



**2024 PROVINCIAL REGIONAL CHAMPIONSHIPS  
PRE-TOURNAMENT PACKAGE  
JULY 5-7, 2024  
GERALD MCGAVIN RUGBY CENTRE, UBC**



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## Introduction

Welcome all teams to the 2024 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.





## 2024 Championship Divisions

### Boys

Division	Birth Years	Purpose of Competition	LTAD Stage	Minimum Squad Size	Maximum Squad Size	Game Length	Half Time Length	Max Playing Time Per Day
U14 (13s)	2010-2011	Participation & Development	Learn to Train	20	24	30mins (15mins per half)	5mins	80mins
U16	2008-2009	Development	Train to Train	22	26	40mins (20mins per half)	5mins	90mins
U18	2006-2007	Development & Competitive	Train to Train	22	26	40mins (20mins per half)	5mins	90mins

### Girls

Division	Birth Years	Purpose of Competition	LTAD Stage	Minimum Squad Size	Maximum Squad Size	Game Length	Half Time Length	Max Playing Time Per Day
U14 (13s)	2010-2011	Participation & Development	Learn to Train	20	24	30mins (15mins per half)	5mins	80mins
U16	2008-2009	Development	Train to Train	22	26	40mins (20mins per half)	5mins	90mins
U18	2006-2007	Development & Competitive	Train to Train	22	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





## Law Variations

Rugby Canada's Age-Grade Law Variations will be used for this event with the following modifications

- U14 Divisions
  - No substitutions prior to half time unless for injury with a maximum of 11 substitutions
  - No player who has left the field can re-enter
  - Each Player must start at least one game
  - Drop kick restarts
  - Scoring zones will be applied with no conversions required
  - Uncontested scrums (no hook)
  - Each team must have 5 players and a receiver in the lineout. Jumping permitted but no lifting. No lineout-maul.
  - Must play with Size 4 Ball
- U16 & U18 Divisions
  - Play with Size 5 Ball
- All Divisions
  - No exemptions for playing up or down will be considered for regions with sufficient registration of eligible athletes to not require them.
  - Each player must start at least one game.

## 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 5.**





## Team Entry & Travel Bursaries

Teams will be charged the following fees

- U14 teams will be charged \$350 due to playing 13-a-side
- U16 & U18 teams will be charged a \$425 entry fee

Travel bursaries for regions travelling across the Georgia Straight or from east of Hope shall receive \$500 for each U16 & U18 Team and \$400 for each U14 Team.

Regions will be limited to 2 teams per division.

## Player Exemption Requests

For all Player Exemption requests, [please fill out this form](#) and email it to [aburley@bcrugby.com](mailto:aburley@bcrugby.com) with "BC Rugby Player Exemption Request" in the subject line. No exemptions for playing up or down will be considered for regions with sufficient registration of eligible athletes to not require them. 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

<b>May 31</b>	Deadline for Age-Grade exemptions to be submitted
<b>June 4</b>	Accommodation to be booked at UBC
<b>June 7</b>	Team Declaration Deadline
<b>June 14</b>	Team Rosters uploaded onto Sportlomo deadline
<b>June 14</b>	Team Fees Due
<b>June 26</b>	Final Schedule Circulated
<b>June 26</b>	Pre-Event Call





## Venue Details

The 2024 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 **\$272.40 + taxes per person**. Rates will be held until **June 4, 2024**.

- Thursday, July 4 - Check-in: Dinner
- Friday, July 5 - Breakfast, Lunch and Dinner
- Saturday, July 6 - Breakfast, Lunch and Dinner
- Sunday, July 7 - 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.

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](mailto:amluk.mann@ubc.ca)

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 xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), Stó:lō and səliwətaʔ/Seliwitulh (Tsleil-Waututh) Nations.





## 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. All Coaches and Managers will be asked to submit their Concussion Management and Rugby Ready Certificates of Completion.

## 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](#).

