



**2023 PROVINCIAL
REGIONAL CHAMPIONSHIPS
PRE-TOURNAMENT PACKAGE
JULY 7-9, 2023
GERALD MCGAVIN RUGBY CENTRE, UBC**



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Introduction

Welcome all teams to the 2023 Provincial Regional Championships. Inside this tournament pack you will find relevant information in relation to this year’s event.

Competition Purpose

The purpose of the Provincial Regional Championships (PRCs) is to foster the growth of competitive Rugby throughout British Columbia while also serving as the selection process for representative teams. The Championships aim to provide stage appropriate competition to motivate, challenge and inspire young players, as well as Coaches and Officials.

At different ages, both Provincial Teams and the PRCs serve different purposes reflecting the stage of Long-Term Athlete Development each Age-Grade is generally at.





2023 Championship Divisions

The following Age-Grade divisions will be open for team declarations:

Boys

Division	Birth Years	Purpose of Competition	LTAD Stage	Maximum Squad Size	Game Length	Half Time Length	Max Playing Time Per Day
U14 (13s)	2009-2010	Participation & Development	Learn to Train	22	30mins (15mins per half)	5mins	80mins
U16	2007-2008	Development	Train to Train	26	40mins (20mins per half)	5mins	90mins
U18	2005-2006	Development & Competitive	Train to Train	26	40mins (20mins per half)	5mins	90mins

Girls

Division	Birth Years	Purpose of Competition	LTAD Stage	Maximum Squad Size	Game Length	Half Time Length	Max Playing Time Per Day
U14 (13s)	2009-2010	Participation & Development	Learn to Train	22	30mins (15mins per half)	5mins	80mins
U16	2007-2008	Development	Train to Train	26	40mins (20mins per half)	5mins	90mins
U18	2005-2006	Development & Competitive	Train to Train	26	40mins (20mins per half)	5mins	90mins





Important, please note as per Rugby Canada's Age-Grade Law Variations total match play per day for tournament is to be capped as follows

- U14 80mins per day
- U16 & U18 90mins per day

[Rugby Canada's Age-Grade Law Variations](#) will be used for this event.

Per the Age-Grade Law Variations U14s will play with Size 4 balls while all other Age-Grades will play with Size 5.

Schedule Outline

U14 Teams

- 1 Day of Skills Development and Tourney preparation
- 2 Days of Competitive Matches

U16 & U18 Divisions

- 3 Days of Competitive Matches

Teams can anticipate games and skills training beginning as early as 9am on Friday July 7.

Team Entry & Travel Bursaries

Teams will be charged the following fees

- U14 teams will be charged \$325 due to playing 13-a-side
- U16 & U18 teams will be charged a \$400 entry fee

Travel bursaries for regions travelling across the Georgia Strait or from east of Hope shall receive \$500 for each U16 & U18 Team and \$350 for each U14 Team.





Player Exemption Requests

For all Player Exemption requests, [please fill out this form](#) and email it to aburley@bcrugby.com with "BC Rugby Player Exemption Request" in the subject line. *Play down exemptions will only be considered for teams lacking enough players to meet squad size and therefore not prohibiting the selection of another regional player in that age-band. Players given exemptions to play down cannot be considered for Provincial Team selection, as no over-age players are permitted to play for BC at National and Regional competitions.

Key Deadlines & Timelines

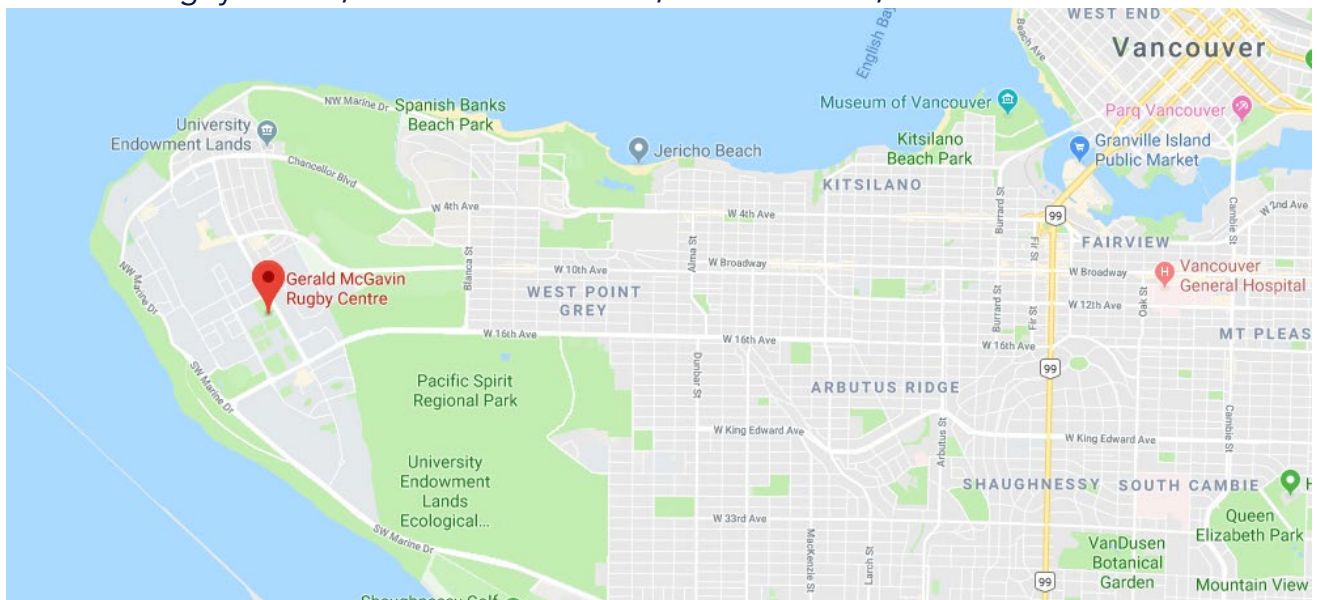
June 2	Deadline for Age-Grade exemptions to be submitted
June 6	Accommodation to be booked at UBC
June 9	Team Declaration Deadline
June 16	Team Rosters uploaded onto Sportlomo deadline
June 16	Team Fees Due
June 30	Final Schedule Circulated





Venue Details

The 2023 Provincial Regional Championships are taking place at: UBC's Gerald McGavin Rugby Centre, 2765 Wesbrook Mall, Vancouver BC, V6T 2A1



Accommodation and Meals at UBC Student Residences

Rooms are being held at the **Totem Park Original Houses** Residences for Teams. A package rate is being offered that will include a three-night stay and three breakfasts, three lunches and three dinners for **\$264 + taxes per person**. Rates will be held until **June 6, 2023**.

- Thursday, July 6 – Check-in: Dinner
- Friday, July 7 – Breakfast, Lunch and Dinner
- Saturday, July 8 – Breakfast, Lunch and Dinner
- Sunday, July 9 – Check-out: Breakfast and Lunch

To book accommodation please complete the link [here](#). All specialty requests and dietary restrictions must be requested at the time of completing this.

2015 Main Street
Vancouver, British Columbia V5T 0J8
T: 604.737.3065 E: info@bcrugby.com

BC Rugby gratefully acknowledges that its offices reside on the traditional and unceded territory of the Coast Salish Peoples, including the territories of the xʷməθkʷəy̓əm (**Musqueam**), Skwxwú7mesh (**Squamish**), Stó:lō and Səlilwətaʔ/Səlilwítlh (**Tsleil-Waututh**) Nations.





If your team is interested in staying for only two nights or would like to only book a meal package, or if you have questions about your stay, please contact UBC Accommodations directly:

Amluk Mann | Sales Administration Manager, Conferences & Accommodation at UBC
Phone: 604 822 1052, Email: amluk.mann@ubc.ca

Coach and Manager Certifications

Teams should be aware that all Coaches and Managers are required to have completed the following online courses:

- [World Rugby - Concussion Management for the General Public](#)
- [World Rugby – Rugby Ready Course](#)

All coaches and managers must be registered in Sportlomo under the relevant categories and associated with their Regional Union.

Funding Opportunities

Teams should be aware of funding opportunities available:

- BC Ferries Sport Experience Program - Through the BC Ferries Sport Experience Program, BC Ferries and viaSport provide travel support to eligible not-for-profit sport organizations and athletes. For more information visit [here](#).

The following funding grants are available for individual players:

- Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) RISE Grants will support ALL Children and Youth in and out of Care, who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. For more information visit [here](#).

