

Stirling University Rugby Football Club
Safety Regulations



This is a rugged game in which the player learns to take hard knocks without complaint. Nevertheless, certain sensible precautions should be taken:

1. Facilities

- a) The ground should be clear of stones, glass, etc. It can become unsuitable due to adverse weather conditions, particularly during frost when the turf is often too hard for play.
- b) Goal posts should be padded. Corner-flag posts should be round and light enough to 'give' under the impact of a player. They should be not less than 5ft high and have a non-pointed top.
- c) First aid facilities should be nearby and should include at least a telephone, stretcher and adequate first aid kit.

2. Players' Dress

- a) A player must not wear dangerous projections - buckles, rings, etc. Shoulder pads are prohibited unless the referee is satisfied that a player requires protection following injury and that the protective pad is not of hard material. Any studs on the boots must be of rubber, aluminium or an approved plastic and must be circular, securely fastened and the dimensions contained in the Laws of the Game (available from the R.F.U.) must be rigidly adhered to. The referee has full power to decide before, or during the game, that any part of a player's dress including boots, and projections thereon, is dangerous and in that case must order such player to remove the same and not allow him to take further part in the match until after such removal.

4. Approach

- a) Good coaching and a gradual introduction to the game is essential. There should be especial emphasis on correct tackling and scrummaging. It is illegal and also dangerous play for a front row to form some distance from opponents and rush against them or to wilfully collapse a scrum.

5. Referee

- a) Firm and fair interpretation of the laws will go far to eliminate dangerous play. Although the laws of the game are designed

to reduce danger as far as possible and 'tone' of the game reflects the ability of the referee in his interpretation of them. To summarise - his responsibilities include:

- i) Safe and suitable ground conditions.
- ii) Vigilance as to appropriate clothing and footwear.
- iii) The maintenance of discipline and control through the correct interpretation and application of the laws of the game.

6. Personal Protection

- a) Gum should not be chewed when training or playing.
- b) All players are strongly advised to have a protective course of tetanus injections.
- c) Swimming trunks, or the like, should be used instead of a genital protector ('jock-strap') because the latter affords no protection and can produce crotch infections and inflammations. (For men's rugby only)
- d) All players are strongly advised to wear a mouthguard during practice sessions and matches. Great care must be taken to make sure they fit correctly.