



Ryton Youth Rugby

General information

About the club

Ryton RFC, which was founded in 1880, is based at Barmoor on the main road from Ryton to Crawcrook. There are four pitches and a clubhouse with changing rooms, baths and showers as well as a bar.

The club fields up to three Senior teams; the first team plays in Durham and Northumberland Division 2. Subject to numbers, Ryton Youth Rugby (the Youth Division of Ryton RFC) provides training and matches for age groups from Under 8 to Under 19 (Colts). It is a members only club, providing a safe environment for young people.

Playing the game

Young players are coached in accordance with the RFU's 'Continuum' for Rugby Union Football. This is based largely on proven methods of teaching rugby to youngsters used extensively in schools and clubs in New Zealand since the 1970s. By introducing the principles of rugby in stages, according to age, they have ensured that the game provides maximum enjoyment with minimum contact.

After learning basic ball handling skills, players are introduced progressively to tackling, scrums, line-outs, and to kicking. By the age of 13, they effectively play the full 15-a-side version with duration reduced accordingly.

Children play in mixed teams up to, and including, the Under 12 age group. After that, boys and girls are required to play separately. Unfortunately, we do not yet have a Women's Rugby Section at Ryton but girls can move on to Gateshead District Girls Rugby Club (which is based at Ryton RFC).

Membership

Annual subscriptions for members up to 19 years are £6.50 for the 2003/2004 season. Players are also asked to register with the RFU so they can compete in County Cup competitions, but this does not have to be repeated annually: four passport size photos are needed.

Age groups

The groups we use for rugby are based on the players age at the start of the season. They correspond to school year groups as follows:

Under 8	Year 3
Under 9	Year 4
Under 10	Year 5
Under 11	Year 6
Under 12	Year 7
Under 13	Year 8
Under 14	Year 9
Under 15	Year 10
Under 16	Year 11

The continuum

Mini rugby			Midi rugby		15-a-side
U8	U9	U10	U11	U12	U13 upwards
7-a-side Size 3 ball Pass backwards Free pass restart at: Kick off Infringement Ball in touch Knock on Touch tackle only No scrum No line-out No kicking No hand off Uncontested scrum introduced in second half of season	9-a-side (3 forwards, 6 backs) Size 3 ball Free pass restart at: Kick off Infringement Ball in touch Tackling introduced progressively Uncontested scrum (3 players each side) No line-out No kicking No hand off	9-a-side (3 forwards, 6 backs) Size 4 ball Free pass restart at: Kick off Infringement Contested scrum (3 players each side) Contested line-out (2 players each side) No lifting No quick throw in No kicking No hand off	12-a-side (5 forwards, 7 backs) Size 4 ball Contested scrum (5 players each side) Contested line-out (2, 3 or 4 players) No lifting No quick throw in Controlled kicking (i.e. no fly kicking) Conversion after try Restart with drop kick No hand off	12-a-side (5 forwards, 7 backs) Size 4 ball Contested scrum (5 players each side) Contested line-out (2, 3 or 4 players) No lifting Quick throw in OK Controlled kicking (i.e. no fly kicking) Conversion after try Restart with drop kick No hand off	Laws of the 15-a-side game apply but with flexibility on numbers and duration Size 4 ball up to U14 Size 5 U15 upwards Hand off now legal

Colts (U19)

A Colt is a player who is under 19 at the start of the season. Colts train on Tuesday and Thursday evenings and play most matches on Saturdays.

Minis and Juniors (U8 to U17)

Training for Minis (U8 to U12) and Juniors (U13 to U17) takes place from 10.00 to 12.30 approx each Sunday throughout the season (except match days). Additionally, some Juniors may train on a weekday evening, depending on availability of coaches. The season is from 1st Sept to 30th Apr. Rugby 'festivals' may take place after the end of the season.

Matches are also played on Sunday mornings. Start time remains at 10.00 for home matches but players may be asked to arrive earlier for away fixtures. Fixture lists are given to members each year and also displayed in the clubhouse and on the club's web site: <http://www.rytonrfc.co.uk>.

Plunge baths and showers are available after training and home matches but we cannot guarantee their availability when we visit other clubs. Refreshments are provided free of charge.

Rugby development within schools

Ryton Youth Rugby may be able to assist with rugby development within your school, depending on availability of coaches. In some cases assistance with coaching can be provided in or after school hours. Pitches may also be available during or after school hours. From time to time, we hold coaching and refereeing courses at our club. Any teacher wishing to coach rugby at school is welcome to attend these courses.

Parents' involvement

The club welcomes any parents who want to become involved. There are many ways in which you can help: a lot goes on behind the scenes, not just coaching. In any event, we need as many parents as possible to cheer the players on match days.

Social events

Of course, it's not just rugby. Discos, Christmas parties, and so on are held from time to time for young members. The clubs facilities are also available for parents to enjoy.

Club kit

Club colours are royal blue shirts and socks with white shorts. We provide shirts on match days but players are required to supply their own shorts and socks which are available from the club shop at competitive prices.

You will also need a pair of boots **with rugby studs** as well as warm clothing for training. Gum shields and shin pads are recommended.

The need for warm clothing cannot be stressed too highly. The wind can be bitterly cold in mid-winter and rugby training ceases to be enjoyable if you get cold. Several layers, including a knitted sweater, covered by a track suit is ideal. (You can always remove a layer if you get too hot.) Thick socks (or two pairs) and suitable gloves can also help.

All clothing should have your child's name on it.

Bus services

The following bus services run to Ryton hub, which is alongside Ryton RFC:

610, 622, 612, 613, 606, 638, M26

Further information

For more information about any aspect of youth rugby at Ryton RFC, please contact:

Colts:	Richard Ward	0191 413 7607
Juniors:	Richard Ward	0191 413 7607
Minis:	Paul Tyrie	0191 413 3545
Schools:	Tom Knott	01207 544716
Welfare:	Tom Knott	01207 544716

Ryton Youth Rugby: Objectives

1. To promote the sport of Rugby Union by actively involving as many players and helpers as possible and liaising closely with local schools and clubs.
2. To teach the skills of the game to beginners, and to help more experienced players reach their full potential, while ensuring that this is done with maximum safety and security.
3. To maintain an integrated coaching structure which ensures that teams in every age group from U8 to U19 are coached and play games on a regular basis.
4. To foster ideals of fairness, honesty, responsibility and commitment through team membership.
5. To provide senior and former players with an opportunity to continue their involvement in the sport by passing on their skills to up and coming players.
6. To contribute to the ongoing success of Ryton Rugby Club by providing a source of skilful and motivated players for future senior teams.