> January:	v	Terenure
6 <sup>th</sup> February:	v	St Mary's
5 <sup>th</sup> March:		FR GAVIN 34 <sup>th</sup> ANNUAL 5 <sup>TH</sup> FORM RUGBY FESTIVAL
19 <sup>th</sup> March:		6 <sup>th</sup> FORM BLITZ IN COLERAINE (TBC)
May: (end)		5 <sup>th</sup> Form Blitz in Campbell College



## Rugby Ethos: 'What is expected of a Willow player, coach & parent?'



All Willow **players** should:

- Ensure they are wearing the correct rugby kit and have their gum shields.
- Listen to their coaches and try their best at training sessions.
- Represent Willow well during matches against other schools.
- Never complain to a referee.
- Never fight with opposing players or teammates.
- Never boast about which team they are on.
- Never mock a classmate about which team they are on.
- Inform their coaches if they cannot attend a match.
- Inform their class teacher, co-ordinator or the Gamesmaster if they are unhappy at rugby.
- Inform their coach or co-ordinator if they get injured at rugby.
- Enjoy the rugby sessions and take part in the drills and games.

**Coaches** have received the following guide to their responsibilities in this job:

- After 3 weeks of grading the players in September, coaches will be given a group of players to look after for the season. These boys will be their responsibility and a team spirit and bond should be fostered among the group, irrespective of their ability.

Team Spirit / Attitude / Discipline. The coaches should:

- Get to know the boys' names in your group.
- Call the boys by their real names. No nicknames.
- Use appropriate language and never shout at a child.
- Establish respect among the group – be friendly but you are in charge.
- Be enthusiastic and vocal at all times.
- Establish a good match etiquette – team huddles (before and after the games), positive team-talks and variation of captains are effective here. Again, highlight the positives as well as things to improve on.
- Any discipline problems, report them immediately to your year group co-ordinator or to myself. (see list of co-ordinators attached)
- Follow the routine warm-up drills.

- Feel free to add your own input also. Any drills you feel that would be beneficial, test them and if effective, continue with them. Try to keep your group active and all boys should be included and using the ball frequently.
- I will regularly look for feed-back from your group and will take your suggestions on board.
- During practice matches in the last half hour of training sessions, stop play and highlight great play to the group or correct mistakes in a positive way. This shows the boys that our drills are used in matches – very important at all levels.
- When groups come together for these practice matches, both coaches should remain vocal and work with their teams.
- In matches make sure subs are rolled on and off and all boys in your squad get equal game time.
- ‘There is nothing as infectious as enthusiasm’. Please enjoy the sessions. Coach with a smile on your face! Be proud of your group and strive for improvements from week to week.

Willow **parents** should:

- Ensure that they have read this booklet!
- Focus on the child’s enjoyment of rugby sessions, not on the grade at which he is playing.
- Report any incidents not picked up by their coach to their class teacher. The class teacher will report the incident to the Gamesmaster.
- Set a good example from the side line.
- Never shout at a referee or at players on either side.
- Support the coach. Any ideas to improve the team will be taken on board - if communicated to the coach or to the Gamesmaster and considered positive.

## **In the event of an injury:**

- All coaches and co-ordinators have received a handout on the procedure to follow if a player receives an injury during rugby.
- The injured player will be brought to Reception area/Sick Bay by his coach (or appropriate responsible adult) - who will seek further support and fill out an Injury Report form.
- The player will be kept at Reception until collection (unless he is deemed fit to return to play) - and a parent will be contacted to arrange transport home.
- In the event of a more serious injury, an ambulance may be called immediately and parents informed thereafter.

## Concussion:

Coaches are advised to inform Reception when a player 'hurts his head' in training/game. Reception then contacts Parent/s. Parents should monitor their child carefully over the following 12 hours and, if concerned in any way get their child medically examined immediately. Should concussion be medically diagnosed, then the parent/s **MUST** inform Reception and the Class teacher. Thereafter, the Gamesmaster will make sure the relevant coaches are informed and that the player follows the 'Concussion Protocol' (no contact sports for 23 days). Communication is the key here - both at home, at school and between home and school. Always 'err' on the side of safety.

### STOP - INFORM - REST - RETURN

The IRFU recently published a 'concussion guide to educate those playing, supporting or officiating rugby on how to recognise the signs and symptoms of concussion as it warned that ignoring symptoms and continuing to train or play can, in rare instances, be fatal.

*A Guide to Concussion in Rugby Union* outlines four simple, important, messages:

1. Stop - A player with a suspected concussion must be removed immediately and must not return to the field.
2. Inform - A player with suspected concussion should report it to a team medic, coach, teammate, friend or family member and be properly assessed and managed. They must not be left alone or drive a vehicle.
3. Rest - A player with a concussion must undertake a mandatory rest period as per IRFU guidelines outlined in the *Guide to Concussion in Rugby Union*.
4. Return - A player with a concussion must follow the IRFU Graduated 'Return to Play' protocols and should be medically cleared prior to returning to full contact.

The guide calls on players to be honest with themselves and medical staff in reporting symptoms, outlines the need for comprehensive medical assessment of such injuries and warns that returning to play before the concussion is completely resolved may have extremely serious long-term health consequences.

The guide contains a pocket Concussion Recognition Tool that lists concussion signs and symptoms for players, coaches, officials, parents, team managers and medical staff. This allows them to *Recognise and Remove* any player displaying concussion symptoms until the player has completed the appropriate IRFU Graduated Return To Play protocols.

The guide is downloadable from [www.irishrugby.ie/medical](http://www.irishrugby.ie/medical)

## Mini Rugby Rules and the Willow Park Junior School Set-up:



It is not essential that you read this part! It is merely a point of reference if you need information on the rules we use in Willow.

### **Stage 1: Under 7 (1<sup>st</sup> Form)**

#### 1<sup>st</sup> Form in Willow:

- Co-ordinator: Mr. James Docherty.
- Introductory, ‘fun’ rugby and other sports complementing the game.
- No formal matches are planned.
- Focus on FUN, exercise and general co-ordination.
- Gradual introductory skills.

### **Stage 1: Under 8 (2<sup>nd</sup> Form)**

#### 2<sup>nd</sup> Form in Willow:

- Co-ordinator: Mr Paul Byrne
- No matches until the St Mary’s Mini Festival in March / April.
- Focus on skills and positioning at this level.

### **Stage 2: Under 9 and Under 10 (3<sup>rd</sup> and 4<sup>th</sup> Form)**

#### 3<sup>rd</sup> Form in Willow:

- Co-ordinator: Mr Jimmy Macken
- Teams graded in September and matches commence in October.
- We continue with the skills learned in 2<sup>nd</sup> Form and develop these further.
- 8 players on a team - squads of 12 or 13.
- Match times: 15 minutes per half.

#### 4<sup>th</sup> Form in Willow:

- Co-ordinator: Mr Aidan Garvin
- Teams graded in September and matches commence in October.
- 8 players on a team – squads of 11-14
- Match times: 20 minutes per half.

### Stage 3: Under 11 and Under 12 (5<sup>th</sup> and 6<sup>th</sup> Form)

#### 5<sup>th</sup> Form in Willow:

- Co-ordinator: Mr Niall O'Connachtáin
- Teams graded in September and matches commence in October.
- 11 players on a team – squads of 14-16
- Match times: 25 minutes per half.

#### 6<sup>th</sup> Form in Willow:

- Co-ordinator: Mr Ivan Dunne
- Teams graded in September and matches commence in October.
- 15 players on a team – squads of 18-22
- Match times: 25 minutes per half.

-



## Mini rugby rules (as per IRFU website)

*There are slight changes which I've added - which comply with schools' rugby.  
The most significant change is for 6<sup>th</sup> Form - as we play 15 aside.*

### Start of match and/or restarts

#### **Stages 1 & 2: 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Form**

All starts and restarts are by pass off (**from the ground**) and must be **on the referee's whistle**.  
(4<sup>th</sup> Form: Kick-off) The opposition must retire 10m from the ball and can only move once the scrum half/passers passes the ball. **The first receiver must start no more than 2m back from the scrum half/passers**. At the start of both halves and after a try, the pass off from the centre of the pitch, will be used to restart the game.

#### **Stage 3: 5<sup>th</sup> and 6<sup>th</sup> Form.**

Starts as per the 15-a-side game and must be after the referee's whistle.  
In dead- ball situations the restarts to take place 10m from try-line (kicking zone)

### Penalties – No quick tap penalties allowed.

**Coaches note: For restarts, 'Everything on the whistle'.**

#### **Stage 1 & 2: 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Form**

Penalties are taken by a pass off (**from the ground**) and **on the whistle**, the opposition being 10m back from the mark (or behind the goal line). Penalties must be taken through the mark. To play the ball, it must be first tapped with the foot before being passed off the ground.

#### **Stage 3: 5<sup>th</sup> and 6<sup>th</sup> Form.**

Penalties must be taken **through the mark** designated by the referee. A scrum to be awarded to the opposition if persistently done incorrectly.

**Opposition must be 10 m back** or behind the goal line. To play the ball, it must be first tapped with the foot before being passed **off the ground**.

Defensive penalties from within the Kicking Zone as per the 15 a side game i.e. team awarded the penalty may kick directly to touch and are awarded throw in.

### Kicking

#### **Stage 1 & 2: 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Form**

Not allowed

#### **Stage 3: 5<sup>th</sup> and 6<sup>th</sup> Form.**

It is not permitted to kick the ball outside the "defensive zone" (5m from own goal line). If the offence is unintentional, a scrum is awarded to the opposition and if intentional a penalty to the opposition.

Pass back into kicking zone rule (as per 15-a-side) to apply

Players in front of the kicker must be brought onside before they can take part in play

## Hand-Off



### **Stage 1 & 2: 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Form**

Not allowed

### **Stage 3: 5<sup>th</sup> and 6<sup>th</sup> Form.**

No hand-off to the head or neck area. Penalty awarded if this offence is committed

## Scrum



### **Stage 2: (3 man): 3<sup>rd</sup> and 4<sup>th</sup> Form**

1. All players stay bound until ball has emerged.
2. No push or contesting allowed, ball must be put in straight.
3. Opposition scrum half behind his forwards – **no follow around allowed.**
4. Scrum is over when ball is in the hands of the attacking scrum half.
5. Scrum half must pass the ball – **no break allowed.**
6. Both back lines 5m back to allow attack.
7. Always 10m from touch line and 5m from goal line.

### **Scrum Stage 3: 5<sup>th</sup> Form (5 man scrum for 5<sup>th</sup>)**

1. All players stay bound until ball has emerged.
2. Scrum may not move further than 1 step from the midpoint of original scrum. Only strike can be contested (hooker v hooker).
3. Scrum half to feed the ball into the scrum with two hands and straight.
4. No forward allowed to pick up the ball from the scrum.
5. Opposition scrum half behind his 2<sup>nd</sup> Rows – **no follow around allowed.**
6. Both back lines 5m from scrum to allow attacks.
7. Always 5m from touchline and 5m from goal line.
8. Scrum is over when referee calls “scrum over” or when the ball is in the hands of the scrum half who may break.

**Scrum Stage 3: 6<sup>th</sup> Form (8 man scrum for 6<sup>th</sup>) Contested.**

**Line out (No Lifting or Quick throw allowed)**

**Line out Stage 2: (2 man): 3<sup>rd</sup> and 4<sup>th</sup> Form**

1. Line out 2m from touch line.
2. No contest.
3. Line out is over when the scrum half passes the ball.
4. Both hookers must be at the front of the line-out and both scrum halves behind their forwards.
5. Scrum halves must pass the ball. No break allowed.
6. Both back lines 5m back to allow attack.
7. Ball must be thrown straight into the line-out – no over throw.
8. No catch and drive allowed.

**Line out Stage 3: 5<sup>th</sup> Form (5 man)**

1. 2m from touch line.
2. Only the jump can be contested.
3. A space of one metre (arms length) between all players in the line-out
4. Both hookers must be at the front of the line-out and both scrum halves behind their forwards.
5. Both back lines 5m back to allow attack.
6. Hookers must throw to players (2m.), no over throw allowed and must be straight.
7. Line out is over when the scrum half passes the ball/ makes a break or when team catching the ball – catch & drive (5 seconds – “use it or lose it”) to apply.

**Line out Stage 3: 6<sup>th</sup> Form (5 man)**

1. 5m from touch line.
2. Only the jump can be contested.
3. A space of one metre (arms length) between all players in the line-out
4. Both hookers must be at the front of the line-out and both scrum halves behind their forwards.
5. Both back lines **10m** back to allow attack.
6. Hookers must throw to players (2m.), no over throw allowed and must be straight.
7. Open play resumes when ANY player catches the ball.

**Rucks and mauls:**

Referees to talk players through it and after 5 seconds “use it or lose it.” The 5 seconds starts from the time the ruck or maul is formed NOT when the maul stops moving. For safety reasons it is **ILLEGAL to COLLAPSE** a maul.



## Discipline

**No sending off in Mini Rugby - only compulsory substitutions to ensure same numbers on the pitch at all times.**

### **Dangerous Tackles-High tackles/swing tackles**

Player to receive 1 (one) verbal warning from the referee. If the player offends again compulsory substitution to be made by coach on request by the referee. Player allowed to participate in next match/ rest of the day's event unless there is a repeat of the offence.

Compulsory substitutions:

3<sup>rd</sup> Form: 4-5 minutes

4<sup>th</sup> Form: 5-6 minutes

5<sup>th</sup> Form: 5-6 minutes

6<sup>th</sup> Form: 7 minutes

### **Punching/ kicking of an opponent:**

No warning – immediate compulsory substitution and the player is not allowed to participate in next match or rest of the day's event

### **Squeeze ball and Bridging**

Not allowed

### **NB. WILLOW RULE 101! Ball in 2 hands!**

*If carrying the ball in one hand (**which should be discouraged**).....*

*the free hand must not be used to fend off another player or prevent the tackle other than when used properly to hand off in stage 3.*

Encourage 2 hands on the ball. Stop play and award a penalty if a player is carrying the ball in 1 hand for no reason.



## Directions to Rugby Venues

### ***CBC Monkstown***

Mounttown Road Upper  
Monkstown

#### **From Willow Park**

**Exit through front gates and turn right**

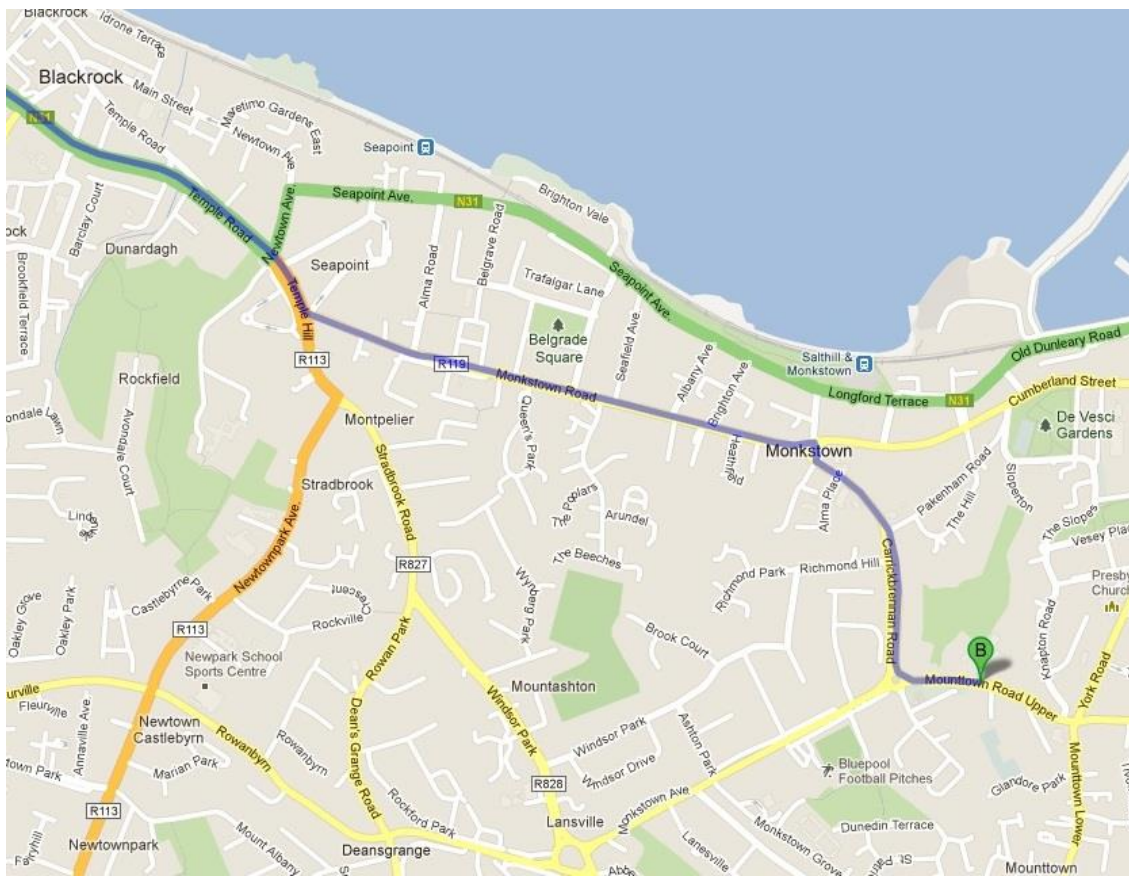
**Continue through Blackrock onto Temple Hill – 2km**

**Turn left onto Monkstown Road and travel for 1.2km**

**Turn right onto Carrickbrennan Road,**

**Continue to roundabout and take 1<sup>st</sup> exit onto Mounttown Road upper**

**CBC is 200 yards on your left.**



## **CUS**

89 Lower Leeson Street  
Dublin 2

Rugby is played in Bird Ave, Clonskeagh

**From Willow Park exit out via Blackrock College and through the back gate  
Make your way to the N11 (Stillorgan dual carriage way) via Bootersown Ave or Mount Merrion Ave.**

**Turn right onto the N11 and travel for 850m**

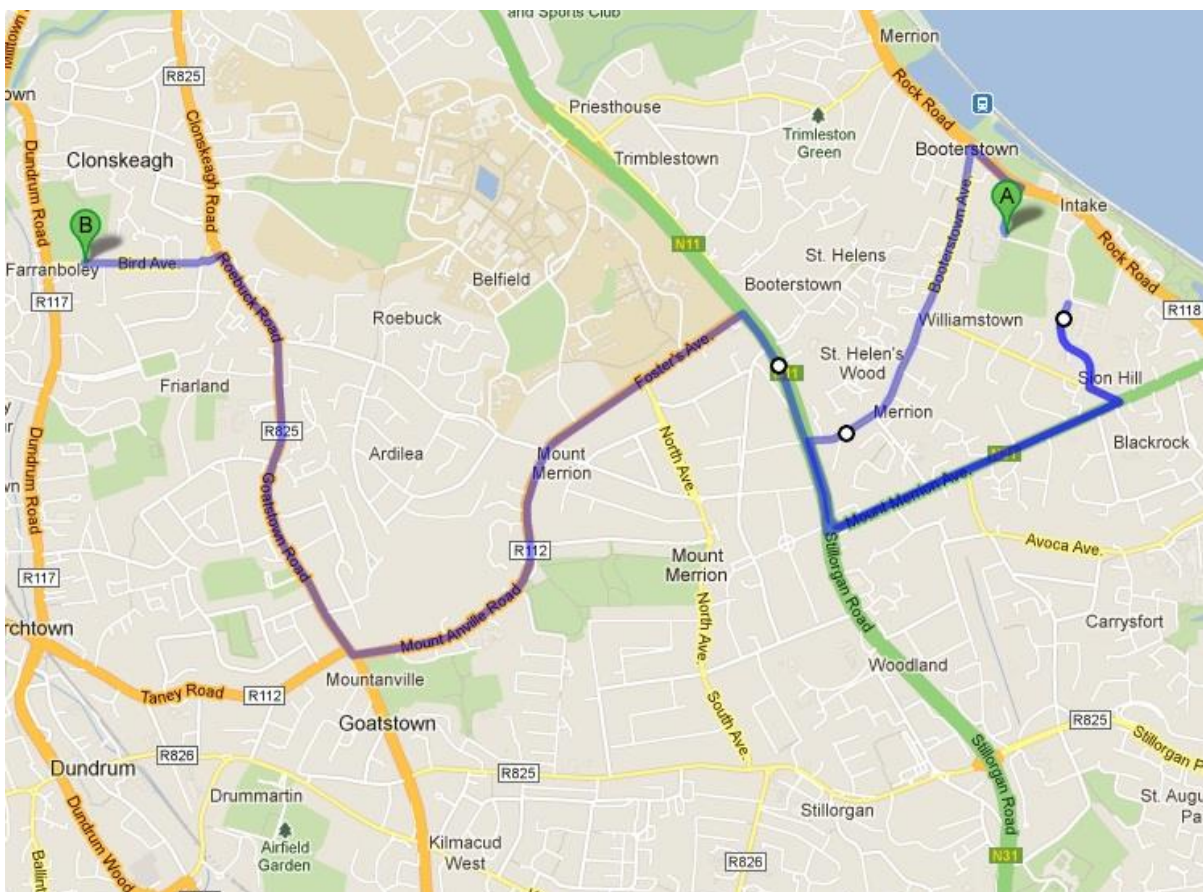
**Turn left onto Foster's Ave and continue onto Mount Anville Road. – 2km**

**Turn right onto Goatstown Road and continue straight onto Roebuck Road for 350m**

**Turn left onto Gledswood Drive and travel for 70m**

**Turn left onto Bird Ave**

**Continue down Bird Ave and the venue is just past the church on the right.**





## ***St Gerard's***

Thornhill Road  
Bray  
Co. Wicklow

**From Willow Park exit out via Blackrock College and through the back gate  
Make your way up Mount Merrion Ave.**

**At top of Mount Merrion Ave, turn left on to the N11**

**Continue on the N11 and Join the M11 (approx 8km)**

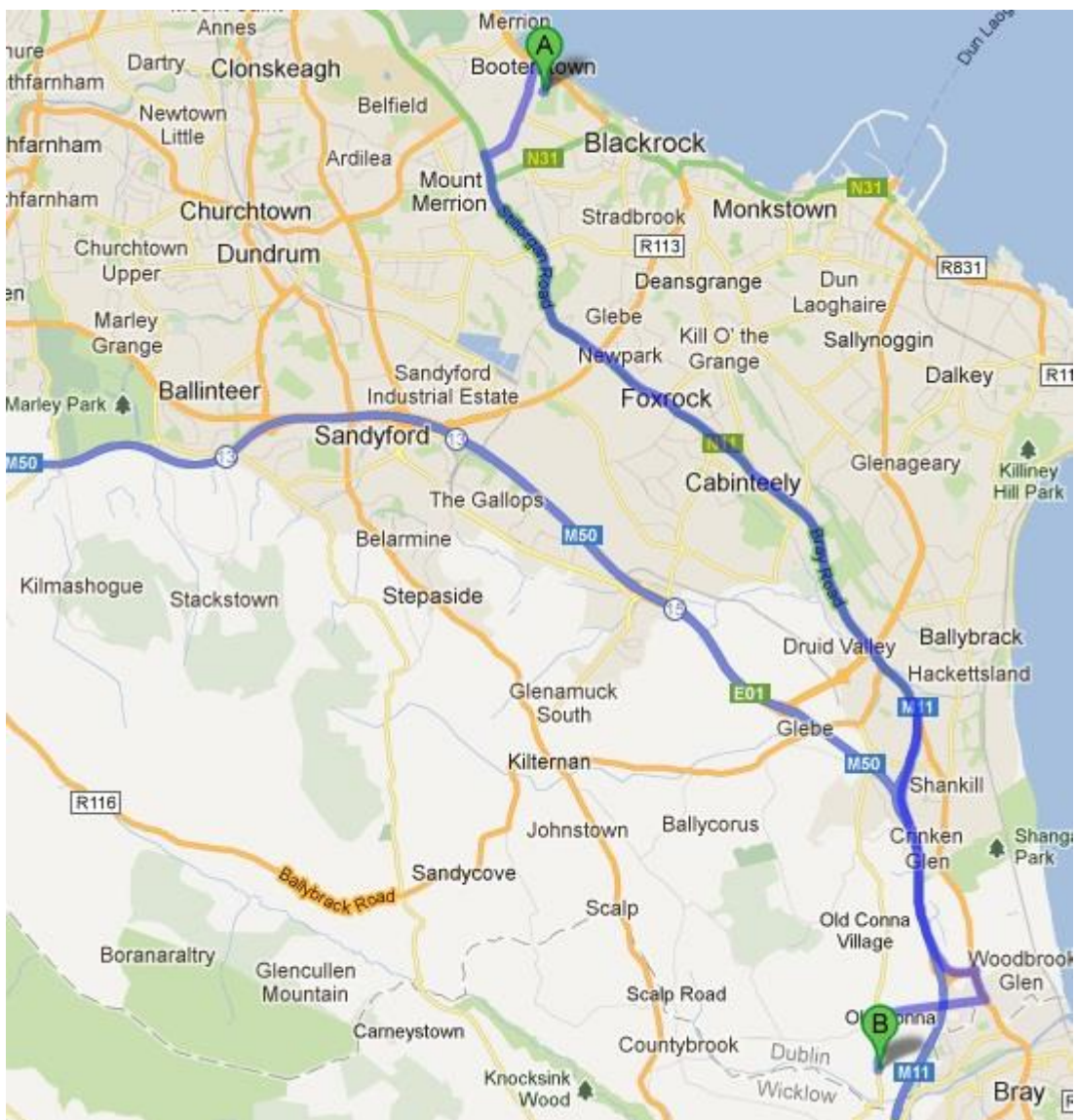
**Take the Bray North exit from the M11**

**Continue to roundabout and take the 2<sup>nd</sup> exit towards Bray (Dublin Road/R761)**

**Travel 400m and turn right onto Old Connaught Ave**

**Take 2<sup>nd</sup> left onto Thornhill Road**

**St. Gerard's will be on the left.**



## ***St Andrew's College***

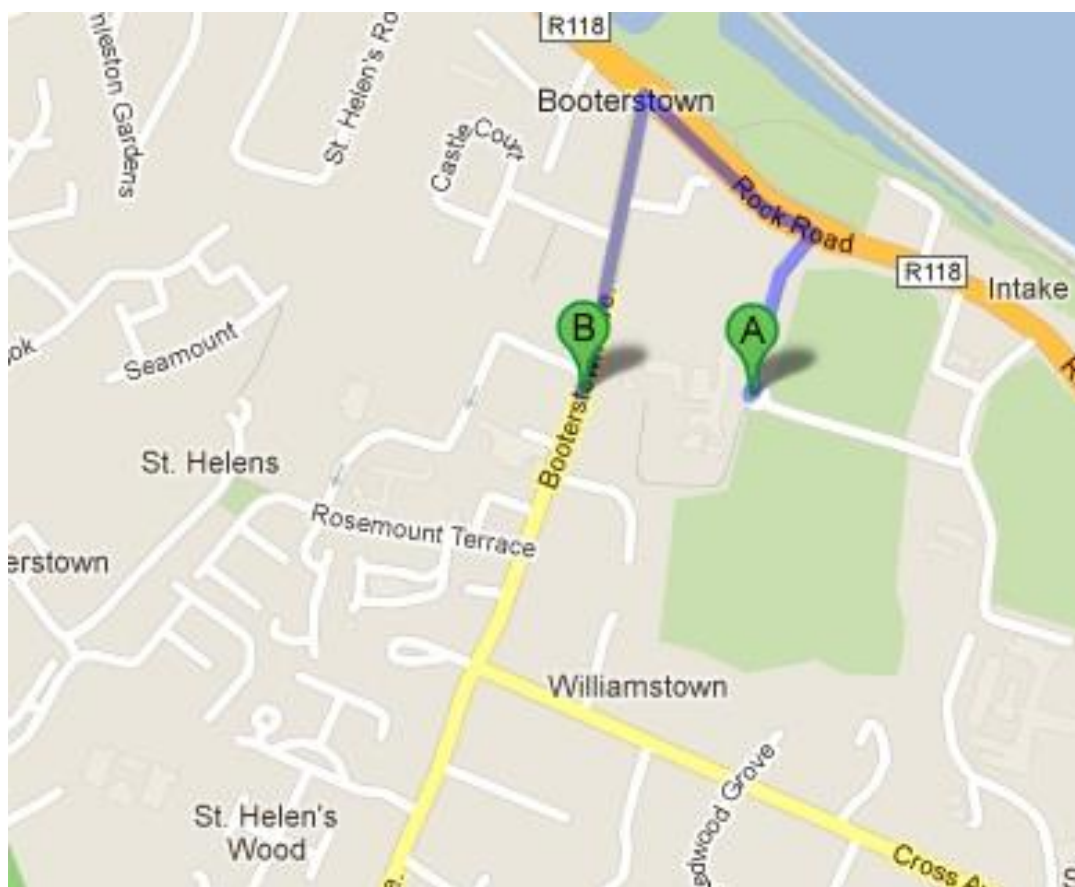
Boooterstown Avenue,  
Blackrock  
Co. Dublin,

### **From Willow Park**

**Exit through front gates and turn left**

**Take the first left onto Boooterstown Ave**

**St. Andrews is approx. 400m on the right**



## ***St Mary's College (school)***

73\_79 Rathmines Road Lower,  
Dublin 6,

**From Willow Park exit out via Blackrock College and through the back gate  
Make your way to the N11 (Stillorgan dual carriage way) via Bootersown Ave or Mount Merrion Ave.**

**Turn right onto the N11 and travel to Donnybrook – approx. 3km**

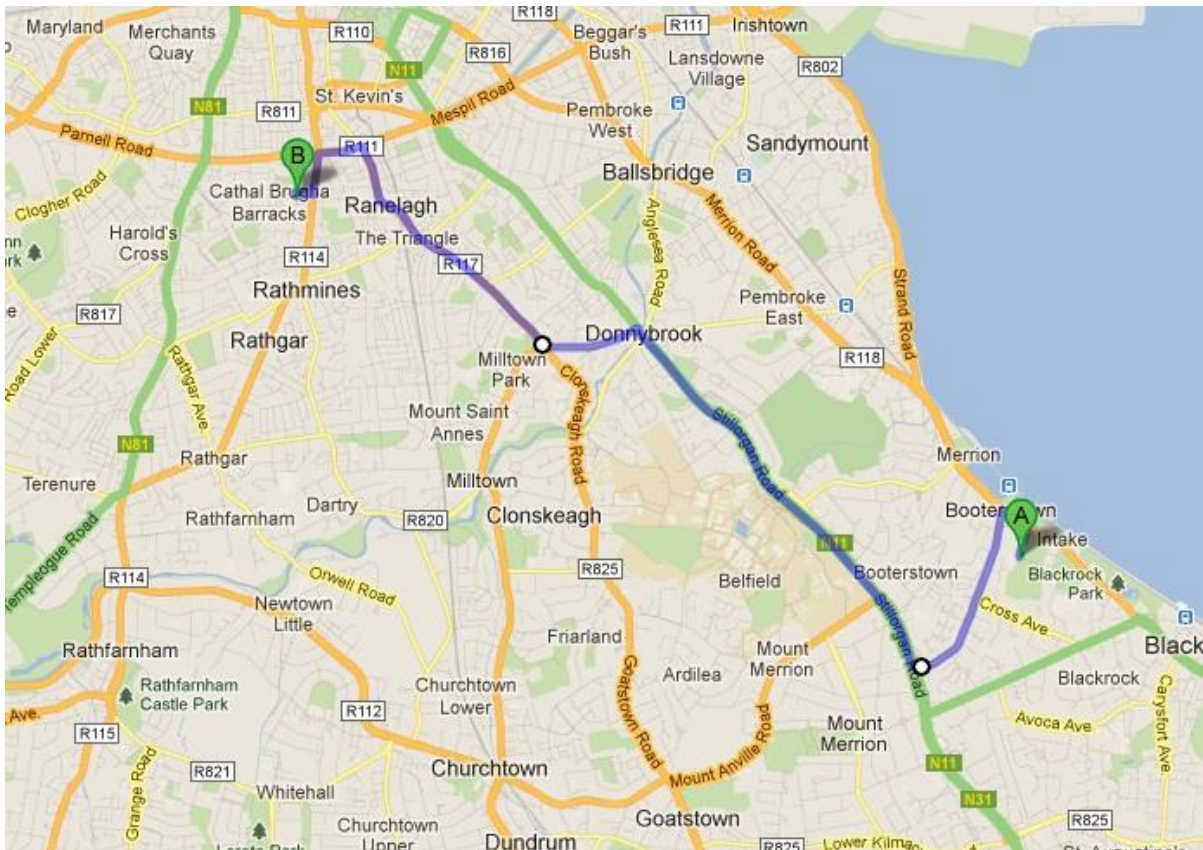
**Turn left onto Eglinton Road (1 turn after the bus depot) travel 650m**

**Turn right onto Sandford Road and travel for 900m**

**Turn left onto Canal Road travel for 300m**

**Turn left onto Rathmines Road Lower**

**Take the 1<sup>st</sup> left and then turn right into St. Mary's**





## ***St. Mary's College (Kenilworth Square)***

Kenilworth Square N  
Dublin 6,  
Co. Dublin

**From Willow Park exit out via Blackrock College and through the back gate  
Make your way to the N11 (Stillorgan dual carriage way) via Bootersown Ave or Mount Merrion Ave.**

**Turn right onto the N11 and travel to Donnybrook – approx. 3km**

**Turn left onto Eglinton Road (1 turn after the bus depot) travel 650m**

**Turn right onto Sandford Road and travel for 900m**

**Continue onto Ranelagh Road for 230m**

**Turn left onto Cullenswood Road**

**Continue on to Charleston Road for 450m**

**Continue onto Castlewood Ave for 280**

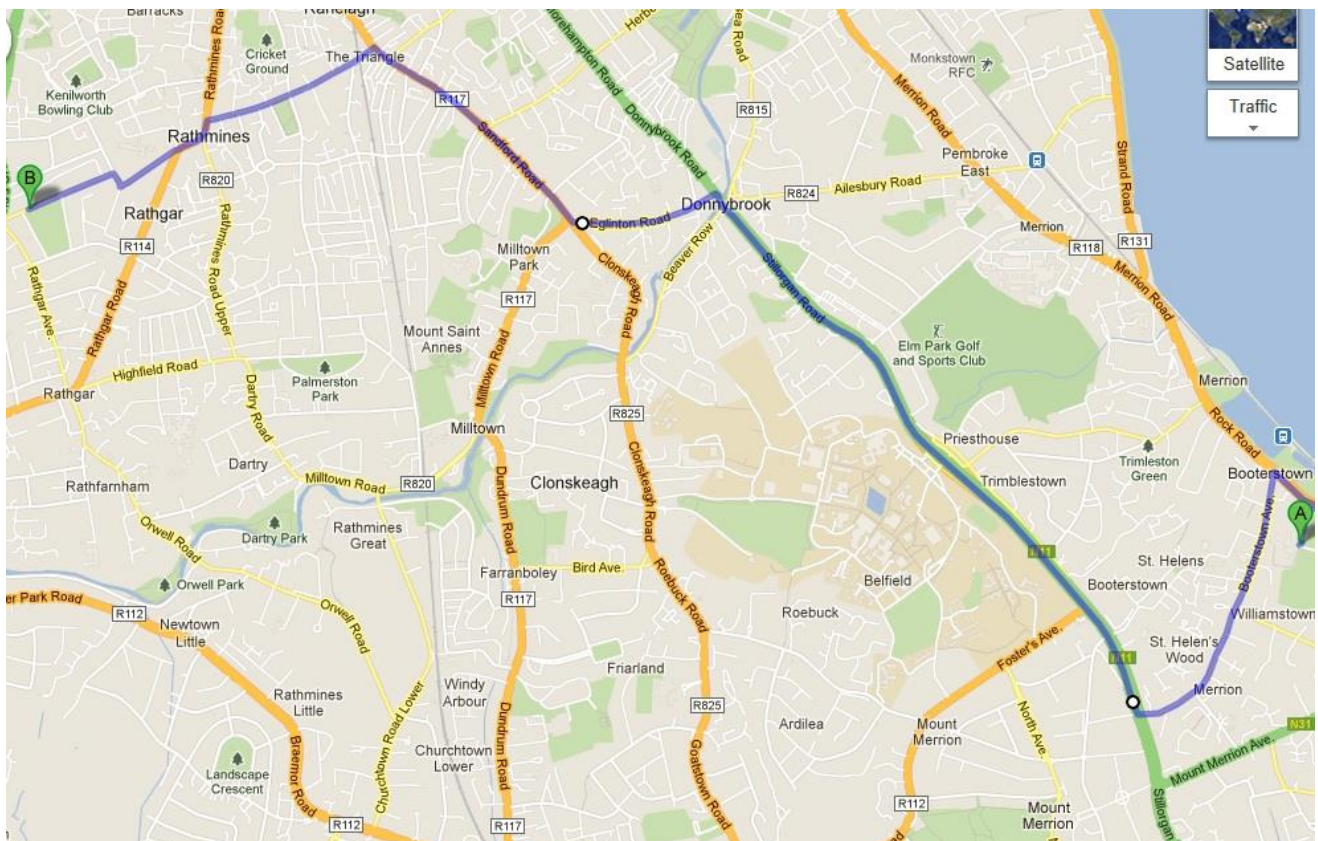
**Turn left onto Rathmines Road Lower and travel for 75m**

**Slight right onto Rathgar Road and travel for 120m**

**Slight right onto Grosvenor Road for 280m**

**At the roundabout, take the 2<sup>nd</sup> exit and travel 85m**

**Turn left onto Kenilworth Road, continue onto Kenilworth Square**



## ***St. Michael's College***

St. Michael's College,  
Ailesbury Road,  
Dublin 4  
Rugby pitches are on Nutley Avenue

### **From Willow Park**

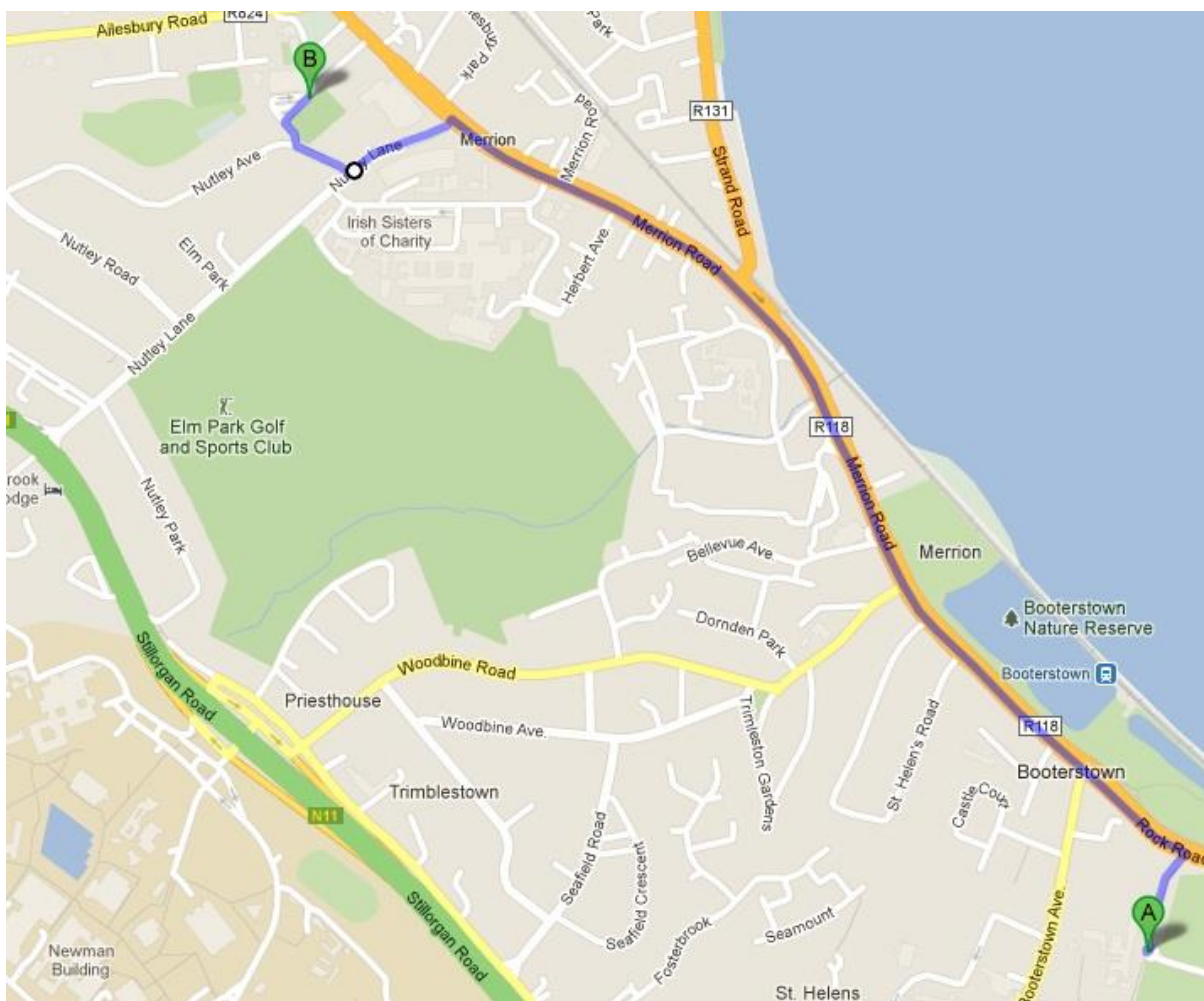
**Exit through front gates and turn left**

**Continue onto Merrion road for approx. 1.5Km**

**Turn left onto Nutley Lane (Mount Merrion Shopping centre)**

**Take the 1<sup>st</sup> right onto Nutley Ave**

**St. Michael's is on your right.**





## ***Pres. Bray***

Presentation College  
Putland Road  
Bray, Co. Wicklow

**From Willow Park exit out via Blackrock College and through the back gate**

**Make your way up Mount Merrion Ave.**

**At top of Mount Merrion Ave, turn left on to the N11**

**Continue on the N11 and Join the M11 (approx 10km)**

**Take the exit toward Bray/Greystones/Enniskerry**

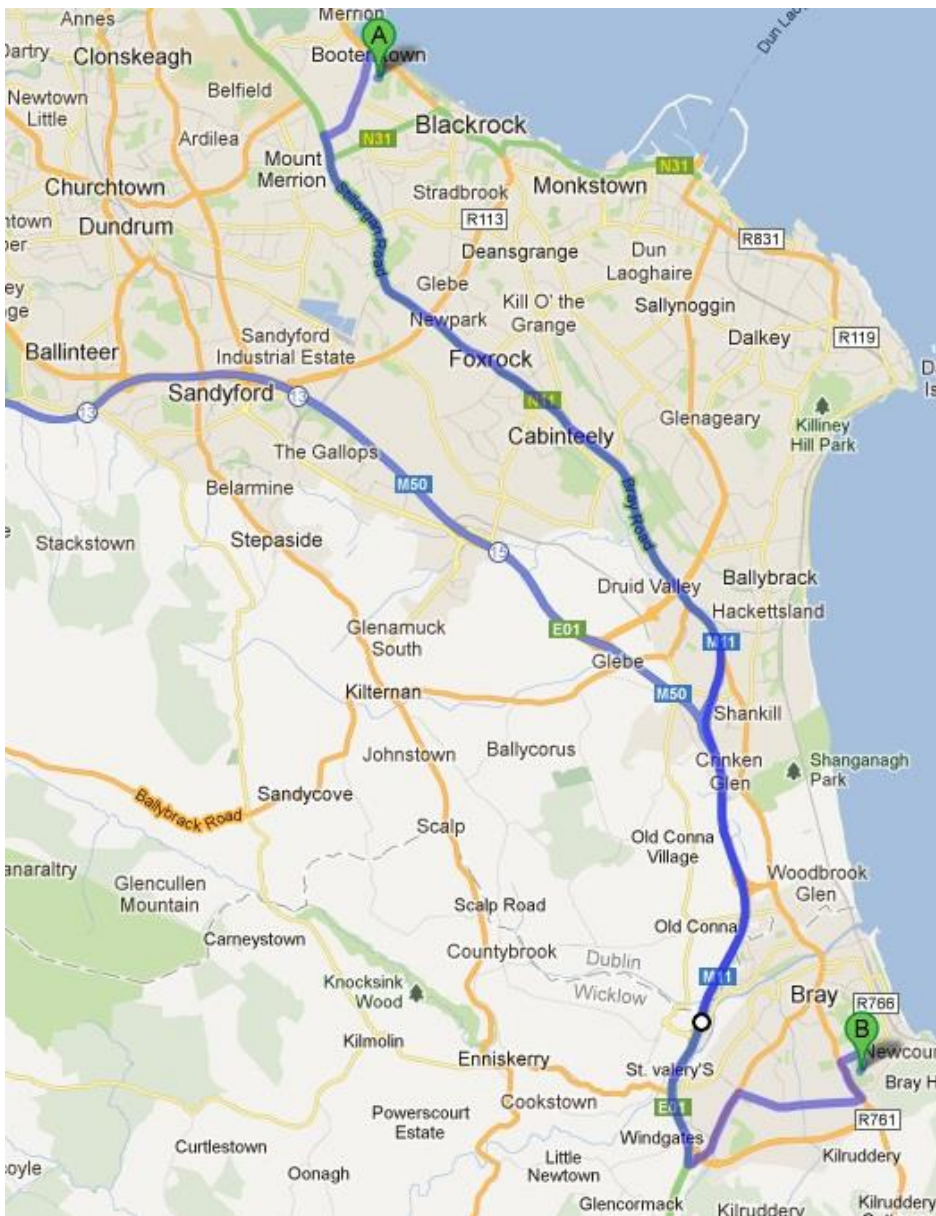
**At the roundabout, take the 2<sup>nd</sup> exit onto Killarney Road (R767) travel for 1km**

**Turn right onto Boghall /Road – travel to the end**

**Turn left onto Vevay Road and travel for 500m**

**Turn right onto Putland Road and travel for approx. 250m**

**Pres Bray will be on your right.**



## ***Sea Point Rugby Club***

Churchview Raod  
Killiney

**From Willow Park, exit out via Blackrock College and through the back gate**

**Make your way up Mount Merrion Ave.**

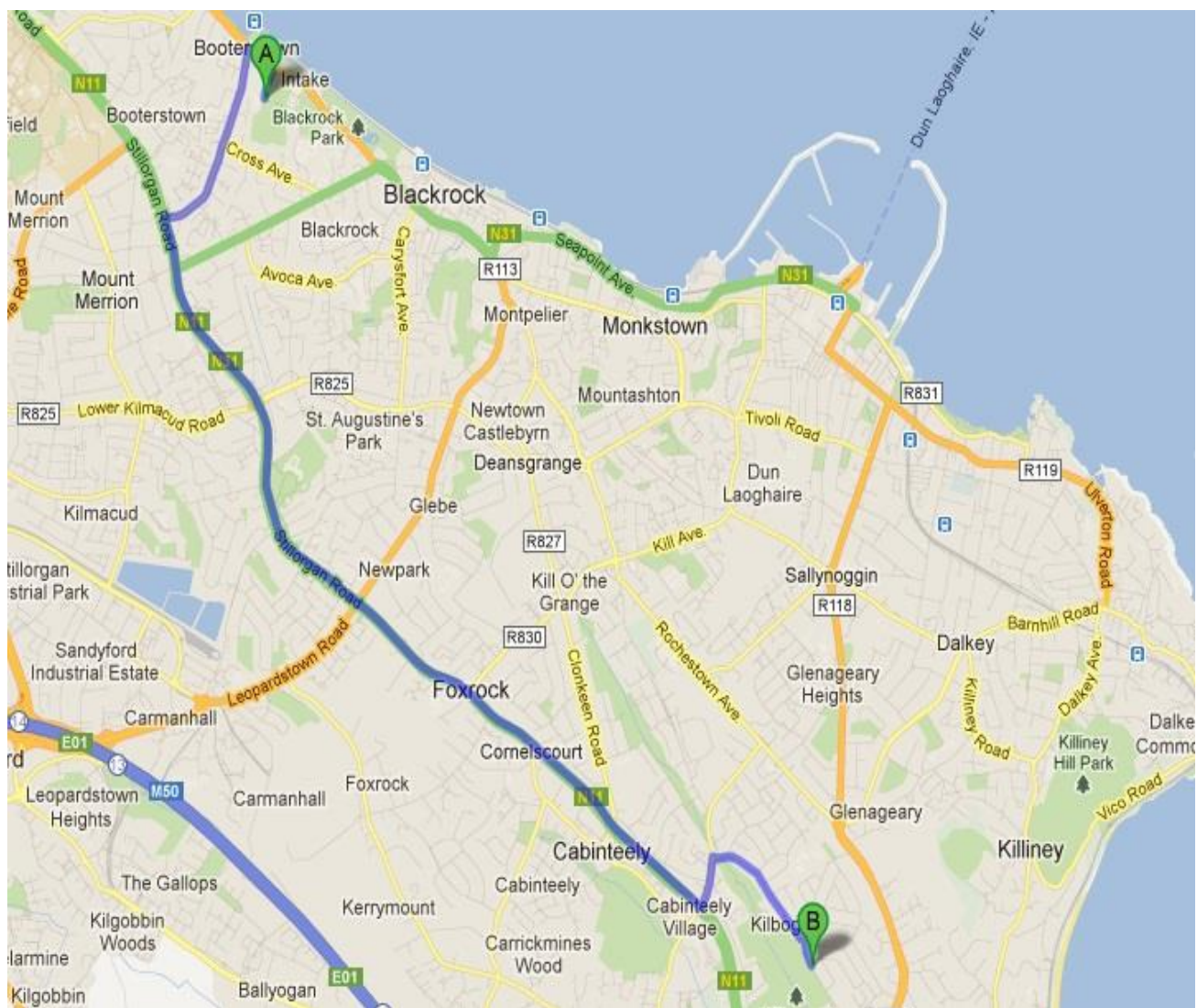
**At top of Mount Merrion Ave, turn left on to the N11**

**Continue on the N11 – travel for approx. 5.5km**

**Turn left onto Johnstown Road (The cross roads after the Cornelscourt crossroads)**

**Take the 3<sup>rd</sup> right onto Granville Road and travel to the T junction**

**Turn right onto Churchview Road and SeaPoint Rugby club is on your immediate right.**





## ***Terenure College***

Terenure,  
Dublin

**From Willow Park exit out via Blackrock College and through the back gate  
Make your way to the N11 (Stillorgan dual carriage way) via Bootersown Ave or Mount Merrion Ave.**

**Turn right onto the N11 and travel towards Dublin city for 500m**

**Turn left onto Foster's Ave and continue onto Mount Anville Road for 1.2km**

**Go Across Goatstown Road and drive onto Taney Road this continues  
onto Churchtown Road Upper, Braemor Road and Dodder Road (approx. 4km)**

**Turn Right onto Rathfarnham Road – travel for 650m**

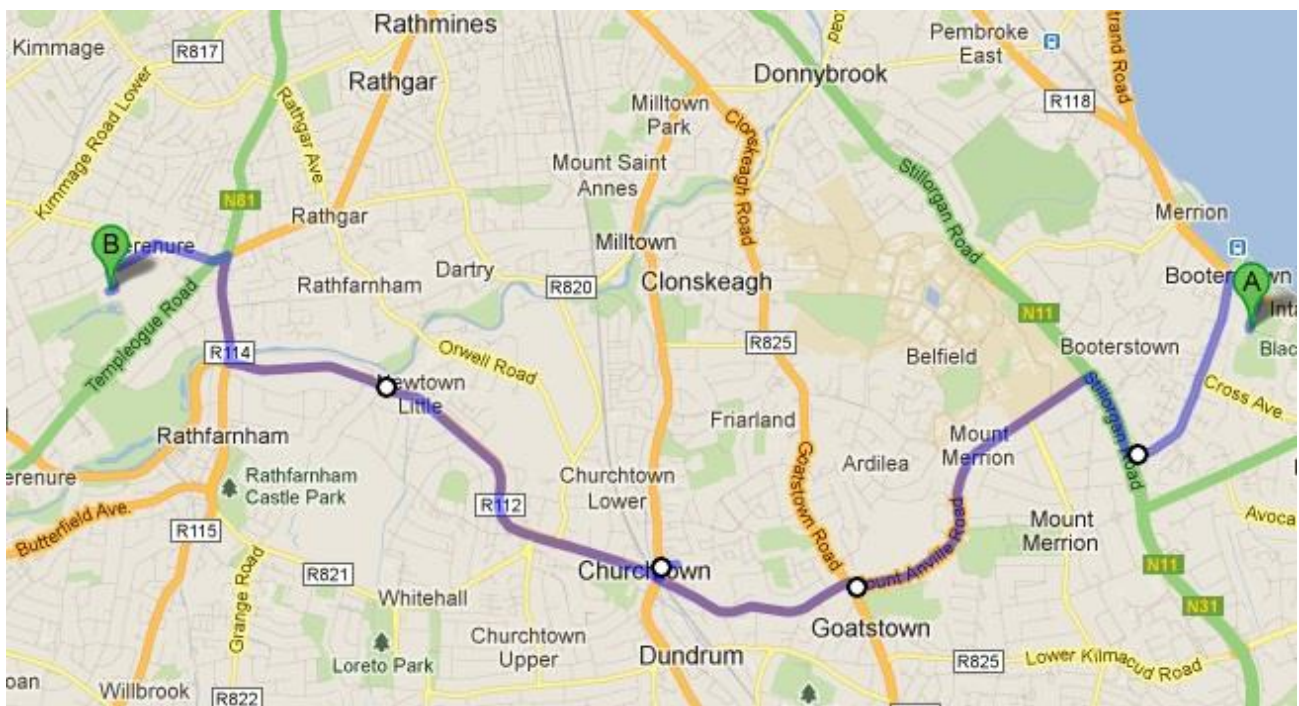
**Turn left onto Terenure Road North (N81) for 75m**

**Veer right onto Terenure Road West for 350m**

**Turn left onto Greenlea Road**

**Take the 1<sup>st</sup> left onto Greenlea Grove**

**Terenure College will be on your left**



## Final Note & Whistle!

*Dear Parent(s) / Guardian(s),*

*During my time in Willow Park, I have received superb support from parents for both academic and sporting issues. I have been amazed by the assistance I have received as travelling teams came to Willow and food and beverages were supplied and served by parents. I would like to express my gratitude for this support - and I look forward to fostering a similar positive relationship this year.*

*The boys' participation and enjoyment is our main goal for sport in Willow Park Junior School. As in the classroom, the boys will learn most effectively in a positive environment - with the lessons pitched at an appropriate level which matches their ability.*

*Teachers, coaches and parents must work together to foster this positive environment and thus provide the boys with a safe, comfortable and fun 'sporting experience' in Willow.*

*Kind regards,*

*Rory Crinion.*







“All you have to do is keep yourself  
open and generous to the Spirit of life...”

Francis Lebermann C.S.Sp.