



WITH YOU

Newsletter of the West Coast Rugby Conference: Women's Collegiate D2 Rugby

August 2016 Volume 2, Issue 1

West Coast Conference Adopts Split Season

During the annual general membership meeting of the West Coast Conference, the governing board of directors voted to expand the competitive season to a split season. Considerations including increased time between matches to allow recovery time, avoiding matches or playoffs during spring breaks, creating a safer environment for rookies to develop by increasing training sessions between conference matches, and reducing the impact of weather for travel to snow bound areas. Concerns voiced included starting too early in the fall semester with games in September and conflicts with scheduling for teams that are on an academic quarter system. The Board also adopted a new Cup & Plate competition format, which will allow for four conference teams to compete for hardware and honors in the upcoming season. The 2016—2017 competitive season will begin October 1st.

Competition Format 2016—2015

The format uses three rounds of competition. The eight conference teams have been randomly assigned into a 'Red' or 'Blue' pool. Each team plays one game with each other team in their pool. The top two teams from Red and Blue by CMS standings will go into the Cup pool while the bottom two teams from each pool go into the Plate pool for Round Two. The top two teams from the Cup round go to the Cup Final; the top two teams from the Plate round go to the Plate final. The winners of the final two playoff games will be the West Coast Rugby Conference Cup or Plate Champions.

The Cup Champion will move forward into the USA Rugby post-season as the Conference DII representative. In the event that USA Rugby has a re-prize of last year's Division III regional championship, any teams that qualify as a Division III team will be ranked based upon standings and the top ranked team will have the opportunity to represent the conference in the Division III.

Any team interested in hosting the Division III regional championship should contact Rich Cortez at USA Rugby.

The Conference follows the well established "super league" style for points, a system used throughout the rugby world and USA Rugby for over a decade.

Win = 4 points
Tie/Draw = 2 points
Loss = 0 points
Bonus for 4 or more tries = 1 point
Bonus for losing by 7 or less points = 1 point

Example results and subsequent league points:

0-0 'complete' (not forfeit): 2 points to each team
0-0 'forfeit': 5 points to winning team; -1 point to forfeiting team
28-0 (4 converted tries) 'complete': 5 points to winning team; 0 points to losing/forfeiting team
28-0 (4 converted tries) 'forfeit': 5 points to winning team; -1 point to losing/forfeiting team
15-0 (3 unconverted tries) 'complete': 4 points to winning team; 0 points to losing/forfeiting team

Inside this issue:

- ◆ **Conference Policies**
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- ◆ **Red / Yellow Card Policy**
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- ◆ **Season Schedule**

Conference Policies and Procedures

The conference operates by trust and cooperation. We also, in the words of a former President, “Trust but verify.” Match documents provide the verification and when needed email is sent to the Head Coach asking for clarification. Documents uploaded to the Competition Management System are reviewed for inconsistencies or errors. Policies are in place to ensure a fair and level playing field for all.

Coaches, team captains, and club admin officers are reminded to ensure all players are properly registered with USA Rugby, that Law 3 regarding substitutions is understood by all coaches, captains and players, and match documents are correctly completed and uploaded to CMS in a timely manner. Teams were cited last season for:

- ♦ Playing an unregistered player
- ♦ Entering players not on the roster into a match
- ♦ Illegal substitution for competitive gain
- ♦ Discrepancy between match documents and the official Competition Management System record
- ♦ Substitution record irregularities
- ♦ Home team refusing to submit match documents



Of Note: Yellow / Red Card Issued in a Match

Policy 2016—06: Disciplinary Actions—Match Related dictates conference policy in event a player is sanctioned with a yellow or red card in a conference match.

The bottom line is that a Red Card for a Law 10.4 violation earns the player a 7 day/one match suspension (whatever is longer) from any rugby, world wide. No rugby during the suspension period of any type.

Three yellow cards in a 12 month period, counted from the date of the first yellow card, results in the third yellow being treated as if it was a red card. This means, two yellows in March 2016, then a yellow in February 2017—that third yellow will be treated as a red card.

Exception to Mandatory Suspension: If a player receives a red card in a match for repeat technical violations (e.g. offside, hands-in-ruck) that are not violent or dangerous, then the red card will not result in suspension. However, if any of the offenses that gave rise to the red card included a yellow card for an offense of a violent or dangerous nature, then the red card will result in a one scheduled match/7 day suspension.

When a red or yellow card is issued by the referee, the referee must also generate a incident report. For a Northern California Rugby Referee Society assigned referee, their report generates a notification to the conference automatically. A database of offenders is maintained by the conference secretary. If a non-NCRRS assigned referee officiates because the assigned referee failed to show or none was assigned, then a conference incident report must be sent in with the other match documents.

The Breakdown

[Visit The Breakdown for more!](#)

as of 8/18/2016

Conference Fall Pools

Fresno State

- ⇒ Home and Away team Match Trackers complete USA Rugby Running Score & Player Movement / Substitution forms during match.
- ⇒ Home Tracker completes match update using CMS. Home Tracker sends a copy of the signed forms, from both teams, as a scanned document via email within 24 hours of the match. (WestCoastWomensRugby@gmail.com)
- ⇒ Commissioner verifies all submitted information against CMS, then locks match.

Split Schedule FAQs

1. How were the random pools generated? *Via an online, sports team randomizer.*
2. What other criteria were considered when organizing the Red and Blue pools? *The main consideration was Reno weather. Reno will have all games at home in the first round. All Reno games in the second round will be away. This reduces likelihood of teams traveling to Reno when snow is expected. For this same reason, the Blue pool starts their games earlier than the Red pool. Santa Clara University and UC Santa Cruz are on the quarter system and start school almost a month later than the other teams. For this reason, UCSC and SCU were placed into the same first round pool, to facilitate a later schedule for fall matches.*
3. Why does the Red pool have it's first game October 1st, and the Blue pool October 22nd? *Blue includes two schools that run on the quarter system. UCSC and SCU both start the term a month later than the other schools in the pool. Reno has unpredictable weather, Red pool starts earlier to avoid weather in the later fall.*
4. Can teams reschedule games? *Yes, teams can reschedule a game in their pool, as long as it falls within the timeframe of the round. Fall = September 1—December 12, 2016. Spring Round 2 = January 6—February 25, 2017. Both teams must agree to the change of date/venue, and the conference Commissioner must approve the change.*
5. Why does the spring round end so early, at the end of February? *Teams complained last year that they didn't like having games that fell during, right before, or right after spring break. This year, academic break periods were considered. The schedule avoids all spring break periods for regular competition.*
6. When are playoffs? *Conference Cup / Plate championship games are Saturday, March 11, 2017.*
7. When are USA Rugby post season dates? *USA Rugby post season begins the first weekend in April with events every two weeks until the National Championship weekend in May.*
8. How did this several round format come to be considered? *The format was devised based upon a player submitted European model, then tweaked to fit the preferred number of games the majority of the conference board wanted to play during the season. The Board also wanted to adopt the Cup and Plate model, allowing for two levels of competition within the conference.*
9. What happened to Division II and Division III? *All teams are in USA Rugby Division II this year. Three teams, SCU, SMC, and CSUMB, qualify as DIII teams under the undergraduate enrollment criteria set last season. We don't know if USA Rugby will continue this DIII criteria. Until USA Rugby settles on their divisional definitions, it made more sense to avoid DIII until that is worked out. If USA Rugby asks for DIII teams from this conference, this will be revisited then.*
10. When are the first games of round one? *Reno home v. Sac on October 1st. USF home v. CSUMB on October 8th.*

Recruiting Tips

You are the best recruitment tool your team has.

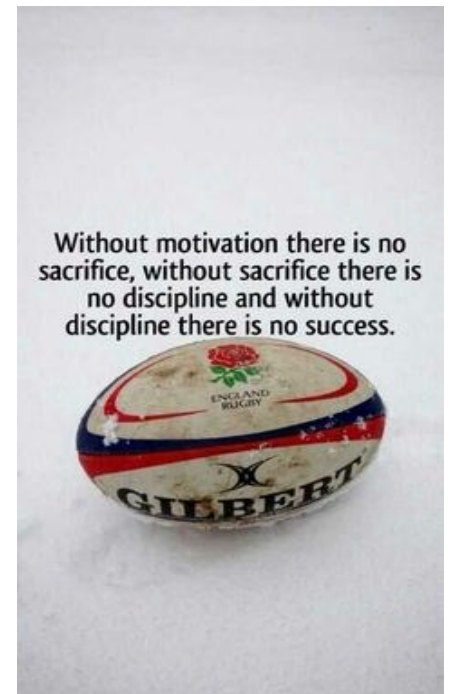
As a player, you choose to experience Rugby, so it is up to you to share why you play and other aspects of your experience as a member and part of the team. Talk with friends, classmates, and even the random strangers you find yourself talking with occasionally.

Remember this is an athletic opportunity for every recruit – hundreds of people would make great rugby players if they only knew about the game!

Coming out for rugby is an opportunity they have to choose to do, and it is OK if it is not their first choice of activities.

Some ways to go about recruiting—

- ♦ **Wear rugby gear.** Rugby apparel is a brand in itself that people recognize. Use that as an icebreaker for conversation about rugby.
- ♦ **Recruit in pairs.** Talking to strangers when advocating a product (rugby) can be intimidating, so go with a teammate.
- ♦ **Target athletes.** Cross over athletes are a value added recruit! They arrive already fit, with foundation skills rugby can build upon.
- ♦ **Hand out flyers.** Hand out flyers to everyone that detail where and when is team training, reasons to come out, and the pay-back that being part of the rugby program will give. People who might not be able to talk with you can read all the details later.
- ♦ **Team Jersey Day.** Select one day a week to wear the team jersey, tee-shirt, or training top. This helps create visibility of the team and can start conversations.
- ♦ **Carry a rugby ball everywhere.** It's a conversation starter, and has player benefits too!



Select XV Pumas

The Select program will hold two fall trainings, one in September, and one in October with intent to enter the Scrum by the Sea fall tournament in November. This would be the Select's first competition.

Coaches may nominate players for consideration, or players may self-nominate, to attend the Fall trainings and receive consideration for inclusion into the player pool. New players will be evaluated for selection onto the select senior, U20 or developmental squads, joining the 30 players currently in

the Select XV player pool.



Puma Select XV Player Pool

The following 30 players currently make up the player pool for the West Coast Rugby Conference Select XV program. Players in the player pool will be considered for the Select competitive teams. There are three Select teams: Senior Select XV, Under 20 Select XV, and Select Developmental.

All players in the player pool are considered for selection to the Senior Select XV pool. Only players that are under 20 years old are eligible for the U20 Select XV pool. Players that have demonstrated potential but have a specific area that needs improvement (fitness, attitude, core skills) would be assigned into the Select Developmental pool with the intent that the player's performance will improve sufficiently for promotion to one or both of the Select XV teams.

Any collegiate women's player in Northern California/Nevada is eligible to try out for the Select



Player Pool. The Senior Select and U20 Select rosters will cap at 23 players and 7 alternates for a total roster of 30 for each team. The U20 Select XV is restricted to D2/West Coast Conference players only while the Senior Select includes all Divisional levels of collegiate players in the region.

Team coaches may recommend or individual players may request, an invite to attend Fall training sessions but must attend both Fall sessions for consideration into the Select Player Pool.

Current Select Player Pool

| | | |
|--------------------------------------|--------------------|-------------------|
| Alyssa Arace | Jenna Balestra | Nikki Wheeler |
| Anita Agopyan-Miu | Jessica Williamson | Rachel Darvas |
| Brittany Weidner | Katherine Whiting | Samantha Arnez |
| Cady Riley | Kaydee Valliere | Samantha Koegel |
| Catriona Clohessy | Kristina Tomelloso | Stephanie Rosales |
| Clarissa Sparks | Mallory Waldeck | Stephanie Rovetti |
| Courtney Rouse | Mariela Murillo | Sydney Abel |
| Emiliana Lacandazon | Megan Shalvis | Sydney Beyma |
| Faye Epenisa | Megan Walls | Thao Huynh |
| Fe'ofa'aki 'A-kakau 'Epenisa-Carlsen | Moriah Halteman | Tyler Malcolm |

RESOURCES

[USA RUGBY PUBLIC ROSTERS](#)

[USA RUGBY COLLEGE RESOURCES](#)

[THE RUGBY REPUBLIC—BLOG & INFORMATION](#)

[THE BREAKDOWN— COVERING WOMEN'S RUGBY](#)

[YOUR SCRUMHALF CONNECTION-BLOG & INFO](#)

[U.S. WOMEN'S RUGBY FOUNDATION](#)

[ALLIANCE OF WOMEN COACHES](#)

[SCRUMQUEENS-ONLINE HOME OF WOMEN'S RUGBY](#)

[VARSITY RUGBY](#)

[AMERICAN PRO RUGBY TRAINING CENTER](#)

[LIFE WEST RUGBY](#)

2016—2017 Key Events

Conference Key Dates:

- 1 October 2016: Conference Competition begins
- 3 December 2016: Conference Pool Play ends
- 28 January 2017: Conference Cup/Plate Round begins
- 25 February 2017: Conference Cup/Plate Round ends
- 11 March 2017: Conference Championships

Select XV Key Dates:

- Fall Training: 24 or 25 September 2016 (TBD)
- Fall Training: 29 October 2016
- Competition: 11—13 November 2016

USA Rugby Key Dates:

- 13—15 January 2017: Development Summit
- 8—9 April 2017: Round of 16/Quarterfinals
- 22—23 2017: Final Four
- 6 May 2017: National Championships

Contact Us

West Coast Rugby Conference

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Facebook Group: West Coast Rugby Conference

Volunteer Opportunities Abound!

Commissioner: Vicki Hudson

Communication Secretary: Alena Porte

www.WestCoastRugby.org

On You Tube

2016 [Collegiate 7s National Championships](#)

2016 [Olympic Rugby Sevens Recap](#)

Got a video link you want to share? Send your suggested videos to the newsletter editor at:

WestCoastWomensRugby@gmail.com

New Rates for 2016!

Newsletter Advertising

Raise funds for the conference and your team.

Anyone can sell advertising for the newsletter. Teams receive 50% of funds collected back for their use. (Individuals selling ads are volunteers, receiving no compensation.) Fifty percent of what is collected goes towards conference use. Ad rates are as follows and assume the ad is digital copy ready:

Newsletter ad rates per issue:

Full inside back page: \$500 Full outside back page: \$550
Half inside back page: \$350 Half outside back page: \$375
Quarter inside back page: \$200 Quarter outside back page: \$250
Business card size inside back page: \$100
Business card inside newsletter: \$50
One line of text: placed at bottom of page, inside of newsletter: \$25

All payments by check made out to West Coast Rugby Conference.

Upon deposit clearing and ad copy received, a check for 50% will be mailed back to the team that brought in the advertiser.

For 2016, funds collected are earmarked to off-set post season and select side costs including staff and team travel costs.

Ad copy can be sent in hi-res to: WestCoastWomensRugby@gmail.com.

Checks with cover letter from submitting team (so we know who to return 50% raised back to) should be mailed to: West Cost Rugby Conference Newsletter, PO Box 94, Hayward, CA 94543.

Newsletter publishes 4—6 issues per year.

Digitally delivered to all Conference members - players, coaches, admins, and volunteers as well as friends of the Conference; approximately 400 people who are free to forward the newsletter anywhere.

The West Coast Conference is a volunteer staffed, community organization dedicated to raising awareness about collegiate rugby, creating opportunities for players and teams to perform at the highest level and growing the game of rugby in our communities.

First Aid for Coaches through the American Red Cross, [Online](#), 50 Bucks. Know what to look for and what to do.

"WELL-BEHAVED WOMEN SELDOM MAKE HISTORY"

- Laurel Thatcher Ulrich



Training: _____

Location: _____

- ✧ No experience necessary.
- ✧ No cuts – everyone gets to play.
- ✧ Accepting team, welcomes new players, no cliques.
- ✧ Take up a new sport and rise to the top fast! (All-American and National Teams, 7s and 15s).
- ✧ Workout clothes & running or cross training shoes fine to start

Contact info

Team

- ✧ Close bonds, build friendships for life.
- ✧ Opportunities to compete in a league.
- ✧ Potential to travel around the country and even other nations.
- ✧ Always have friends at school and after.
- ✧ Most fun you have ever had!

Rugby Life Hacks:

- ✧ Challenges you mentally and physically – **Hack #1:** Gain grace & skill under pressure
- ✧ Keeps you fit – **Hack #2:** Skip the Freshman 15; Gain/maintain healthy BMI
- ✧ Has a place for athletes of all sizes – **Hack #3:** Skills not appearance earn you respect
- ✧ Same rules & same equipment – **Hack #4:** Equality in action
- ✧ Is a full-contact, evasion sport – **Hack #5:** Confidence and belief, positive self-esteem
- ✧ A unique international sporting culture and experience – **Hack #6:** Diversity = Strength
- ✧ Makes you part of something larger than yourself – ultimate team experience (pass backwards to go forwards). **Hack #7:** Every contribution matters

**Rugby is a cool game and players take great pride in sharing it with others.
Give us a Try!**

