



CAMBRIDGE UNIVERSITY AND DISTRICT RUGBY REFEREES' SOCIETY

CONTACT

KEEPING YOU IN TOUCH

RWC 2015 - THE LEGACY

SEPTEMBER 2015

INSIDE THIS ISSUE

TO PLAY OR NOT TO PLAY	2
PARENTS—REALISING THEIR DREAMS	3
MAKING IT HAPPEN	4
THREE OF A KIND	4
NEW FACES	4
READY FOR ANYTHING	5
PENCE AND PARTNERSHIPS	6
CAMBRIDGE CONNECTION	7

REMEMBER CORE VALUES

Teamwork
Respect
Enjoyment
Discipline
Sportsmanship

THOUGHT FOR THE MONTH

**Change is the law of life.
And those who look only to
the past or present are
certain to miss the future.**

John F. Kennedy

DATES FOR YOUR DIARY

Tuesday, 13th October 2015
Training Meeting
at Shelford RUFC
7.30 pm
Topic: "You need Hands"
Better Referee Signals
(Pages 190 – 204 of Law Book)

Friday, 15th April 2016
Annual Dinner and Ladies
Night at Christ's College
More details to follow

Visit
CUDRRS website
www.cambsref.co.uk

GOING FOR GROWTH

Economists claim that economic growth has the potential to increase happiness and wellbeing and also improve the quality of life.

Rugby Union is going for growth. Will that bring these same benefits?

Rugby is looking to grow as a consequence of the RFU's legacy programme launched three years ago. It included a £25m investment to help clubs improve aspects such as kit, equipment, club houses, changing rooms, floodlights and all-weather pitches and a commitment to introduce 15,000 people to touch rugby.

There was also an All Schools programme aimed at giving a million children the chance to play rugby, with a target of introducing the sport to 750 secondary state schools by 2019.

Plans for the improvement of facilities, increasing the quantity and quality of coaches, getting more school children to play rugby and encouraging players to return to the game are being implemented as you read.

Rugby World Cup 2015 provides rugby union with a once-in-a-generation opportunity to deliver the greatest participation legacy for the game in this country.

This tournament is the 3rd largest sporting event in the world behind only soccer and the Olympics:

- Soccer World Cup (viewership of 30 billion)
- Summer Olympics (4 billion)
- Rugby World Cup (3 billion)

The Rugby Sevens World Series has reached a record 223 million homes with a global cumulative reach of 556 million.

The 2016 Summer Olympics in Rio de Janeiro marks the debut for Rugby Sevens at the summer games. The news is that Rugby is booming worldwide, in all its forms, with the men and women's versions spreading rapidly into regions that have never before seen the oval-ball game.

Rugby is the fastest growing sport in North America. Nigel Melville, CEO of USA Rugby, said, "Participation in and viewership of rugby has been growing at an accelerating rate in the U.S. in recent years."

All this has implications for the society. Its members should keep abreast of what's happening. They can help **a)** to promote the game to newcomers and **b)** by the quality of their refereeing realise the expectations new players have of Rugby. The society needs to have enough referees to cope with increasing demands. Recruitment is an ongoing necessity.

What is it this Rugby we are trying to sell to more and more people? It is a team sport that delivers significant social and health benefits. It can also be physically demanding and players should be physically and mentally prepared, and understand how to play safely. That goes for referees too.

It is the responsibility of all - players, referees, coaches and parents - to ensure that a positive, safe, enjoyable environment is created where ALL players will be able to reach their fullest potential, and that - whatever form of the game they play - there are training and education materials and equipment available to support everyone in creating that environment.

There is a scramble for growth to put more bums on seats for the professional game. **CONTACT** is mostly concerned with grassroots rugby, the Community Game. More bums in shorts is the aim here. The world of rugby is moving fast towards an unpredictable future. This issue focuses on how **CUDRRS** can manage the pace and scale of change that is surely on its way.

Editor

TO PLAY OR NOT TO PLAY

That is the question being asked as the Professional game continues to get tougher, harder and faster. Injuries to players generate increasing media attention and growing concern by the administrative authorities.

Here are two views relative to the growth of the game.

1. Children should be BANNED from playing rugby at school.

Researchers say one in EIGHT will suffer serious injury on the field
Injuries sustained in rugby can range from bruises to spinal cord damage
Academics say government plans to increase school rugby games is risky
Professor's son suffered horrendous injuries playing the sport aged 14

These headlines appeared in the Daily Mail in April 2015. The article said " Allyson Pollock wants to see an end to tackling and scrums in the game . The Government wants rugby to be played more at school as part of plans to increase competitive sports, to curb rising levels of obesity. But Professor Allyson Pollock, an expert in Public Health at Queen Mary, University of London said these plans were 'extremely worrying.'

The academic – whose son shattered his cheekbone playing rugby at school – said not enough was being done to monitor the number of injuries. Writing in the BMJ, she said the Government had a 'duty to protect children from the risks of injury' as part of a law enshrined by the United Nations.

2. What good does Rugby Really do?

Steve Johnson

Visitors to our website will have noted that Steve Johnson has been asked to use his considerable experience to spearhead a CUDRRS initiative to guide Clubs through the latest mini rugby laws. He writes

A Japanese friend of mine who was presented with the IRB Spirit of Rugby Award in 2013 certainly cites rugby as the best education.

When pressed, we used to list some of the qualities that taking part in rugby can engender among youngsters in particular but also in anyone who joins a team.

So it was with interest that I read that Premier Rugby Limited and 14 professional clubs will design and deliver new character based programmes in primary and secondary schools across the country.

Aviva Tackling Numbers is an innovative and engaging programme for Key Stage 2 children, which makes learning about numbers fun, exciting and rewarding. Delivered by the 12 Premiership Rugby Clubs across England and available online, this rugby themed programme integrates interactive classroom maths sessions with practical, number-based rugby games. Rugby is used to deliver a range of numeracy challenges in a new and exciting way.

Moreover, by using rugby themed content that connects with real life experiences, Aviva Tackling Numbers puts in place foundations for financial literacy in later life. Aviva Tackling Numbers offers a new way to achieve the National Curriculum's maths and Physical Education, citizenship and Personal, Social, Health and Economic Education (PSHE) outcomes.

Building on the core values of teamwork, respect, enjoyment, discipline and sportsmanship, the programme will deliver classroom based and physical activity character building programmes to 17, 250 pupils.

480 16-18 year olds not in education, employment or training (NEET) will also undergo an intensive 33 week training programme including character building activities, qualifications, work experience and employability skills, through a complementary £660,000 programme funded by Rugby and its partners.

The programme will be evaluated and resources made available to all schools

So what is the Games Programme meant to do? What experiences should it provide? What might it have to do with Rugby?

Here are some possibilities which far exceed those my friend and I came up with.

The joy of movement	The fun of being with friends
Opportunity to develop resilience	A sense of personal satisfaction
Learn and apply courage and determination	Team work
Appreciate the value of delayed gratification	Understand the benefit of physical fitness
Understanding the joy of challenge	Excitement Self reliance
The encouragement and support of parents and teachers	A chance to understand how others feel
Memorable moments of magic	The joy of being fit
Opportunity to experience victory and success	Opportunity to succeed
Trying, failing and trying again	Chance to cope with disappointment
The joy of mastering a skill	The impact of coaching
Appropriate level of competition	A boost to self esteem

Note: Referees can contribute to and look forward to an exciting future in which better refereeing will lead to better rugby for even more people.

PARENTS — REALISING THEIR DREAMS

Steve Johnson

This article might not be quite rightly positioned in a rugby referees' newsletter, but I'd like to place it in the realms of understanding the feelings of parents who come to support their rugby-playing children on a regular basis. Most are sensible, and simply want their kids to have the best experience they can. But how about the others; what (if anything) are clubs doing on a proactive basis to engender "good" behaviour from the parents who may have never experienced a rugby environment before?

Can we, and should we, as referees involve ourselves in the process of educating the parents of young sportsmen and women? I think the answer is 'Yes', and would ask that the following be read and considered in order that we can make a realistic contribution.

What do parents want sport to provide for their children? Opportunities to improve through good coaching? To play regularly? To win? These are obvious success criteria for sport. Every day the newspapers and dedicated sports channels carry endless scores, results, league tables and stories based on the mechanism of high performance. Also, where the best players are, and how the best coaches can seek to win more often. Winning is never far from the surface of the very visible public face of high performance – adult sport!

It is not surprising therefore, that parents apply the same criteria to their children's sport. They must be educated to consider a wider interpretation of what constitutes success. Rugby clubs are quick to bemoan parents' obsession with winning, but are often much slower to explain to them what they see as the benefits for children of the sports programmes that they provide.

Competition is only a part of the purpose of sport. There are other aspects, and these could include learning skills and strategies, attitudes, teamwork, personal qualities (courage, persistence, delayed gratification), and above all the joy of being physically active. These aspects depend on inspiring intrinsic motivation in children, valuing sport for the positive feelings it induces – neither an atmosphere of performance orientation nor pressure to win support this aim.

This is not to undervalue competition, but to position it. Commitment to practice, selfless dedication to team goals, dealing with disappointment and the satisfaction of triumph are all outcomes best delivered through competition. These are benefits to parents as well as children.

Clubs must educate parents of the value of commitment, being available to play every week, even when this requires selflessness and sacrifice – not because it is a club requirement, but it is a positive human quality. Doing everything possible to be the best player and team, but recognizing that sometimes the opposition is better – or luckier – and being able to accept this without seeking to blame the referee – or the coach.

It is important to understand that error is an essential part of improvement, and this is an area that I believe we referees can play a pivotal role. Error is inevitable in sport; however the reaction of parents and coaches to error is a matter of choice. It can be a chance to berate children – or it can be a teachable moment; a way of supporting endeavour, and confirming that trying as hard as possible to do the right thing is enough. We as referees can do much by emphasizing how hard the player TRIED to do the right thing within the hearing range of "pushy" parents. Clubs that believe this may also have to be proactive in educating parents to do the same.

Parents have an important role in determining whether their children come to love or hate sport. The education that rugby clubs provide for parents, and the personal example that coaches set for them on the touch line, will determine whether this is achieved or not. Coaches (and referees during the game) shape what children value and enjoy in their experience of sport; they/we can have the same influence on parents. The latter is harder to achieve, but arguably more important.

This is all great and good, but HOW can we go about helping? I'd like some feedback, because I don't want to go down the road of making a set of theoretical suggestions that have no practical application. Should we have a discussion at one of our monthly meetings? Send your suggestions to **CONTACT** and we can collate them? I welcome your suggestions. (Email Steve on sehjohnson@gmail.com)

We as referees have an important role in the development of these qualities, and if we can recognize some of these aims, and enhance the participation of the players with our positive comments and attitudes during the games under our control, we will surely enhance the experience of those with whom we come into contact.

How would we go about that? Conversations on the pitch surely provide a good start; praising the teams for their body positions in the scrums, the way they play the contact area, and how they comport themselves during the game.

Can we bring an element of humour in, and make the youngsters laugh when we all hear ridiculous comments from the side of the pitch – maybe from an overbearing parent or coach? I'm sure many of us have experienced that, but how often have we managed to turn it into a positive? Jon Evans has a great story about when he was refereeing a Junior game, and telling the player, "Just a moment lads, I've got to go and tell that man not to be so childish." Cue giggles and laughter all round. It's difficult to keep youngsters in the game all the way through adolescence into adulthood, and recognizing the above mentioned qualities in a good-natured and positive way might go a long way to reducing the number of players who leave the game in their teens.

MAKING IT HAPPEN

Steve Johnson is planning to hold a get-together/seminar for all those involved in coaching and refereeing Under 11 and Under 12 mini-rugby teams. He has asked **CONTACT** to publicise the event. We do supportively.

The details are as follows: **Date: Sunday 13th September, starting at 1:30 p.m.**
Venue: Shelford Rugby Club.

The starting time should enable all interested parties time to get there after they finish sessions at their clubs.

The idea is to advise them of the new rules that must be followed at Under 11 this season but are optional for Under 12s. The plan is to have a meeting at first to go through the rules and then to have a practical session using the players from the Shelford club.

He says "There are not that many differences between the rules for the 2 age groups. I think it better to get as many together at one time as possible. I plan to make a print-out for each coach, so if they could let me know if they plan to attend, that will help ensure I make enough copies".

Please contact Steve by email - sehjohnson@gmail.com or by phone

THREE OF A KIND



If you wonder why Jeff Miles looks as if he has won the lottery, there is a reason for his perpetual grin. It's not that he has just taken the "mickey" out of his fellow Bristolian again. The editors headwear was the butt of Jeff's humour



He has two rugby playing sons who make him and his wife Sue, very proud parents indeed.

Younger son, Adam, captained Saffron Walden last season and has already "try-ed" for them this season from his inside centre position.

Like father like son, Adam, when a teenager, qualified as a referee on one of our training courses several years ago and did a few games in a CUDRRS shirt. Maybe, when he retires from playing, he will apply his understanding of the game and return to refereeing. CUDRRS awaits.



Brother Matt, on the other hand, suffers from double vision. He sees himself with two different coloured caps on his head. One is the first cap he won playing for Wales at Under 21 level and the second is the cap he won playing for England Counties v France Federale XV last March at the Stade Francais Rongieras in Perigueux.

Matt became a professional rugby player with Northampton, Birmingham/Solihull and Ulster. He played for Wales Under 21's ten times in the U21 Six Nations and U21 World Cup held in South Africa.

Whilst at Sussex University where he gained his Master's Degree in Mechanical Engineering (1st Class with Honours) he played and captained Worthing. Matt turned out for them on 5th September although he is joining Blackheath this season. It is a coincidence that Worthing is next playing Old Elthamians which was founded in 1911 at The London Missionary Societies School, based in Blackheath. The OE's motto is Gloria Filiorum Patres which translates as "The glory of son's is their father's". Jeff deserves to share his boys glory.

NEW FACES

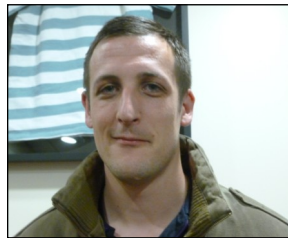
Four new faces were seen at the September meeting and the people behind them were welcomed. They were



Alun Bedding
Passed Level 2 and former prop with Diss RFC



Ed Lucas
Passed Level 2 and former Saracens supporter



Martyn Langley
Royal Engineer at Wimbish and graded at Level 13



Matt Spencer
Qualified Level 1 coach with Newmarket and Cambridge

When you meet them for the first time say "Hello" and make them feel at home.

READY FOR ANYTHING

For many years now, CUDRRS has been almost unique in English rugby in providing competent referees for all fifteen a side matches played at Under 13 level and above for male and females.



Thanks to the dedication to Rugby of its referees and their willingness to turn out more than once at a weekend, local Rugby has been well served and has expressed its gratitude for the service it receives.

At this stage in the Go for Growth strategy of World Rugby and its member Unions, the increase in the number of players and the number of games referee societies will be asked to make appointments to is unpredictable.

What is predictable is that CUDRRS will do its best to meet the challenge of increased demand. What is equally predictable is that members will be switched on and preparing to deliver better refereeing.

Their good refereeing will speed up the flow of the game taking into account that the result of the match depends on the tactics and skill of the players; they know inefficient refereeing spoils the enjoyment of rugby players and supporters. They realise that their decisions are often not understood and they are criticised and questioned especially if an error has been committed. However, if the game runs smoothly, very few people notice the official's presence. CUDRRS referees prefer to manage a game without fuss but with a smile.

Their main job is to ensure that the game is played safely and fairly according to the Laws and relevant regulations and to intervene as little as possible. They will aim to establish and maintain a good atmosphere to make the occasion as enjoyable as possible and show an interest in the participants.

As the local season and the Rugby World Cup draw near, their thoughts will turn to reviewing the qualities they have which will help them realise their potential and become better referees

RELIABILITY	I must be consistent so players feel they can trust me.
COMMUNICATION	I must prepare what to say and give the correct hand signal a la handbook.
DECISIVE THINKING	Am I fit enough to think and decide quickly especially in refereeing the flash points?
ELEGANCE	I must remember to turn out smartly and remain cool and collected.
INTEGRITY	I will brush up my knowledge of the Laws to ensure my decisions are correct.
COMMON SENSE	Law 8 allows me to use my judgment. I will exercise it wisely and with equity.
CONFIDENCE	I can learn from every game and my confidence will grow with my experience.
ENJOYMENT/MOTIVATION	Without referees there will be no games. I can make a difference and wish to.

CUDRRS referees believe in what they do and are prepared to give everything they can to the cause because anything less is not good enough. They have self believe and are strengthened by their membership of a society where fellowship and mutual respect is evident. Everyone has a part to play and are given the chance to test themselves. The perceived wisdom is the knowledge that they are stronger together.

As the RWC 2015 legacy delivers the hoped for growth in participation and more teams are formed seeking referees for their games, CUDRRS management will look to Cambridgeshire RFU and the two Constituent Bodies of Eastern Counties and Cambridge University to provide support and practical assistance.

Together the challenge of growth and change will be faced and overcome. Have faith.

CONTACT is compiled and edited by Michael Dimambro, Honorary Member of CUDRRS and member of this family since 1975. Contributions from all in the Society and its customers are welcomed and invited.

Please send your comments, views etc by email to:

michael.dimambro@ntlworld.com or telephone **01223 564459**.

It would be great to hear from members near and far about their hopes for the future of Rugby post RWC 2015. Readers are asked to share this newsletter with non members who might be interested in knowing more about our Society. SMACs are asked to forward CONTACT to officials of the clubs they are assigned to.

PENCE AND PARTNERSHIPS

A well attended Special General Meeting to consider finance was combined with a bridge building session as part of action to improve relationships and understanding of the roles of referees and coaches on match days.

Despite the absence of the Financial Manager, the summary of accounts presented by Chairman Osbourn was approved with thanks to FM Paul Wilson (who was holidaying at his own expense somewhere nice).

It was reported that a small surplus was made on the season partly due to several members not claiming their expenses and the society's balances remained healthy. This will enable the society to purchase further sets of kit in 2016. Blazer badges, ties, whistles, flags and tracksuits are available for issue now and the practice of kit swopping will continue so that our referees have sufficient changes of colours to avoid clashing with teams.

Jon Evans has made the building of good relationships with local clubs a main feature of his presidency. As a further indication of the society's commitment to improving understanding and mutual respect with other participants in Cambridgeshire Rugby, Messrs Drawbridge and Philp, coaches at Newmarket RUFC, were invited to discuss how this might be achieved. Steve Drawbridge also coaches at County level and Cy Philp is a CUDRRS member, still mixing coaching and playing with his refereeing. He has a prettier and more straight nose these days.

Both explained their coaching philosophy which was focused on "The Game" as being sacrosanct and not the roles that players, spectators, coaches, referees or administrators had in it. It needed to be played safely with continuity as a key factor leading to enjoyment and thereby halting the drift away from it by both young and adult players.

They confirmed that at Level 9 and above, and in many clubs at lower levels, a more professional approach to preparing for a match was the norm. Players were turning up 1½ hours and warming up for 45 minutes before kick off. Those in need of physio attention arrived even earlier. Clubs were in need of money to keep afloat and do well. Pre-match lunches and sponsorship were common features of club life. Coaches and players had become more accountable for their performances in order to sustain the support they received.

Steve said that there was a general perception among coaches that referees were not accountable to the same degree and that some referees performed differently when an assessor was observing them. They tended to referee to the word of the laws rather than the spirit and without empathy.

There was lengthy discussion about pre-match activity and the need for referees to turn up well in advance of the warm up. This would enable pre-match briefings and boot checks to be completed without any disruption to the teams preparations.

It was mutually felt that the content of briefings needed to be kept precise and limited to essentials not a summary of the laws of the game. What referees say to players is very much an individual choice but should take account of what players regard as important and will take on board. If what referees say players deem unnecessary, an opportunity for officials to build rapport and gain respect is lost. The KISS principle for communication should be the norm. Referees must follow through in the match what they say in the briefings for respect to be paid.

Other matters discussed included consistency of interpretation of the laws and decision making, identification of the scrum, tackle and break down as the main problem areas and the potential benefit for referee development by taking account of coaches views in assessing referees performances. Both speakers said they welcomed referees talking to players during the match, but not so much that it became "noise" rather than help.

The matters raised at this meeting are to be considered by Management Group and future issues of CONTACT will offer guidance and provide information about what CUDRRS may decide to adopt as standard practice.



WEBSITE DOCUMENTS

Take a trip to our website and read the Positive Refereeing Good Practice item.

There you will see that CUDRRS has responded to the "professional" demands of the game.

Turning up in plenty of time to get the pre-match ops done and to allow teams to get prepared uninterrupted for the fray should be axiomatic for all our referees. Our President asks that we turn out smartly dressed in society identifying "stash".

Be proud to belong and show clubs you are.

THE CAMBRIDGE CONNECTION

Of the twelve referees selected for the Pool matches of the RWC, 25% were appointed by CUDRRS in the early days of their careers. They are Wayne Barnes who has refereed 58 tests, Glen Jackson who has 10 to his credit and JP Doyle with 12 internationals under his belt.

Wayne refereed in Cambridge for the first time in 1995 at Shelford on exchange from Gloucester. He was then 16 years old. When he was studying law at the University of East Anglia from 1998 on, he often came to take part in the Laws Laboratory matches. Your editor was his taxi driver from and to the railway station.

Glen Jackson decided to take up refereeing whilst still playing for Saracens. David Rose, then the Regional RFU Referee Development Officer, asked CUDRRS to accept Glen as a member and give him some midweek games. In 2009, he eventually was available and travelled up after a club training session to referee Trinity Hall v Gonville and Caius. He went home to New Zealand in 2010 to be fast tracked as a professional referee.

J P Doyle was with the London Society and on the South East Group. CUDRRS was asked to give him a Blues game and in 2005 he refereed at Grange Road. The next year he was made a National Panel Referee.

These three may be returning to Cambridge with other World Cup match officials for a relaxing visit during the RWC tournament. They will be staying at Queens' College where Rowan Kitt will be carrying out his liaison duties.

It is rumoured that World Rugby has asked Queens' legal eagle, our Professor Martin Dixon, to organise a course on falconry for the group so that they control the use of Hawkeye for hunting down the egg shaped ball under the pile up of bodies. Hawkeye will also spot "fowls" off the ball. An alternative detection method was considered initially but later discounted. Apparently, the Home Office was approached to lease the Border Control's sniffer dogs which are sometimes used to discover drugs or illegal immigrants.

CONTACT understands that the idea was not pursued as the use of dogs might infer that professional rugby players were cheating as much as international athletes are alleged to be. It might also cast doubt on how so many South Sea Islanders players get into the All Black and Wallaby squads. Best leave sleeping dogs lie.

It will be interesting to find out what guidance is given to the World Cup officials to achieve consistency and compliance with the Laws as we know them and as they are intended to be applied. Let's watch how straight the ball is thrown in to the scrum or is it planned to remove this law?



There are other referees well known to us who are involved in the RWC. Three Suffolk and North Essex society referees, Darryl Chapman, Nigel Carrick and Roy Marfleet who have all been officiating for their society over 20 years each have now reached the pinnacle of their careers by being appointed as match officials to the Rugby World Cup.

Darryl is also a member of CUDRRS and played a key role in the Laws Laboratory. All three are in the RFU National Panel and officiate at Aviva Premiership or Greene King IPA Championship games and often seen at Grange Road, the Davey Field and Grantchester Road.

At the moment only the pool games have been appointed and they are all waiting to see if they will get

an appointment to one of the quarters, semi's or main final games later on in the tournament. Games they are appointed to so far are: Darryl Chapman. Samoa v USA, Canada v Romania

Nigel Carrick. Ireland v Italy, Canada v Romania

Roy Marfleet. New Zealand v Argentina, France v Canada, South Africa v USA

Trevor White, the President of Suffolk and North Essex Rugby Referees, said "This highlights how even a small referees society like ours can provide officials at the highest level of the game not only on a week by week basis but to the showcase event for our game, the Rugby World Cup."

Ben Wyal may meet up with Roy at Stadium MK in Milton Keynes. Ben is working there on the technology team for three games which are France v Canada, Samoa v Japan and Fiji v Uruguay.

Congratulations and best wishes for a successful and happy experience to them all .

CAMBRIDGE DISCONNECTED Welsh Premiership teams (second-tier rugby clubs) are to trial a six-point try under an experimental scoring system that awards six points for a try and two points for all kicks. World Rugby, the sport's governing body, is expected to sanction the move. Rugby's scoring system has been subject to change throughout its history, with the try rising from three points to four in the northern hemisphere in 1971 - followed worldwide in 1973 - and the value being increased again to five points in 1992.