



Guide for New Team Start Up and New Coaches

You have agreed to become a new rugby coach and/or start a new rugby team; now what? Where should you start? What should you do? What new responsibilities do you have? This guide should set you in the right direction. Please remember that this is going to be a learning experience, being prepared will help make the job a little easier.

Complete the New Team Registration Form on line at *(skip this step if already completed)*

https://docs.google.com/forms/d/1NoRtH900dOpKs_R5ThbTuPvVxVTBE9JG7R413NJkK-U/viewform One of our staff members will contact you to get you started.

Register with USA Rugby

After your registration has been completed and confirmed by Rugby Ohio, you will need to register with USA Rugby (register under the “coach” or “administrator” category). This \$65 registration (should be reimbursed by club) and will start the qualification process to coach youth rugby; it includes accidental injury insurance, liability insurance, level 100 coaching course, online coach resources, and cost of the background check. Go to www.USARugby.org to register.

What type of training does Rugby Ohio offer?

Rugby Ohio policy states that every contact team must have at least one USA Rugby Level 200 certified coach at all practices and matches. Additionally, all coaches must be a minimum Level 200 Certified coach when coaching any contact team.

USA Rugby has 4 levels of coach certification. Rugby Ohio requires that all coaches register with USA Rugby and complete the Level 100 certification process. The program helps guarantee player safety and wellbeing while providing valuable information regarding rugby instruction. Level 100 is offered completely online and instructions for completing the course are provided after a coach registers for membership with USA Rugby.

The Level 100 “Player Protection Package” requires coaches to complete the NFHS Concussion course as well as the USOC SafeSport course. These courses provide coaches with a basic understanding of various incidences common in youth sport and how to handle them. The Level 100 will also require you to submit a background check. Only failing background checks will be reported. If you do not receive a notice from USA Rugby about your background check then you have passed the requirements.

The Level 200 coaching course will be offered at a minimum of twice per season through Rugby Ohio. The new coaching structure focuses on coaching the right thing at the right time with the best interest of the players at hand. The level 200 courses consist of a required prerequisite online session and a 1-day in person workshop. The shift in theory in the new course gets coaches on the field with ample opportunity to put into practice their coaching style and technical application.



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Members USA Rugby, International Rugby Board & the US Olympic Committee



What does Rugby Ohio offer to help you get started?

Rugby Ohio believes in supporting our coaches and teams to help them succeed and grow.

Each coach committed to coach a youth rugby team will be reimbursed \$110 for their cost of taking and completing required Level 200 coaching course. Once you have completed the required course, simply submit a copy of your certification and a check will be sent to you for cost of the course.

Each new high school team will be supported by a grant of a minimum of \$500 to \$1000 for new team start-up. Amount is based on the number of new teams starting in a given season.

To apply for grant money a new team must meet the following criteria:

1. Have a Level 200 Coach (s) Registered with the team
2. Have a minimum of 15 players registered and paid
3. Submit a short letter to Rugby Ohio outlining how monies will be used and show a plan for at least (1) fundraiser to help support your team.

Each new team, youth as well as high school, will also receive a free starter kit from our Rugby Partner, World Rugby Shop and access to Elite pricing for gear from World Rugby Shop. The starter kit includes:

- a. (5) WRS Balls
- b. (1) Ball Pump
- c. (1) Ball Bag
- d. (15) WRS Training Vests
- e. (30) Cones
- f. (1) Kicking Tee

We look forward to helping you develop your team and get you started. For more information contact

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