

Rugby NorCal Membership Update

January 7th, 2021

Return to Play:

Rugby NorCal has officially postponed all youth and high school rugby competitions until the Spring. Currently we plan to resume contact practices on or around March 20th, 2021 followed by competitions for all ages boys & girls. This date may change due to state and county restrictions.

In counties under the Regional Stay at Home Order, **the only permitted activities are conditioning and practice** if conducted outside and at least six feet of physical distancing can be maintained, regardless of the county's tier status. Individuals are strongly encouraged to **limit their sport activities to their own households in counties under the Regional Stay at Home Order.**

Travel outside of California for competition is not allowed, several multistate & multi-jurisdictional outbreaks have been reported in CA residents and around the nation.

A comprehensive return to play meeting with updated information is planned for early February. This meeting will be for all clubs to obtain the latest information and better prepare for the return of youth rugby. Zoom details TBA.

Registration:

The test registrations group continues to work through issues with the new system. The next registration update is scheduled for January 14th. Please contact Rugby NorCal to participate in the test registrations group.

Clubs are required to submit COVID Prevention & Practice Plans to Rugby NorCal before registration.

2021 RUGBY NORCAL CALENDAR

	Youth Rugby	HS Rugby	
5-Dec	Stay At Home Order	Stay At Home Order	Stay At Home Order: Clubs are required to follow state & county orders/guidelines.
12-Dec			
19-Dec			
26-Dec			
2-Jan			
9-Jan			
16-Jan	Non-Contact Practices	Non-Contact Practices	Non-Contact Practices: Non-contact practices that comply with county guidelines and USA Rugby guidelines are allowed. Rugby NorCal offers a training membership that can be upgraded when matches are allowed. Clubs are required to submit COVID Prevention & Practice Plans to Rugby NorCal before registration.
23-Jan			
30-Jan			
6-Feb			
13-Feb			
20-Feb			
27-Feb			
6-Mar			
13-Mar			Practices Start: Practices must start at least 4 weeks before the first match. Players must upgrade to full membership to play in matches.
20-Mar	Practices Start	Practices Start	
27-Mar			
3-Apr			
10-Apr			Competitions: May include full contact tackle, modified tackle, or touch/flag rugby variations depending on what is allowed. TBD.
17-Apr	Week 1	Week 1	
24-Apr	Week 2	Week 2	
1-May	Week 3	Week 3	
8-May	Week 4	Week 4	
15-May	Week 5	Week 5	
22-May	Week 6	Week 6	
29-May	Week 7	Week 7	
5-Jun	Week 8	Week 8	

UPDATED 1/7/2021

Table: Youth and Adult Recreational Sports* Permitted by Current Tier of County

Widespread Tier (Purple)	Substantial Tier (Red)	Moderate Tier (Orange)	Minimal Tier (Yellow)
1†	2†	3†	4†
<p>Outdoor low-contact sports</p> <ul style="list-style-type: none"> • Archery • Badminton • Biking • Bocce • Corn hole • Cross country • Dance (no contact) • Disc golf • Golf • Ice and roller skating (no contact) • Lawn bowling • Martial arts (no contact) • Physical training programs (e.g., yoga, Zumba, Tai chi) • Pickleball (singles) • Rowing/crew (with 1 person) • Running • Shuffleboard • Skeet shooting • Skiing and snowboarding • Snowshoeing • Swimming and diving • Tennis • Track and field • Walking and hiking 	<p>Outdoor moderate-contact sports</p> <ul style="list-style-type: none"> • Baseball • Cheerleading • Dodgeball • Field hockey • Gymnastics • Kickball • Lacrosse (girls/women) • Pickleball (doubles) • Softball 	<p>Outdoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Football • Ice hockey • Lacrosse (boys/men) • Rugby • Rowing/crew (with 2 or more people) • Soccer • Volleyball • Water polo <p>Indoor low-contact sports</p> <ul style="list-style-type: none"> • Badminton • Curling • Dance (no contact) • Gymnastics • Ice skating (individual) • Physical training • Pickleball (singles) • Swimming and diving • Tennis • Track and field • Volleyball 	<p>Indoor moderate-contact sports</p> <ul style="list-style-type: none"> • Cheerleading • Dance (intermittent contact) • Dodgeball • Kickball • Pickleball (doubles) • Racquetball • Squash <p>Indoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Boxing • Ice hockey • Ice skating (pairs) • Martial arts • Roller derby • Soccer • Water polo • Wrestling

*This Table is not exhaustive, but provides examples of sports with different levels of contact so that the level of risk and appropriate Tier can be assessed for other sports.

†All sports permitted in lower tiers, are also permitted in higher tiers.