



# 2023 PROVINCIAL REGIONAL CHAMPIONSHIPS TOURNAMENT PACKAGE

July 7-9, 2023  
Gerald McGavin Rugby Centre, UBC

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2015 Main Street  
Vancouver, British Columbia V5T 0J8  
T: 604.737.3065 E: [info@bcrugby.com](mailto: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 xʷməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), Stó:lō and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.*





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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.

Should you have any questions on the day of the event that aren't addressed by this pack, please come to the tournament operations base, located at the Gerald McGavin Rugby Pavilion.

The tournament will be covered on BC Rugby's social media platforms and matches on field two will be available on live stream. Please refer to <https://bcrugby.com/competitions-2/2023-prcs/#event-schedule> for a link to the live stream and media links.

## Pre-Tournament Conference Call

A Pre-Tournament Conference Call for coaches and managers will be held **Wednesday June 28** at 7.00pm (PT). All coaches and managers are encouraged to attend the call via the link here:

<https://us02web.zoom.us/j/89510254444?pwd=Um16VzFFUTV0TUFZQ1A3UVpGckNTZz09>

## 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.





## Event Details

**Location** - UBC's Gerald McGavin Rugby Centre, 2765 Wesbrook Mall, Vancouver BC, V6T 2A1

**Event Dates** – Friday July 7 – Sunday July 9

Entry to this event is free. There will be food trucks, drinks, and concessions available on site. Payments can be made in cash or card. There is no ATM available on site.

BC Rugby will also have a text service for important updates throughout the weekend. To register for texts please text **PRCS2023** to **672-802-0246**. This is a free service for you to register for.

## Schedule Details

Below are the teams and competition formats for each division. Schedules may be prone to last minute changes. See <https://bcrugby.com/competitions-2/2023-prcs/#event-schedule> and the BC Rugby website and BC Rugby App for the most up to date schedules including current timing. Download the app here on [Google](#) or on [Apple](#).

The schedule for this weekend is very tight with games, so we ask all teams to assist us in staying on time by being ready to take the field 5 minutes prior to kickoff. If teams are not on field play will begin without you.

Important, please note total match play per day is per [Rugby Canada's Age Grade Law Variations](#).

## Warm-up Areas

Designated warm-up areas are located on the map. For all days warm-ups will take place at the Dhillon Oval.



**IMPORTANT** – Please watch out for those using the track surrounding Dhillon Oval throughout the weekend.

Please note the following:

- No contact is to take place on warm-up fields **at any time**.
- This is a shared space for all teams, so please be mindful regarding warm up times and proximity to other teams.

## Results

### BC Rugby Rules of Competition:

This event is governed by the [BC Rugby Age-Grade Rules of Competition](#).

### Scores:

Match scores will be posted on the BC Rugby website and BC Rugby App once reported by the referee of the game. Download the app here on [Google](#) or on [Apple](#).

## Livestream

Games on Field 2 will be live streamed over the course of the tournament. Please refer to <https://bcrugby.com/competitions-2/2023-prcs/#event-schedule> for a link to the live stream and media links.

## Tournament Rules

### Team Registration:

Teams must check in upon arriving for the first day of competition at the Registration Table located in the Gerald McGavin Rugby Pavilion to collect their match ball that will be used for all games.



## Team Rosters:

Team rosters must be submitted in Sportlomo prior to each game. To assist the Rep Team Coaches who will be making selections over the weekend, please ensure that game sheet numbers match the jersey numbers of the players.

Below is a list of details on each of the various teams and game formats.

### 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

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

### Player Eligibility:

All players must be registered in order to play in the tournament. The team roster that you submit for the tournament is the roster that you will play with for the remainder of the tournament.

### Age Grade Exemptions:

Be aware of the permitted age of athletes in each age-bracket and when an Age-Grade exemption is needed. All Age-Grade exemptions will have been communicated prior to the event.

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.

### Coin Toss:

In order to save time and avoid distraction from game preparation the first team listed will kick-off from the North (grandstand) end of each field.



## Law Variations

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

## Discipline Policy

A player sent off due to receiving a Red Card will not play again during the same day. It will be at the discretion of the Tournament Discipline Committee to exclude them from playing on the next day.

A yellow card will result in the player being excluded from the pitch

- 5 minutes in a 30 min game with player replaced to allow for equal numbers at U14s

3 yellow cards at any stage for one player in the competition means that the player must appear in front of the Tournament Discipline Committee (player and manager will be notified). There will be no citing commissioner at the event. Match Officials are responsible for reporting any foul play.

## Key Rules of Competition (Excerpt)

### Rule 5.10 Point Tabulation:

Rule 5.10 (a) Competitions of Fifteens, Twelves or Tens Rugby – Team standings shall be determined by the total number of Match points earned by a Team in regular season. The allocation of Match points shall be as follows:

- Four points for a win.
- Two points for a draw.
- A defaulted Match shall count as five points and recorded as a 20-0 score, as if the non-defaulting Team scored four non-converted tries. The defaulting Team shall lose four points in the league standings.
- In the event of uncontrollable circumstances that prevents a Match from being Played within regular season, final standings of that Competition will be determined on all participating Teams' Points Ratio.





- v. In the event of a final score having a Point Differential greater than 50 points, the winning team will have their final score reduced to equal exactly 50 points greater than the losing team's final score.

### **Rule 6.1 Tie-Breaking in Team Standings:**

Rule 6.1 (a) - Two-way Ties at end of Round Robin: In the case of two Teams tied at the end of all pool Matches, the final standings of the two Teams shall be determined by considering in order of the factors below:

- i. The aggregate score of the Matches Played between the two Teams;
- ii. The most wins in the pool;
- iii. The Points Differential in Pool Play;
- iv. Most tries scored in Pool Play;
- v. The toss of a coin by the Chair of the Committee or Tournament Director.

Rule 6.1 (b) - Three-way Ties at end of Round Robin: In the case of a three-way tie at the end of regular season or all pool Matches, the final standings shall be determined by considering the factors, in order, below. If any of the steps results in a two-way tie, then the rules for breaking a two-way tie shall be applied. When Points Differential is used, the Team with the highest point differential will be considered the winner. If seeding is still required for the remaining two Teams, then this will revert to two-way tie breaking rules.

- i. The most wins between the Teams;
- ii. The most wins in Pool Play;
- iii. The Points Differential in Pool Play between the Teams involved in the three-way tie;
- iv. The Points Differential in league or pool play if all Teams tied Played all their Matches;
- v. The toss of a coin by the Chair of the Committee or Tournament Director.

### **Rule 6.2 Tie-Breaking in Playoff Matches**

If the score is tied at the end of regulation time of a Playoff Match, then the tie shall be broken by the following procedures:



- a. First to score during a maximum of two five-minute halves of overtime shall be Played.
- b. If the score remains tied, the winner shall be determined by considering in order of the factors below:
  - i. The team with the most tries scored during the playoff match;
  - ii. The team with the most converted tries scored during the playoff match;
  - iii. The team with the most penalty goals during the playoff match;
  - iv. The team with the most drop goals during the playoff match;
  - v. The team that scored first during the playoff match;
  - vi. The toss of a coin organised by the Match Official.

## Award Presentations

Award presentations will take place 5 minutes after each final match on Sunday behind the Gerald McGavin UBC Rugby Centre.

## Medical Information

BC Rugby Medical Staff will be present all weekend (see venue field map). BC Rugby Staff will only step onto the field for an injury if called upon by a Coach, Referee or Therapist. Therapists will be wearing Red Pinnies to identify themselves.

Players may receive assessments or injury management from the Medical Staff at the tent at any time. If players wish to receive taping it is at a cost and at the availability of the Therapists. Please speak to the therapists directly regarding this.

BC Rugby's number one priority is player safety and adheres to World Rugby's policy of 'Recognise and Remove' when dealing with concussions or suspected concussions.

**Any player suspected or suffering from concussion should be immediately removed from competition and report to BC Rugby Medical Staff for evaluation.** Not reporting



injury symptoms to avoid medical evaluation significantly increases the risk prolonging recovery and long-term effects.

Alternatively, players can be directed to Urgent Care at UBC for evaluation and treatment from a physician for any injury. Please provide documentation to medical tent for completion of the incident and witness report forms.

## 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.

## Emergency Action Plan

Gerald McGavin UBC Rugby Centre, 2765 Wesbrook Mall, Vancouver, V6T 2A1

Fields Lord, Buck, Wolfson and Woods, Labelled Fields 1-4

Information	Details
Charge Person:	Monique Charbonneau (Sat & Sun Only): 778-389-7073 Kim Hawker: 250-514-1519
Call Person:	Appointed BC Rugby Therapist
Events Emergency Coordinator:	Sam Crawford: 778-653-1621
Emergency Services Protocol	- Limit scene to First Aid providers and move by-standers and players away from the area



	<ul style="list-style-type: none"> <li>- When calling Emergency Services, provide name and title or position, current address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested.</li> <li>- Contact First Aid providers through the Events Emergency Coordinator</li> </ul>
<b>Directions to Gerald McGavin UBC Rugby Centre from Nearest Major Intersections:</b>	<p><b><u>From University Blvd/Wesbrook Mall intersection:</u></b></p> <ul style="list-style-type: none"> <li>- Head South on Wesbrook Mall</li> <li>- Turn Right (West) on Wesbrook Mall after Thunderbird Boulevard.</li> <li>- Gerald McGavin Centre will be on left hand side</li> <li>- Call Person will meet ambulance at Gerald McGavin Centre</li> </ul> <p><b><u>From 16th Ave./Wesbrook Mall intersection:</u></b></p> <ul style="list-style-type: none"> <li>- Head West on 16th Ave.</li> <li>- Turn Right onto East Mall and head North</li> <li>- Turn Right onto Thunderbird Boulevard and head east</li> <li>- Turn Right into Carpark (approx. 130 m from Gate 9)</li> <li>- Head Straight towards fields</li> <li>- Call Person will meet ambulance at carpark entrance</li> </ul>
<b>Ambulance Access #1:</b>	<p><b>Via Osbourne Complex/Tennis Centre parking lot</b></p> <ul style="list-style-type: none"> <li>- Heading East on Thunderbird Blvd past East Mall</li> <li>- Turn Right (South) into parking lot between Osbourne Centre and Tennis Centre</li> <li>- Keep going straight to fields</li> <li>- Call Person will be there to lead ambulance to playing field</li> </ul>
<b>Alternate Ambulance #2 Directions to Stadium from</b>	<p><b>Via Old Rugby Pavilion East Mall</b></p> <ul style="list-style-type: none"> <li>- Head West on 16th Ave.</li> </ul>



<b>Nearest Major Intersections:</b>	<ul style="list-style-type: none"> <li>- Turn Right onto East Mall and head North</li> <li>- Approx. 500m Turn Right into Old Rugby Pavilion Parking</li> </ul>
<b>Location of Physician:</b>	At Emergency facility listed below
<b>Location of Phone and/or Cellular Phone #:</b>	Cell phone with Call Person
<b>EMS Dispatch #:</b>	911
<b>AED Location:</b>	An AED can be found inside the public washroom at the Old Rugby Pavilion.
<b>Security Dispatch #:</b>	UBC Campus Security 604-822-2222 Contact after 911 to inform of emergency situation on campus after EAP has been activated
<b>Location of Nearest Emergency Facility:</b>	<u>UBC Hospital</u> : 604-822-7121, 2211 Wesbrook Mall <u>BC Children's Hospital</u> : 604-875-2345, 4500 Oak St <u>Vancouver General Hospital</u> : 604-875-4111, 855 W12th Avenue
<b>Assembly Point for Lightning or Severe Weather:</b>	Take shelter immediately in any surrounding building or metal-roofed vehicle. Stay inside for 30 minutes after the last rumble of thunder is heard.
<b>Muster Point:</b>	In the events of a mass emergency such as an earthquake, the assembly point for all staff and attendees is clear of all structures and trees at the northwest corner of Field #2.
<b>Website to Check Wait Times at all Care Facilities:</b>	Emergency Department Wait Times <a href="http://www.edwaittimes.ca/WaitTimes.aspx">http://www.edwaittimes.ca/WaitTimes.aspx</a>
<b>BC Rugby COVID-19 Safety Manager</b>	<ul style="list-style-type: none"> <li>- Sam Crawford</li> <li>- <a href="mailto:covidsafety@bcrugby.com">covidsafety@bcrugby.com</a></li> <li>- Phone: 778-653-1621</li> </ul>

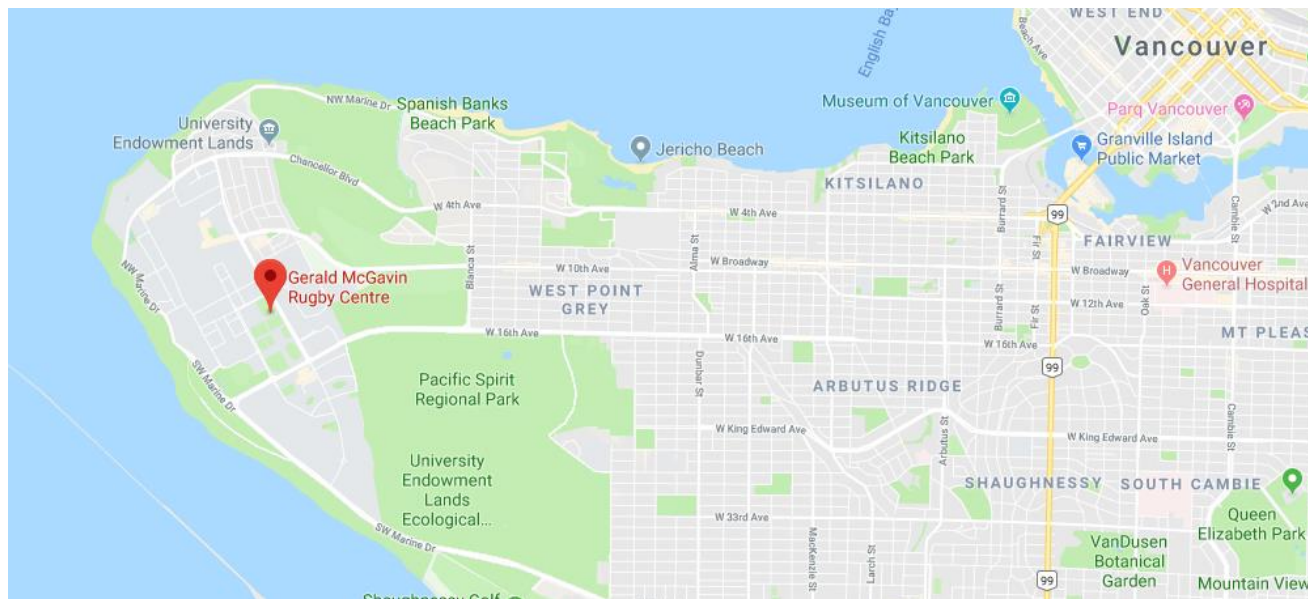
Gerald McGavin UBC Rugby Centre - 2765 Wesbrook Mall, Vancouver, BC V6T 2A1  
Fields Lord, Buck, Wolfson and Woods, Labelled Fields 1-4



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### Parking:

Thunderbird Parkade: 6085 Thunderbird Blvd, Vancouver, BC V6T 2A1

#### Rates:

- Daytime – 6am-6pm - \$2.00 for half hour – Max \$20
- Evenings & Weekends- \$2.00 for half hour - Max \$10

Osborne Lot: 6108 Thunderbird Boulevard

Rates: \$4.00/hr Max. 4hrs

### Changerooms:

No teams have allocated changerrooms for the weekend. With the high number of players in attendance we ask all teams to change prior to arriving at the fields.

### Bathrooms:

There are port-a-potties located on the South Side between Fields 2&3 and behind the Gerald McGavin Rugby Centre. There are also bathrooms located inside the

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National Soccer Development Centre (NSDC) Building. Bathrooms located inside the new Pavilion are for staff and volunteers only. Cleats can be worn in bathrooms.

### The Rugby Shop Merchandise Stall:

Our friends from The Rugby Shop will have a tent set up on site, where you can buy awesome BC Rugby merchandise - including t-shirts and hats! Make sure you grab a BC Rugby tshirt or hoodie from The Rugby Shop stall.

### Blonyx

BC Rugby's Official Sports Nutrition partners, [Blonyx](#), will be on site for PRCs. Come refuel and stay hydrated while learning more about the latest Blonyx products to help fuel your athletic ambition.

### Restricted Access:

The central channel between Fields 1 and 2 is off limits to everyone except match officials and BC Rugby staff. Please move around the outside of the fields at all times.

### Spectators:

We want you to get a great view of the action all weekend, but be aware that Assistant Referees will be running up and down the touchlines during match play. Please respect them and give them space to do their job. Please stand at least 2 meter back from the touchline at all times.

### Team Tent Zone:

Team tents can be located around the outside of the fields and we ask that tents are a minimum of 5metres back from the field.

### Food & Water

Food Trucks - The following food trucks will be onsite

- Friday July 7
  - [The Coffee Box](#) - 8:30am-2:30pm

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- [Indish Foods Inc](#) – 10:30am-5pm
- [Pretty Good Sandwiches](#) - 10:30am-5pm
- [Burgerholic](#) - 10:30am-5pm
- Saturday July 8
  - [The Brownie Bakers](#) - 8:30am-2:30pm
  - [Namaste Food Lovers](#) – 10:30am-5pm
  - [Planted Love](#) – 10:30am-5pm
  - [Taco'N'Todo](#) – 10:30am-5pm
- Sunday July 9
  - [Lilac Pastry](#) - 8:30am-2:30pm
  - [Shameless Buns](#) - 10:30am-5pm
  - [G's Donairs](#) – 10:30am-5pm
  - [Lucha Libre](#) – 10:30am-5pm

#### Water:

Please bring your reusable water bottle for the weekend and fill it up at the water station behind the Gerald McGavin Rugby Centre.

**Fieldhouse Café** – Located in the NSDC building, you will find hot items for purchase here.

**Wesbrook Village** – Located just 10 minutes away with a variety of restaurant and food options!

**Team Meals** – Teams staying at Totem Park residence will be able to have meals during their allocated time slots. These time slots are as follows

- Breakfast: 6:30AM – 9:30AM
- Lunch: 11:00AM – 1:30PM
- Dinner: 5:00PM – 7PM

If teams cannot make these times, please connect with the UBC Accommodation team.



## Water:

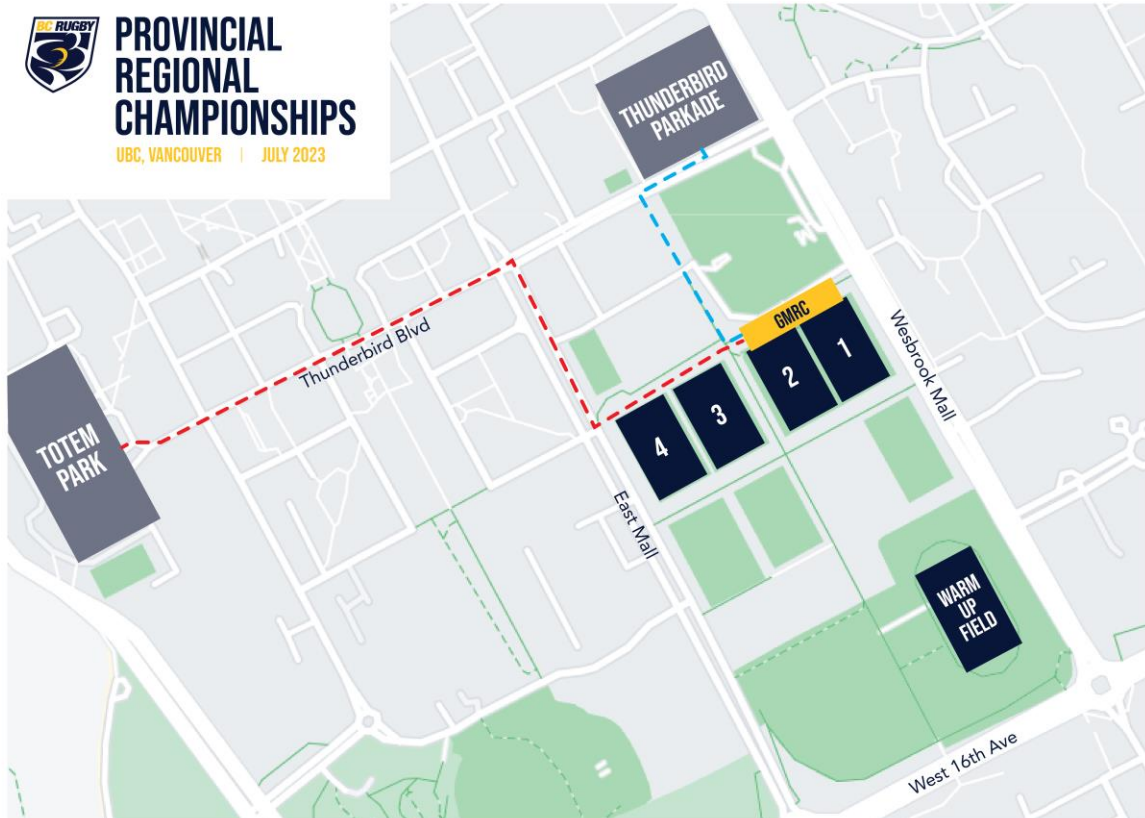
Help us in cutting down the use of plastic water bottles! Please bring your reusable water bottle for the weekend and fill it up at the water station located behind the New Pavilion or at any other water source onsite (changerooms/washrooms).

## Venue Maps – Field





## Venue Maps – UBC Area



### GERALD MCGAVIN RUGBY CENTRE

The Gerald McGavin Rugby Centre is the host site of the PRCs.

Facilities on-site include washrooms, change areas, a medical area and water stations.

### MATCH FIELDS & WARM UP FIELD

The four fields in use for the PRCs are Buck (1), Lord (2), Wolfson (3) and Ken Woods (4).

The Warm Up Field is the central field of the Dhillon Track & Field Oval.

### ACCOMMODATION & PARKING

Totem Park Student Residence will be the accommodation for all Teams.

The primary parkade is a 12 min walk from Totem Park and 5 min walk to the Fields, located at Thunderbird Blvd and Wesbrook Mall.

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## Referee Information

Match Officials from throughout the province will be appointed by BC Rugby. They will be working with Coaches of Match Officials to ensure that feedback serves player welfare, the development of the game and the development of Match Officials long term. Any questions or concerns can be directed to BC Rugby's Officials Development Manager Chris Assmus at [cassmus@bcrugby.com](mailto:cassmus@bcrugby.com)

