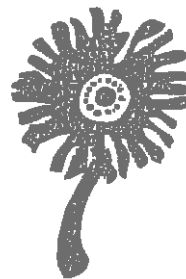


Blou Bulle Rugby-Unie Blue Bulls Rugby Union



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Blou Bulle Rugby-Unie Blue Bulls Rugby Union



1. PARTICULARS OF THE CLUB, RUGBY BODY OR SCHOOL

NAME OF CLUB, RUGBY BODY OR SCHOOL			
PHYSICAL ADDRESS			
PROVINCE/UNION AFFILIATE		RESPONSIBLE PERSON AT CLUB RUGBY BODY OR SCHOOL	
CONTACT NUMBER		SIGNATURE (REPRESENTATIVE)	



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What is BokSmart

HISTORICAL BACKGROUND

Rugby safety in South Africa has always been an issue that has been brought to the fore via many diverse channels of communication, i.e. mothers for rugby, the quad-pars association of SA, media, schools, parents and players. None more so than the Chris Burger/Petro Jackson Players' Fund, which was launched by South African rugby legend, and then Springbok Captain, Morné du Plessis, after one of his friends, and Western Province great, Chris Burger, was fatally injured in a rugby match in August 1980.

In 1992 with unity in South Africa, the existing Chris Burger Fund merged with the Petro Jackson Fund in memory of another young player who died in 1989 to form the Players' Fund as it is today. The Players' fund duly supported by the South African Rugby Union has historically provided support to catastrophically injured rugby players and their families for over 30 years.

Additionally, SARU, under direction of Dr Ismail Jakoot, who coincidentally is also one of the Trustees of the Players' Fund, was responsible for providing further education and awareness on the management of head, neck and spine rugby injuries during the period 1992-2007 on SARU's behalf. One of the cornerstones of SARU and that of the Fund was developing injury prevention initiatives that would ultimately lead to reduction in head, neck and spine injuries.

>A national survey amongst the 14 Provincial Unions in 1993 established that there was a significant lack of primary field-side medical care at club and schools around SA. It was identified that the primary cause of the lack of medical infrastructure was:

- The exorbitant costs involved in providing this emergency medical services
- The number of trained personnel to provide such emergency medical services countrywide was lacking

Based on these findings, in 1999, SARU approached a company called Smith's-Nephew to sponsor one-day primary field-side care workshops that were presented to the 14 Provincial Unions around South Africa. These courses were presented by Dr Ismail Jakoot and Joyce Morton aimed at Club and School representatives around the country. Emanating from these workshops the original Rugby Medic Club and Spinaline initiatives were borne via SARU and the Chris Burger/Petro Jackson Players' Fund.

In 2006, SARU in conjunction with the Fund embarked upon developing an action plan to reduce the increasing number of serious head, neck and spine injuries associated with the game of rugby union in SA. After various workshops with all local relevant rugby stakeholders during 2006 and 2007, the concept of the BokSmart National Rugby Safety Programme was borne. The position of Project Manager was advertised in December of 2007, and the position was filled in January of 2008.

DEVELOPMENT YEARS

With the position of Project Manager in 2008 being filled, the first part of the programme development was to research the existing programmes in place such as New Zealand's 'RugbySmart', Australia's 'SmartRugby' and the IRB's 'Rugby Ready' programmes and develop a strategic plan for the project that would be potentially be sustainable and effective in curtailing the serious and catastrophic rugby injuries within the South African landscape, taking into account South Africa's diverse socio-economic challenges and disparity in education.

It was envisaged that BokSmart should be developed using a researched evidence-base, and where little scientific evidence was available, internationally accepted best practice standards. If one was to be effective, this approach was non-negotiable. Within the proposed strategic framework, specialised topics were identified for further research, and numerous experts, professionals and specialists in the field were contracted to research these topics on the programme's behalf.

The guidelines developed in these research articles were used in the development of the educational content and medical protocols presented on the BokSmart educational workshops and are also freely available on the BokSmart Website at www.boksmart.com.

The main focus areas of the programme are injury prevention, injury management, rugby safety, and player performance with specific attention on serious and catastrophic head, neck and spine injuries. Coach and referee education forms the main intervention of the programme, with the development and provision of evidence-based medical protocols, the development and implementation of appropriate rugby safety legislation, the monitoring and research analyses of demographics and serious injury trends, and effective marketing and communication of the above assisting in the educational and strategic implementation process.

The reason that coach and referee education was seen as the primary intervention of the programme, is that in the South African context, many clubs, schools and teams, in especially the rural, underprivileged and disadvantaged communities, there is seldom any medical support staff, and/or medical stabilisation equipment available. In these communities the coach or referee is sometimes the only person who can intervene at this level of play.

This model has also been shown to be extremely effective in reducing serious and catastrophic head, neck and spine injuries in the game, as coaches and referees are the ones who control the players' actions on the field, and are the primary effectors of serious and catastrophic injury prevention, by instilling the core rugby values and correct technical aspects of the game in their players, and controlling how players act on the field.

It was decided that a uniform and standardised messaging approach should be utilised, and for this a DVD facilitated approach was opted for, whereby the educational rugby safety content would be presented by well renowned experts in their respective fields. By doing it in this way it was felt that the core message never changes regardless of who facilitates the course, and by using the relevant experts to convey the message, this would ultimately create better buy-in from the attendees.

Each course attendee would receive a Double DVD instructional set, together with a hard copy Toolkit manual, which covered all the essential points on paper, and a Concussion guide, that would assist coaches and referees on-field to make appropriate decisions. This would be provided for free to all attendees on the Rugby Safety course.

Additional to this, a website with freely available educational content (www.boksmart.com) together with Facebook (www.facebook.com/boksmart), Youtube (www.youtube.com/boksmartsa) and Twitter (@BokSmart) pages were created to assist in conveying the rugby safety message to all.

The BokSmart National Rugby Safety Programme would function out of three main divisions, the BokSmart Rugby Safety Workshops, the BokSmart Rugby Medic programme, and the BokSmart Spinaline.

1. The BokSmart Rugby safety workshops:

- These workshops are the evidence-based and DVD facilitated courses and are the primary scientifically supported intervention of the BokSmart programme
- Compulsory and Free for all rugby coaches and referees countrywide across the board, whether qualified or not
- Materials provided to each attendee:



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- A hard copy and durable manual or handbook with key tips and information on the various strategies on injury prevention, injury management, rugby safety and player performance
- A two (2) disc instructional DVD with standardised educational content on the same strategies with the message provided by experts in the field
- A Concussion guide for each and every attendee
- The only criteria for certification is that every coach and referee has to attend the entire course from the very beginning to very end
- And every attendee has to sign and commit to uphold the BokSmart Code of Conduct
- As of 1 January 2011, no SA coach or referee can participate in the game if they are not BokSmart certified
- Certification valid for a two-year period where after it must be renewed

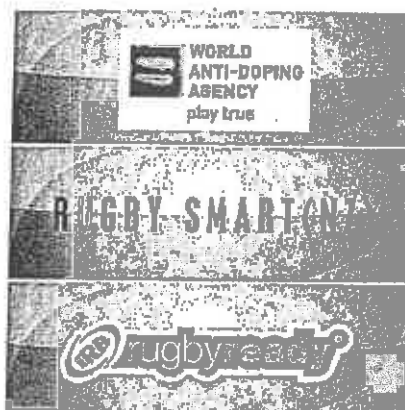
2. The BokSmart Rugby Media Programme:

- An important sub-division of the BokSmart programme
- Provided on behalf of SARU by Emergency Medical Training (EMT) at no cost to the clubs/schools
- Aimed primarily at under-privileged and disadvantaged clubs/schools with absolutely no medical support staff, infrastructure and/or spinal equipment in place
- A condensed 6-8 hour rugby-specific, evidence-based, practical and hands-on short course with a very specific head, neck and spine injury management focus
- This is NOT a fully-fledged First Aid qualification
- Aimed at providing important life-skills to these communities in dealing appropriately with serious/catastrophic rugby-related head, neck and spine injuries should they occur
- BokSmart Rugby Medics are NOT there to replace qualified personnel, but to assist them, or where there is none, to provide some level of basic first aid support, knowing what to do and more importantly what NOT to do in these circumstances
- Furthermore, if the school/club after having undergone the necessary training, meets specific minimum criteria they are also provided with spinal immobilisation equipment i.e. collar, head blocks, harness and spinal board at no cost
- This programme functions within a regional and annually allocated budget

3. The BokSmart SpineLine (0800 678 678):

- A dedicated emergency helpline solely for potential serious concussion, head, neck and spine injuries sustained during a rugby match or practice
- The line will fast track the emergency treatment and medical management of a seriously head, neck or spine injured rugby player 24 hrs a day from anywhere in the country
- Operated by a national EMS provider, ER24, who provides the necessary telephonic advice and screening, and dispatches suitable transportation of the player to the nearest most appropriate medical facility regardless of their medical aid status
- Players with Medical aid will be billed according to standard billing protocols
- Should the player NOT have a Medical aid, the costs of telephonic screening, on-scene stabilisation and road transportation will be covered by ER24
- The BokSmart SpineLine service and sponsorship does NOT cover any medical costs other than specified above.
- Once the injured player has been handed over to the relevant hospital staff, ER24 and the BokSmart SpineLine's job is done!
- BokSmart SpineLine is there to ensure that the most effective treatment is given in the shortest time possible

- The development of the BokSmart National Rugby Safety programme and its content and subdivisions was finalised over an 18 month period and culminated in the programme being officially launched nationally on the 8th of July 2009.



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Coaches and Referees

The primary aim of BokSmart is to provide rugby coaches, referees, players, and administrators with the correct knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby in South Africa. The program not only focuses on these basic principles, but also aims to assist in growing the game at grassroots level, and provide everyone in South Africa with the opportunity of being educated to play rugby the Smart way. BokSmart supports and demonstrates the concept that the safest best practice techniques in the game are also the most effective from a performance perspective. Ultimately, by instilling this mindset and providing this practical training resource, rugby will evolve in South Africa and become more appealing to everyone, and in the process improve the safety of its players on the field.

The reason that coaches and referees are specifically targeted is because they are the key decision makers who control both the game and the players on the field. They are extremely influential on how players behave both from a safety perspective and their attitudes towards the game and other players and officials on the field. At most matches played in SA, there are little or no medically qualified personnel, medical facilities, emergency medical equipment or medical support available, and this same applies for practices. For this reason, coaches and referees are sometimes the only people available to intervene and ensure the safety of the players on the field, and are therefore viewed as the first line of defence in the prevention of serious and/or catastrophic injuries.

BokSmart plans to educate and empower every coach and referee at all levels of play around the country to promote safe rugby techniques and basic medical and injury prevention practices. Every coach and referee at all levels of play will be trained on the BokSmart Rugby Safety Program. At the BokSmart workshops, every attending coach and referee will receive an instructional booklet, an instructional DVD, a pocket Concussion guide, and will undergo a DVD facilitated workshop. One of the biggest challenges for participation in programs like these within the South African context is the fear of failure. Having an assessment or evaluation for accreditation purposes is a barrier to participation. BokSmart has therefore removed this barrier, and would rather have coaches and referees attend the workshops and gain the necessary information and life-skills than not. The only criteria for 'licensing' would be a compulsory attendance at the workshop. This same strategy has been used very effectively in New Zealand's RugbySmart program.

Every coach and referee having attended the entire course will be 'licensed' for a two-year period. At the end of the two-year period, they will have to attend another BokSmart workshop presented in a similar format, and receive the most recent evidence-based rugby safety information at the time. This will be performed every 2 years.

Another challenge for this type of system comes in that there are 14 Provincial Rugby Unions in SA, and each has their own unique educational format, demographic challenges and structures in place. One of the provincial unions has six sub-unions within its structures, is extremely vast and covers almost a third of the country's surface area. To access one of the sub-unions within this union's borders, requires a 1000 km trip; another sub-union is a 720 km trip. Many of the remaining unions have similar challenges, where the access to certain regions are extremely difficult, as the urban areas, towns, rural settlements, villages and the like are frequently huge distances apart. This poses a massive challenge to gathering coaches and referees together and presenting workshops of this nature. BokSmart has therefore endeavored to embrace the current structures and uniqueness in the various unions, and thereby empower the respective unions to present the rugby safety workshops within a structure suitable to their respective demographics.

Another challenge is that of communication. In South Africa, there are 11 official languages. However given the extent and outreach of the program, it is not financially viable to produce such program in all eleven languages and to thereby accommodate everyone. For this, we had to make a compromise. The common language to most South Africans and with an international outreach in mind is English. Therefore BokSmart has used English as the language of choice. To make this work practically, the different regional trainers who are selected to present the workshops within their provincial union structures are required to have a specific skill set to be effective. This presents another challenge. The selected facilitators have to be respected coaches or referees within their union and community. They need to have a good understanding of English, be able to communicate effectively and facilitate a workshop. Given the linguistic challenges in SA, it is also important that the facilitator be able to efficiently facilitate the discussions in the respective language applicable to the zone or region within the union.



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11 May 2011

For Information: Province Presidents, SARU Exco, SARU Senior Management, SA Schools Committee, BokSmart MANCO

For Action: BokSmart Steering Committee, Province CEO's

RE: Proof of BokSmart Certification status and BokSmart protocols

Dear all

With the new rugby safety regulations having come into play as of 1 January 2011, it is imperative that everyone involved in the game of rugby at all levels assists in this process in order for the programme to potentially achieve its main objective of being effective in reducing the incidence of catastrophic injury in rugby union across the board in SA.

With this in mind, please message the following to ALL coaches and referees affiliated to your Province i.e. Primary Schools, High Schools, Clubs, Informal Clubs, Semi-professional and Professional structures:

- That ALL coaches and ALL referees under your jurisdiction and control, carry their **BokSmart certification cards** and **Concussion guides** with them at ALL times when involved at matches and practices in any capacity whatsoever.
- If the coaches or referees have either lost or left their BokSmart certification cards behind, they should at the very least have their **BokSmart or BS-numbers** available and accessible at all times e.g. on their cellular or mobile telephones
 - We send a monthly database onto the Union representatives so that they can cross check and monitor compliance in this regard
- Practically, there will always potentially be a backlog of people not having received their cards yet, as the hard copy information has to be processed and captured onto the certification database monthly, so the following process would have to be followed in these instances:
 - The coach or referee who allegedly attended the course, but has no BS-number or Card, must provide his **ID number**, the **date of the course** he attended and the **Trainer** who presented the course for confirmation purposes
 - SARU and/or the Union representative will then be able to cross check with the both the hard copy records and electronic database if this indeed the case

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- With some of the recent safety audits it has come to the fore that some of the Provincial Unions' top coaches and/or top clubs/teams' coaches are not carrying or presenting their cards or BS-numbers when required to – please ensure that this message is passed on to the relevant parties
- Referees have been instructed to cancel fixtures if no proof as per the above has been provided 15 minutes before kick-off, and referees should also be able to show same
- It is however, the hosting Union, Club, Rugby Body or School's responsibility to ensure that the match controls have been put in place, **and it is not the referee at fault if matches are called off** (unless they are the one's transgressing the regulation)
- Should a catastrophic event happen as a result of non-compliance, I need not elaborate on the potential legal ramifications...

The random safety audit process is currently active and the templates (attached again for reference) have been provided to assist clubs, schools and rugby bodies in terms of what is required to ensure that matches meet the necessary minimum safety criteria at all times.

The process protects all involved, and offers a practical solution to what is already done on a daily basis in team selection and/or event/match day management.

The audit templates provided only formalise the process and provide practical solutions to ultimately make it easier in avoiding essentially preventable catastrophic injuries and provides decent records for reference as required either by safety audits, legal or Serious Injury Task Team investigations.

It also encourages a best practice approach to promoting the safety of rugby's greatest assets, i.e. the players, at all times.

The most important issues for the BokSmart programme currently are the match day controls of certification, minimum medical support and equipment as stipulated in the "Safety in the Playing environment document" (attached), and the abolishment of the abuse of under-aged rugby players.

Everything else forms part of a continuous education process such as pre-participation screening of players and developing an emergency action plan in the event of a catastrophic injury.

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Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

SA Rugby™



If each and every coach or team manager at all levels does the simple documenting, recording and filling of the controls required for their teams, the process should be quite a simple one, but this requires team work and commitment by ALL to the process and to the safety of their players.

Please let us all work together in helping to grow the game in our youth and most importantly to lower the number of catastrophic injuries that are a great threat to mass participation in rugby union.

Yours in rugby

Dr Wayne Viljoen, Project Manager: BokSmart

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Legislation

To ensure the success of the BokSmart program, legislation forms a crucial cog in the wheel. BokSmart aims to legislate that no coach or referee may put a team on the field or blow a game respectively, unless they have undergone the BokSmart training workshop. They would have to renew their "licence" every two years. Unfortunately you cannot enforce legislation unless you have provided everyone with the opportunity to be trained, and therefore the extended deadline for legislation. BokSmart also aims to legislate and enforce specific medical protocols and minimum medical guidelines for rugby participation. BokSmart aims to motivate any other legislative changes in the game within South Africa on the basis of scientific evidence or current best clinical practice guidelines.

Under-age Rugby Regulations

- IRB Age Grade Guideline and Policy
- SARU Regulations for Under-aged rugby April 2011
- BokSmart - Procedural document for high-performance testing of Elite Under-aged players
- BokSmart - Waiver Application Score sheet
- Parental Consent and Indemnification template
- Voluntary Assumption of Risk and Indemnification template

Rugby Safety Regulations

- SARU Regulations on BokSmart Rugby Safety Workshops

Rugby Safety Audit Templates

- BokSmart Match Report Controls
- BokSmart Rugby Body Match Day Audits
- BokSmart Rugby Safety Comprehensive Audit
- BokSmart Team Sheet Controls
- BokSmart Random Safety Audit Practical Guidelines

Anti-doping Regulations

- Anti-Doping Regulation
- IRB Regulation 21



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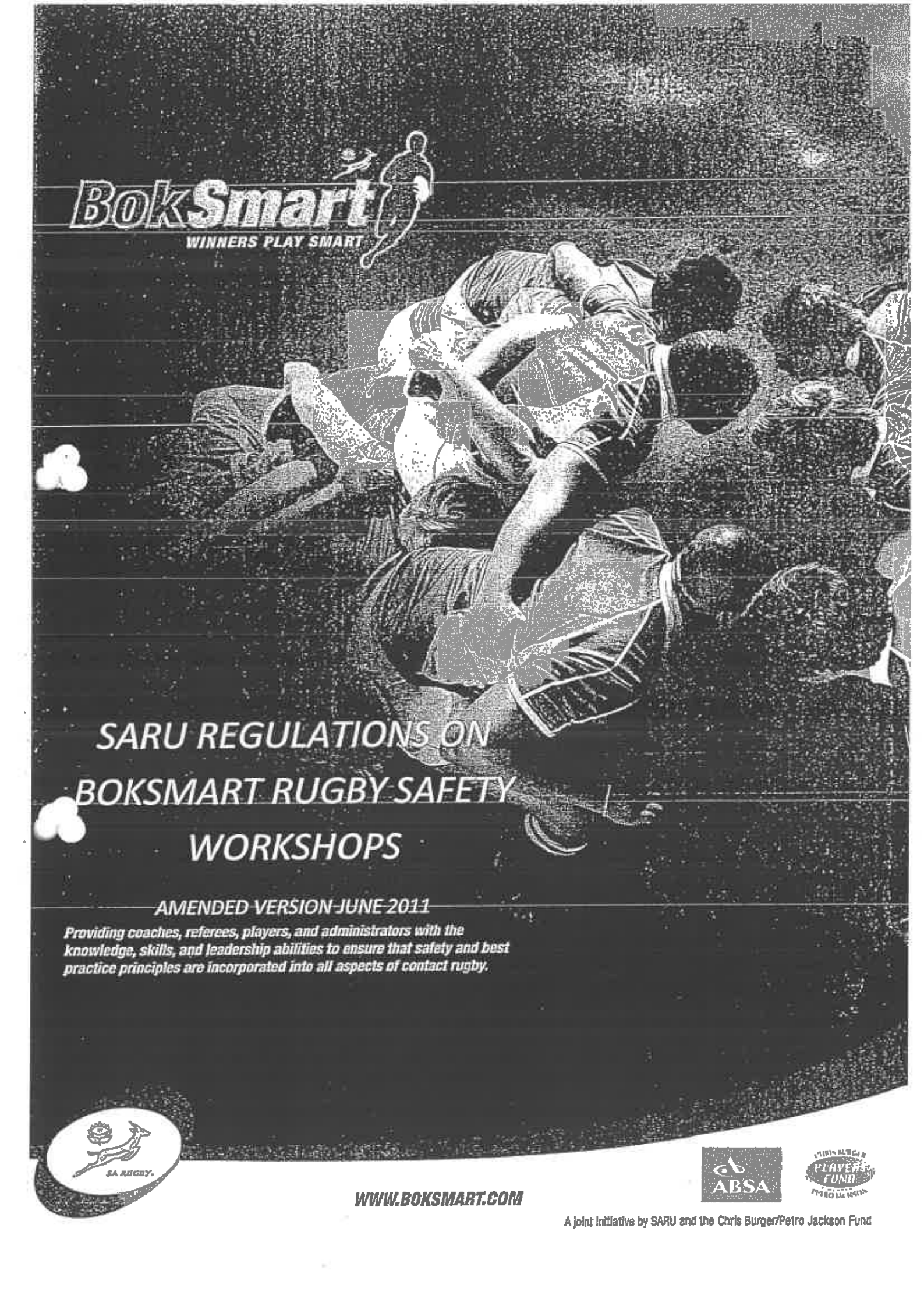
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BokSmart

WINNERS PLAY SMART



SARU REGULATIONS ON BOKSMART RUGBY SAFETY WORKSHOPS

AMENDED VERSION JUNE 2011

Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.



SA RUGBY

WWW.BOKSMART.COM



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SARU REGULATIONS PERTAINING TO THE BOKSMART RUGBY SAFETY PROGRAMME AT ALL LEVELS OF RUGBY

AMENDED VERSION APRIL 2011

Definitions:

"Field of Play" - is the area between the goal lines and touchlines.

"Playing Area" - is the field of play and the In-goal areas.

"Playing enclosure" - refer to Law 1

1. A province, club, rugby body or school shall adopt these regulations, and amendments thereto shall only be permitted if it is more stringent on its members.
2. A province, club, rugby body or school must ensure that it complies with these regulations and must further ensure that it takes appropriate action to inform each and every one of its members of the terms of these regulations and the obligation to comply with same.
3. Any person who coaches a rugby team or assists in the coaching of a team in whatever capacity has to be BokSmart certified and licensed accordingly.
4. Any person who officiates as a referee or assistant referee in a rugby match has to be BokSmart certified and licensed accordingly in order to officiate as such.

4.1 This does not apply to normal Touch Judges or Linesmen who are not qualified referees and simply monitor the touchline

5. The referee, assistant referees, coaches, assistant coaches or any person alleging to be the coach and any person in a coaching role who intends to enter the playing enclosure during a match have to provide proof of their BokSmart certification to the match manager / secretary of the province, club, rugby body or school hosting a match.

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6. If the referee or any one of the assistant referees are not BokSmart certified, or they cannot provide proof of their BokSmart certification, the match shall be abandoned for safety reasons, unless they can be replaced by level appropriate BokSmart certified referees or assistant referees who can provide proof of BokSmart certification.
7. If the coach or the person alleging to be the coach, or any person acting in a coaching capacity for any of the participating teams, is not BokSmart certified, the match shall be abandoned.
8. Should a coach or the person alleging to be the coach, or any person in a coaching capacity allege to be BokSmart certified, but is not in a position to produce proof thereof, the match shall proceed subject thereto that such person(s) shall not be allowed on or next to the playing area during the match. They also have to produce their BokSmart certification licence to the match manager / secretary of the province, club, rugby body or school, as the case may be, on the first working day after the match.
9. The province, club, rugby body or school shall not be allowed to host any match without ensuring that the referee and assistant referees officiating in such matches and the coaches and assistant coaches of the participating teams are BokSmart certified.

9.1 Coaches are additionally to present proof of their BokSmart Certification to the referee at least 15 minutes before kick-off.

9.2 Should the coaches not present the necessary proof, then the referee is not to start the match, and subject to Clause 8, it shall be abandoned.

10. The referee shall not allow any person, excluding players and qualified medical staff, on the playing area who is not BokSmart certified. The BokSmart certification has to be presented to the referee or assistant referees by the person intending to enter the playing area.

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11. It is the responsibility of provinces, clubs, rugby bodies and schools to ensure that every referee, assistant referee, coach and assistant coach affiliated to such province, club, rugby body or school are BokSmart certified and they shall keep a proper record thereof for auditing purposes by the province and / or SARU, and the Serious Injury Task Team (SITT) investigations, as the case may be.
12. The BokSmart certification shall be valid for 2 (two) years at a time, whereafter it must be renewed, subject to 13 below.
13. The BokSmart certification shall only be renewed after the successful completion of the latest BokSmart course. A 2-month grace period is provided after the expiry date on the licence card in order to undergo such course.
14. For every competition-, tournament- and/or league match played in accordance with the approved fixture list of the province, club, rugby body or school, the match referee has to submit an official referee's report to the province or to SARU, whichever is applicable, indicating the BokSmart certification status of himself and the assistant referees (where applicable) within 72 (seventy two) hours of completion of the match.
15. The following shall be recorded on the referee's report:
 - 15.1 The Match Referee's Full Names, contact number and BokSmart certification code e.g. BS-0000001
 - 15.2 All Assistant Referees' contact numbers, full names and BokSmart certification codes
16. For every competition-, tournament- and/or league match played in accordance with the approved fixture list of the province, club, rugby body or school, the match manager / secretary of the province, club, rugby body or school has to draft a signed and dated report, indicating the BokSmart certification status of coaches and assistant coaches of

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the teams, and those, excluding players and qualified medical staff, who entered the playing area during the match within 72 (seventy two) hours of completion of the match, and keep this report filed and on record at the province, club, rugby body or school's offices for auditing purposes should the documentation be required by SARU and/or the Province. The full names, contact numbers and BokSmart certification codes shall be recorded on the report.

17. Any breach of these regulations shall be dealt with in accordance with the applicable Judicial and Disciplinary Regulations. The Judicial Officer, Judicial Committee, Appeal Officer or Appeal Committee shall apply the recommended sanctions as referred to in the applicable Judicial and Disciplinary regulations.

18. In addition to the recommended penalties prescribed by the disciplinary and Judicial regulations, the following minimum penalties shall apply:

- 18.1. Should the referee or assistant referee officiate in a match without being BokSmart certified – 3 match suspension and shall remain suspended until they have obtained BokSmart certification.
- 18.2. Should a team participate in a match, without the coach or assistant coach being BokSmart certified – 3 match suspension of the coach and / or assistant coach and shall remain suspended until they have obtained BokSmart certification.
- 18.3. Should the referee allow any assistant referee to officiate in a match without being BokSmart certified or subject to Clause 8, start a game without the coaches having provided proof of their certification - 3 match suspension of the referee.
- 18.4. Should a referee allow any coach, assistant coach or any official on the playing area who is not BokSmart certified – 3 match suspension of the referee.
- 18.5. Should the province, club, rugby body or school hosting a match either allow a referee or assistant referees to officiate in a match and / or allow such match to

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E-mail: BokSmart@sarugby.co.za | www.boksmart.com



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continue with coaches and assistant coaches of the participating teams who are not BokSmart certified – the province, club, rugby body or school hosting the match will be declared the losers and forfeit any league points or trophies (if applicable). The visiting team will be declared the winners and be awarded with maximum league points or be awarded with the trophy (if applicable).

19. These regulations will be enforceable from 1 January 2011.

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SA RugbyTM



Confirmation of Receipt of SARU/BokSmart Rugby Safety Regulation

The objective of the SARU/BokSmart Rugby Safety Regulation is not only to ensure that all coaches and referees attend the BokSmart Rugby Safety Workshop and obtain certification biennially, but also to raise the safety standards at rugby matches and practices countrywide. At the same time, this will keep players safer on the field, limit the risk of catastrophic injury and will encourage more people to play the game.

The regulation is effective from 1 January 2011

By signing this document you acknowledge the following:

1. Receipt of the SARU/BokSmart Rugby Safety Regulation Policy
2. You have read the regulations; have a complete understanding of the content of the policy and the potential sanctions that can be imposed on a person(s) or rugby body should they transgress any of the regulations contained within the policy.
3. You were provided with an opportunity to ask the local Union representative questions regarding the SARU/BokSmart Rugby Safety Regulation Policy
4. The "Strict Liability Principle" however applies – this means that whether you were negligent, careless or otherwise at fault that you will ultimately be held liable for any of your transgressions of the SARU/BokSmart Rugby Safety Regulation Policy

Name of School/Club:

Physical Address of the School/Club

Contact Numbers: Office:

Cell:

E-mail address:

Name of person having received the SARU/BokSmart Rugby Safety Regulation Policy on behalf of the School/Club or Rugby Body:

Signature:

BokSmart Union Representative:

Signature:

Date:

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Kosie Horn

From: Kosie Horn
Sent: Monday, April 11, 2011 10:13 AM
To: Loryn Coetzee; 'Joan@limbloubulle.co.za'
Cc: Johan Schoeman; Barend Van Graan; Andre Both; Louis Nel; '2dippies.debeer@gmail.com'; 'Meiring Hans - Major General'; charles@limbloubulle.co.za; Ian Schwartz; Martin Moshaba; 'Adriaan Scheepers'; Mpho Matsaung; Peter Makgobo; 'Kobus Redelinghuys'; freddy@limbloubulle.co.za; 'Douglas Modiba'; Johan Venter; 'Bultendag, Attie'; BBRUREFS; 'Colleen Gaglano'; 'tulne@global.co.za'; 'Ferd Nlemand'; 'Gert Smit'; 'vhalles@absamail.co.za'; 'hoof@louisleipoldt.co.za'; 'lzel@absamail.co.za'; 'pieter@sslog.co.za'; 'Pieter Goosen'; 'ephugo@absamail.co.za'; 'lermdanle@yahoo.com'; 'Charlesvanstaden@eversheds.co.za'; Lazarus Bertus - Lieutenant Colonel; 'slasv@mcmotor.co.za'; Gert van Colier
Subject: FW: Refereeing a game without Boksmart certification
Importance: High
 Hi Loryn/Joan,

Please forward this email to all Clubs, High Schools, Primary Schools and other Rugby communication structures within the Tshwane and Limpopo Regions.

Those who have not received their BokSmart cards yet must send me by email their full names, id number, postal address and date of course attended. I will then follow-up with SA Rugby.

Kind regards



Kosie Horn
 Manager Training and Education
 Office: +2712 420 0709
 Mobile: +27 82 499 5095
 Fax: +27 86 594 0034
 e-mail: kosie@bluebull.co.za



-----Original Message-----

From: L. Coetzee [mailto:lettiec@sarugby.co.za]
Sent: Friday, April 08, 2011 1:03 PM
To: Abe Steenberg - SWD ; Abe van Rooyen - Griffons ; Andries Selemela - Leopards ; Ben Theron - WP ; Burton Huffde - Natal ; Dries Breytenbach - Pumas ; Elliot Mtsewu - Griffons ; BBRUREFS; 'Ivan Pekeur - Boland'; Jacques Hugo - EP ; Kat Swanepoel - Griquas ; Kosie Horn; Neville Jonas - EP ; Nic Botha - Border ; Paul Ackerman - Natal; Phillip du Toit - Leopards ; Ronald David - Border ; Schubel O'Reilly - FS ; Theuns Naude - GLRU
Subject: Refereeing a game without Boksmart certification

"Hi all,

There has been some speculation regarding 'enforcing' the BokSmart licensing in games in SA. More specifically on the issue that it should not be a referee's problem to check Boksmart certification. I have been in contact with Dr Wayne Viljoen and we agree on the matter. For clarity purposes, I will address the modus operandi as follows: Please refer to the Boksmart regulations. Some amendments have been proposed for clarity purposes and are currently in process for review to ratification after which it will be sent out.

- Clause 3 specifies that any person coaching a team in SA, should be BokSmart licensed.
- Clause 4 specifies that any person refereeing match should be BokSmart licensed.

4/11/2011

• Clauses 6 & 7 specifies that a match should be abandoned if any coach or Referee or AR cannot provide proof of the BokSmart certification.

Coaches are to present proof of their BokSmart certification to the referee at least 15 minutes before kick-off -- earlier is fine, or else the game is not started and even abandoned.

Gentlemen and ladies, I am aware that some will say that we are loading too much on the referee and I do not disagree with that altogether. However, we cannot play rugby in SA unless the regulations of BokSmart are met – In fact, it is law!

AS A REFEREE IS NOT SUPPOSED TO START A MATCH WITHOUT THE MINIMUM MEDICAL EQUIPMENT AND PERSONNEL, LIKE WISE HENCEFORTH, PLEASE INSTRUCT ALL YOUR REFEREES NOT TO START A MATCH UNLESS PROOF OF BOKSMART CERTIFICATION IS PROVIDED BY COACHES. ALSO, PLEASE ENSURE YOU ONLY APPOINT REFEREES THAT ARE BOKSMART CERTIFIED WITH A VALID LICENSE!

Please ensure that this message reaches all referees, clubs and schools through your various channels of communication.

kind regards/beste groete,

Andre Watson



Andre Watson
National Manager
Referees

T: 011 402 2960 | F: 011 402 8016 | C: 082 990 8248 | E: watson@sarugby.co.za | W: <http://www.sarugby.co.za>
5th Floor SA Sports Science Institute Building | Boundary Road | Newlands | 7700 | South Africa

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4/11/2011



SARU REGULATIONS FOR UNDER-AGED RUGBY

APRIL 2011

Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.



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SARU REGULATIONS FOR UNDER-AGED RUGBY

April 2011

DEFINITION: Although the IRB defines "Adult rugby" as "Rugby played by teams comprising players normally 18 years of age and older", "Senior rugby" in South Africa, is defined as any form of rugby played above the U20 Age-grade level, which includes U21 age-grade level and above. "Elite" level rugby is "rugby played between representative teams of Unions"

1. Players younger than 18 years old shall not be allowed to play U20 or senior rugby in any position, at any level of rugby under the auspices of SARU or any of its provincial unions, except as provided for in regulation 5 below.
2. In addition to regulation 1; Players younger than 19 years old shall not be allowed to play in either elite U20 or senior rugby in the front row at any level of rugby under the auspices of SARU or any of its provincial unions, except as provided for in regulation 3 below.
3. Prior to a player, who is 18 years old but younger than 19 years, being selected as a front row player to a squad in an U20 elite and/or senior elite competition (e.g. National U20, Provincial U21, Vodacom Cup, Absa Currie Cup, Super Rugby and above) and before participating in any training activities relating to such squad, the following documentation must be obtained and kept on file/record:

3.1 Voluntary assumption of risk and an indemnity signed by the player;

3.2 Both parents or the legal guardian of the player have to consent in writing and sign an indemnity form – *this is and should not be seen as a legal requirement for clearance, but it should be strived to obtain this on record to protect both the relevant Union and SARU, whichever may be applicable;*

3.3 If still in school, the Headmaster of the school, on advice of the coach of the school team, also has to give his written permission;

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- 3.4 Written confirmation from a Sports Medical Practitioner that the player is in an appropriate physical condition to play elite U20 and/or elite senior rugby, and this shall include a complete rugby-specific medical assessment and report;
- 3.5 Confirmation from a SARU accredited High Performance testing centre has to confirm in writing that the player is appropriately conditioned to participate on the level of rugby intended, as well as the position(s) in the team intended for such player which in any event shall not be less than the intended position(s) in an elite U20 level.
- 3.6 Written confirmation from the medical officer / team doctor from the province the player is registered with that the player is suited to play elite U20 and/or elite senior rugby in the intended position(s) in the team;
- 3.7 Confirmation in writing from a qualified IRB level 2, or SARU level 2, or provincial coach with an equal or better coaching qualification, that the player has the requisite skills and experience to play elite U20 and/or elite senior rugby in the front row;
- 3.8 The player shall not be allowed to participate in any training session or match for an intended squad or team until the aforementioned documentation is on record at the respective province's offices, and a copy thereof with SARU's Medical Manager.
- 3.9 As per the IRB guidelines on this matter stipulated in Clause 4 of this document, all players who are 18 years old but younger than 19 years, being selected as a front row to compete at U20 elite level, have to be cleared via the walver application process stipulated in Clauses 3.1-3.8
- 3.10 Players, who are 18 years old but younger than 19 years, being selected as a front row, may only participate at Club U20 level, and NOT at U20 elite or Senior rugby (U21 or above) levels, without being identified by the relevant Union as an elite player and meeting all terms and conditions of the walver application process
4. Players who are 18 years old but younger than 19 years old, and who are nominated for the IRB Age Grade Championships to play in the front row, regulation 3 has to be complied with.

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E-mail: BokSmart@sarugby.co.za | www.boksmart.com





5. Prior to a player, who is younger than 18 years old, being selected in any position, excluding the front row, to a squad in an elite U20 and/or senior elite competition (e.g. National U20, Provincial U21, Vodacom Cup, Absa Currie Cup, Super Rugby and above), and before participating in any training activities relating to such squad, the following documentation must be obtained and kept on file/record:
- 5.1 Voluntary assumption of risk and an indemnity signed by the player;
 - 5.2 Both parents or the legal guardian of the player have to consent in writing and sign an Indemnity form;
 - 5.3 If still in school, the Headmaster of the school, on advice of the coach of the school team, also has to give his written permission;
 - 5.4 Written confirmation from a Sports Medical Practitioner that the player is in an appropriate physical condition to play elite U20 and/or elite senior rugby, and this shall include a complete rugby-specific medical assessment and report;
 - 5.5 Confirmation from a SARU accredited High Performance testing centre has to confirm in writing that the player is appropriately conditioned to participate on the level of rugby intended, as well as the position(s) in the team intended for such player which in any event shall not be less than the intended position(s) in an elite U20 level.
 - 5.6 Written confirmation from the medical officer / team doctor from the province the player is registered with that the player is suited to play elite U20 and/or elite senior rugby in the intended position(s) in the team;
 - 5.7 Confirmation in writing from a qualified IRB level 2, or SARU level 2, or provincial coach with an equal or better coaching qualification, that the player has the requisite skills and experience to play elite U20 and/or elite senior rugby in the intended position(s)
 - 5.8 The player shall not be allowed to participate in any training session or match for an intended squad or team until the aforementioned documentation is on record at the respective province's offices, and a copy thereof with SARU's Medical Manager.

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- 5.9 As per the IRB guidelines on this matter stipulated in Clause 8 of this document, all players who are younger than 18 years, being selected in any position, excluding the front row, to compete at U20 elite level, have to be cleared via the waiver application process stipulated in Clauses 5.1-5.8
6. It is the responsibility of the coach and SARU, the province, club, rugby body or school (whichever is applicable) to ensure that regulation 1 and 2 is complied with. Documentary proof of the age of players shall be kept on record for this purpose.
 7. Only elite players having been identified within the province or national structures and with the potential to play at elite U20 and/or elite senior level (e.g. National U20, Provincial U21, Vodacom Cup, Absa Currie Cup, Super Rugby and above) can apply for a waiver of these restrictions in accordance with regulation 3 and 5 above.
 8. Players younger than 18 years old and nominated for the IRB Age Grade Championships to play in any position, excluding the front row, have to comply with regulation 5 in order to be eligible.
 9. Any reference made with regards to age refers to the age of the player on the first day of January of the specific year in question e.g. If required to be 19 years of age, the player would have to be 19 years old on the first day of January of that specific year.
 10. A province, club, rugby body or school shall adopt these regulations, and amendments thereto shall only be permitted if it is more stringent on its members.
 11. A province, club, rugby body or school must ensure that it complies with these regulations and must further ensure that it takes appropriate action to inform each and every one of its members of the terms of these regulations and the obligation to comply with same.
 12. These regulations will be enforceable from 1 April 2010.
 13. Any breach of these regulations shall be dealt with in accordance with the applicable Judicial and Disciplinary Regulations. The Judicial Officer, Judicial Committee, Appeal Officer or Appeal Committee shall apply the recommended sanctions as referred to in the applicable Judicial and Disciplinary regulations.

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E-mail: BokSmart@sarugby.co.za | www.boksmart.com





14. In addition to the recommended penalties prescribed by the disciplinary and judicial regulations, the following minimum penalties shall apply:
- 14.1 For breach of regulation 1 and 2, the coach and the responsible person(s) at SARU, the province, club, rugby body or school (whichever may be applicable) suspension for a period of 24 (twenty four) months.
- 14.2 For not obtaining and /or keeping proper records as per regulation 3 and 5 – R5000.00 fine.

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SA Rugby™



Confirmation of Receipt of SARU/BokSmart Under-age Regulation Policy

The objective of the SARU/BokSmart Under Age Regulation document is to look after the health, well-being and safety of those players who are not yet physically ready or mature enough (in skeletal maturity, motor and cognitive development) to play in senior grade rugby (U20 and above).

The regulation is effective from 1 April 2010.

By signing this document you acknowledge the following:

1. Receipt of the SARU/BokSmart Under Age Regulation Policy
2. You have read the regulations; have a complete understanding of the content of the policy and the potential sanctions that can be imposed on a person(s) or rugby body should they transgress any of the regulations contained within the policy.
3. You were provided with an opportunity to ask the local Union representative questions regarding the SARU/BokSmart Under Age Regulation Policy
4. The "Strict Liability Principle" however applies – this means that whether you were negligent, careless or otherwise at fault that you will ultimately be held liable for any of your transgressions of the SARU/BokSmart Under Age Regulation Policy

Name of School/Club:

Physical Address of the School/Club

Contact Numbers: Office:

Cell:

E-mail address:

Name of person having received the SARU/BokSmart Under-age Regulation on behalf of the School/Club or Rugby Body:

Signature:

BokSmart Union Representative:

Signature:

Date:

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Kosie Horn

From: Kosie Horn
Sent: Friday, April 06, 2012 10:01 AM
To: Nella Oosthuizen; Joan Du Toit
Cc: Johan Schoeman; ASST KOMM CHARLES VAN WYK
Subject: FW: BokSmart Regulasies

Beste Nella/Joan,

Stuur asseblief vir alle klubs in Tshwane en Limpopo

Groete

Kosie Horn
Manager Training and Education
Office: +2712 420 0709
Mobile: +27 82 499 5095
Fax: +27 86 594 0034
e-mail: kosie@bluebull.co.za



Die volgende terugvoer ten opsigte van die ouderdom bepalings vir onder ouderdom rugby. Daar bestaan verwarring oor wanneer spelers in die voorry op klub vlak mag speel.

Indien 'n speler reeds 19 jaar oud is op 1 Januarie (m.a.w. hy word daardie Jaar 20) mag hy in die voorry speel in klub rugby.

Indien 'n speler reeds 18 jaar is op 1 Januarie (m.a.w. hy word 19 daardie Jaar) mag hy in enige ander posisie as voorry in klub rugby speel.

Geen speler wat nie op 1 Januarie reeds 18 jaar oud is, mag aan enige klub rugby deelneem nie.

Die aangeleentheid is met Dr. Viljoen (BokSmart Bestuurder: SARU) bespreek en uitgeklaar.

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 [Injury Stats](#) |
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Safety in the Playing Environment

Because of the diversity and demographic vastness in South Africa, most levels outside the semi-professional and professional rugby structures have limited medical support, medical equipment, medical facilities and qualified medical personnel at matches if at all. Coaches and referees therefore frequently have to make important safety decisions on whether a match should take place or not, or how to proceed if an emergency situation presents itself on the field. It is for this reason that BokSmart has developed guidelines for minimum medical standards before a match can take place, and provides a basic medical resource and basic medical training for non-medical personnel in the DVD workshops. In addition it has also developed a 'rugby' first aid training program, called the BokSmart Rugby Medic program. The Rugby Medic program provides coaches, referees, players, and any involved person in the rugby community, at the very least, with the primary skills necessary to be able to identify and manage a potentially serious or catastrophic concussion, head, neck, or spine injury.

The focus of the Rugby Medic program is mainly on the disadvantaged and under-resourced areas, which do not have any appropriate equipment, training or medical support. These clubs or schools are often identified by the unions, or can directly request training, and BokSmart, within the constraints of an annual and regionally allocated budget, provides the Rugby Medic training at no cost to these schools or clubs. If the trained rugby club or school do not possess the minimum emergency medical equipment required to appropriately stabilise and support a seriously injured player, and they comply with specific minimum criteria, BokSmart, within the constraints of an annual and regionally allocated budget, provides them with a complete set consisting of a spinal board, cervical collar, spider harness, and head blocks at no cost.

On top of this BokSmart provides a toll-free National emergency telephone helpline called the 'BokSmart SpineLine' to expedite and fast track the emergency treatment and management of a potentially seriously injured rugby player. The BokSmart SpineLine is a dedicated emergency rugby helpline for serious concussion, head, neck and spine injuries. The number (0800 678 678) is linked to a National Emergency Service Provider, ER24, who provides the necessary advice, initial telephonic screen, and dispatches or arranges suitable transportation of the injured player to the nearest or most suitable medical facility as required. Part of the BokSmart training is to educate everyone on the availability of this service.

The BokSmart workshop for coaches and referees also addresses both the emergency identification and management of these injuries, and reinforces the accessibility to the BokSmart SpineLine. In this way BokSmart has tried to intervene by providing these different levels of training to non-medical personnel to combat the lack of suitable medical support, equipment and staffing at matches around the country.

BokSmart 2010 - Safety In the Playing Environment



NEWS HEADLINES

Can the Kings bounce back in PE?

Sharks pick strong team for Final

Preview: Abas Gurie Cup-Final

Fish Factory tournament celebrates 25 years

SA Sevens Under-17 training group named

Elizabeth dominates Player of the Year nominations

De Allende to start in final

Blue Bulls, Province in U21 showdown

WP and Blue Bulls in Under-19 final

Vodacom Cup Review - The Final

[..News archive](#)





SAFETY IN THE PLAYING ENVIRONMENT

Dr P L Viviers – Sports Physician, MACSM



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

INTRODUCTION

Coaches and referees frequently have to decide whether a match should be allowed to continue or not, depending on available basic medical support, as well as other external conditions such as an appropriate emergency action plan, emergency medical equipment, facilities and extreme environmental conditions. Rugby event management, from a medical perspective, is designed to provide on-site medical care and administration to all participants in rugby matches (e.g. schools, club, Interprovincial and International). This includes safety advice and medical care at the events.

The type of event, e.g. Test match vs. tournament vs. league match will determine the minimum set of guidelines that need to be adhered to. These requirements are divided into "Green" and "Gold" levels. The minimum requirements for a rugby match to take place are classified as "Green", while national events, e.g. provincial or Test matches, will be classified as "Gold". The home team management must also submit their completed emergency action plan template to the referee before the game. Referees should confirm that all requirements are in place before allowing a match to start.

Minimum requirements for assessments of safe environmental conditions:

- Hot conditions:
 - Ambient temperature-relative humidity device
 - Wet-bulb globe thermometer (WBGT) or Whirling hygrometer
 - Telephonic access to the weather service for the WBGT information
 - Temperature should ideally be less than or equal to a WBGT reading of 28°C. If you have a Whirling hygrometer, the recommendations are that temperature should be less than or equal to 30°C, and humidity less than 60%
- Lightning and thunder:
 - Lightning warning system
- Wet conditions – playing surface and water on the pitch at the discretion of the referee, using common sense, e.g. risk of drowning
- Hazardous conditions cut-off limits as per protocols, which should be age- and gender specific

The requirements for medical care of participants in rugby matches will be discussed under the following headings and excludes the team's own medical support:

1. Match Day Medical Personnel
2. Sideline Equipment
3. Medical Room
4. Accessibility to units for advanced care
5. Emergency Action Plan – Potential Catastrophic Injury

1. Match Day Medical Personnel:

- Match Doctor (Sports Physician/ Orthopedic surgeon)
- Venue Doctor (Sports Physician/ General Practitioner)
- Nursing sister
- Paramedics
- First Aiders/ Rugby Medics
- Other:
 - Physiotherapists
 - Biokineticists
 - Medical Liaison Officer
- Access to variety of consultants in orthopedic-, maxillo-facial-, dental surgery, etc.

2. Sideline Equipment:

- Patient transport (from the field of play to medical room)
- Spinal board with all attachments or Scoop stretcher with all additional attachments
- Cervical collars & head blocks
- Sideline concussion assessment tool
- Basic life support (BLS):
 - Airway (nasopharyngeal-, oropharyngeal-, laryngeal devices/tubes)
 - Breathing (Oxygen, face mask, ambubag)
 - Cardiovascular (AED – automated external defibrillator)
- Advanced life support (ACLS):
 - Equipment and drugs to manage advanced cardiopulmonary support
 - IV lines and fluids

3. Medical Room:

- Accessible from all playing fields
- Access to telephone
- Visible and available EMERGENCY ACTION PLAN with contact details
- Proper electrical or suitable lighting
- Running water
- Examination couches or plinth
- Protective clothing and equipment
- Sharps containers

- Equipment:
 - To observe vital signs, e.g. blood pressure cuff, stethoscope, thermometer
 - Advanced life support (including medications and AED)
 - For neurological examination e.g. penlight, reflex hammer
 - For management of blood injuries and lacerations
 - Splints
 - Blankets/ Space blankets
 - Fridge/ Freezer and ample available ice
- Medical equipment, consumables and suitable medication to treat common musculo-skeletal injuries.

4. Accessibility – Units for Advanced Care:

- On-site ambulance and crew for rapid transportation
- Access to back-up ambulance services
- Access to ambulance helicopter – if needed
- Transportation in advanced care should be within one hour (severe trauma, head and spinal injuries).

5. Emergency Action Plan – Potential Catastrophic Injury:

Action	Responsibility	Confirmed	Name & Contact Information
Management Protocol: Pitch	Match Doctor/ Venue Doctor/ Highest Qualified Paramedic, rugby medic or first aider		
Management Protocol: Medical Room	Match Doctor/ Venue Doctor		
Evacuation Protocol: Field • Communication from field (signs) • Equipped spinal board/Scoop stretcher • Golf cart	Match Doctor/ Paramedic, rugby medic or first aider		
Evacuation Protocol: Medical Room • Carry/motorised	Match Doctor/ Paramedic		
Evacuation Protocol: Spinal Unit: • Onsite Ambulance • Stand-by Ambulance • Air (helicopter)	Match Doctor/ Paramedic		
Evacuation Protocol: General Hospital: • Onsite Ambulance • Stand-by Ambulance • Air	Match Doctor/ Paramedic		
Final Communication with: • Ambulance Service • Spinal Unit • General Hospital A&E	Venue Doctor/ Match Doctor/ Paramedic		
BokSmart SpineLine	Match Doctor/ Paramedic		

(Addendum: Flow diagram of events in the case of a suspected catastrophic injury)

"Gold" Category requirements:

The following competitions are included in this category:

- International matches
- Super 14 matches
- Currie Cup and all other Interprovincial matches
- National Club Championships
- Varsity Cup competition
- Craven Week and other Interprovincial schoolboy tournaments (Grant Khomo, Academy week, etc.)
- Schoolboy festivals (St John's, etc)
- Classic Clashes (schoolboy rugby)

(Sevens format matches in the mentioned categories are also included)

"Green" Category Requirements:

- Club matches
- School matches
- Community rugby

(Sevens format matches in the mentioned categories are also included)

Minimum Requirements Checklist	"Gold"	"Green"
Personnel:		
Match Doctor	✓	
Venue Doctor	✓	
Nursing Sister	✓	
Paramedics	✓	
Rugby Medics or qualified First Aider	✓	✓
Medical Liaison	✓	
Physiotherapist and Biokineticist	✓	
Access to other medical specialties (dentist, etc.)	✓	
Medical Room:		
Medical station (room/ tent)		✓
Emergency treatment room	✓	
Advanced care:		
Trauma Unit (< 1 Hour)	✓	✓
Spinal Unit (<4 Hours)	✓	✓
Patient Transport:		
From the field of play – spine board		✓
From the field of play – motorised (e.g. golf cart)	✓	
Advanced Care Facilities (BLS equipped and staffed ambulance on site)	✓	
Access to stand by ambulance services and/or emergency medical services		✓
Sideline Equipment:		
Wet-bulb globe thermometer, Whirling hygrometer or Ambient temperature-relative humidity device	✓	✓
Telephone access	✓	✓
Lightning warning system	✓	
Spinal board with attachments	✓	✓
Scoop stretcher with attachments	✓	
Cervical collars & head blocks	✓	✓
Sideline concussion assessment tool	✓	✓
Basic life support (BLS) equipment	✓	
Advanced life support (ACLS) equipment	✓	

The requirements indicated in the above table are the very MINIMUM requirements for each level of play ("Green" and "Gold") that should be in place for a rugby match to take place. One should

however, where possible continuously strive to improve on the medical support available at THESE matches to ensure player safety at all times, e.g. doctor, emergency medical services, etc. with a club team.

RUGBY MEDICS

These are non-medical professionals having completed either the BokSmart Rugby Medic Course or a suitable First Aid Course, which covers sideline management of head, neck and spinal injuries (including concussion assessment), management of acute musculoskeletal injuries, and basic first aid. Where there are only 1-2 Rugby Medics or First Aiders available for multiple games happening simultaneously at a venue, they should be stationed in a centralised point, and be visible and accessible to all.

PITCH CONDITIONS

Refer to the specifications which are currently used by the IRB to establish safe participation. In a South African context the game should be played either on grass, sand or clay, or artificial grass (must conform to IRB regulation 22).

HOT AND HUMID CONDITIONS

Water and cold towels must be available alongside the field. Water breaks should be held regularly, e.g. a 2 min break at the 20 min point of each half. Also consider increasing the halftime break from 10 min to 15 min.

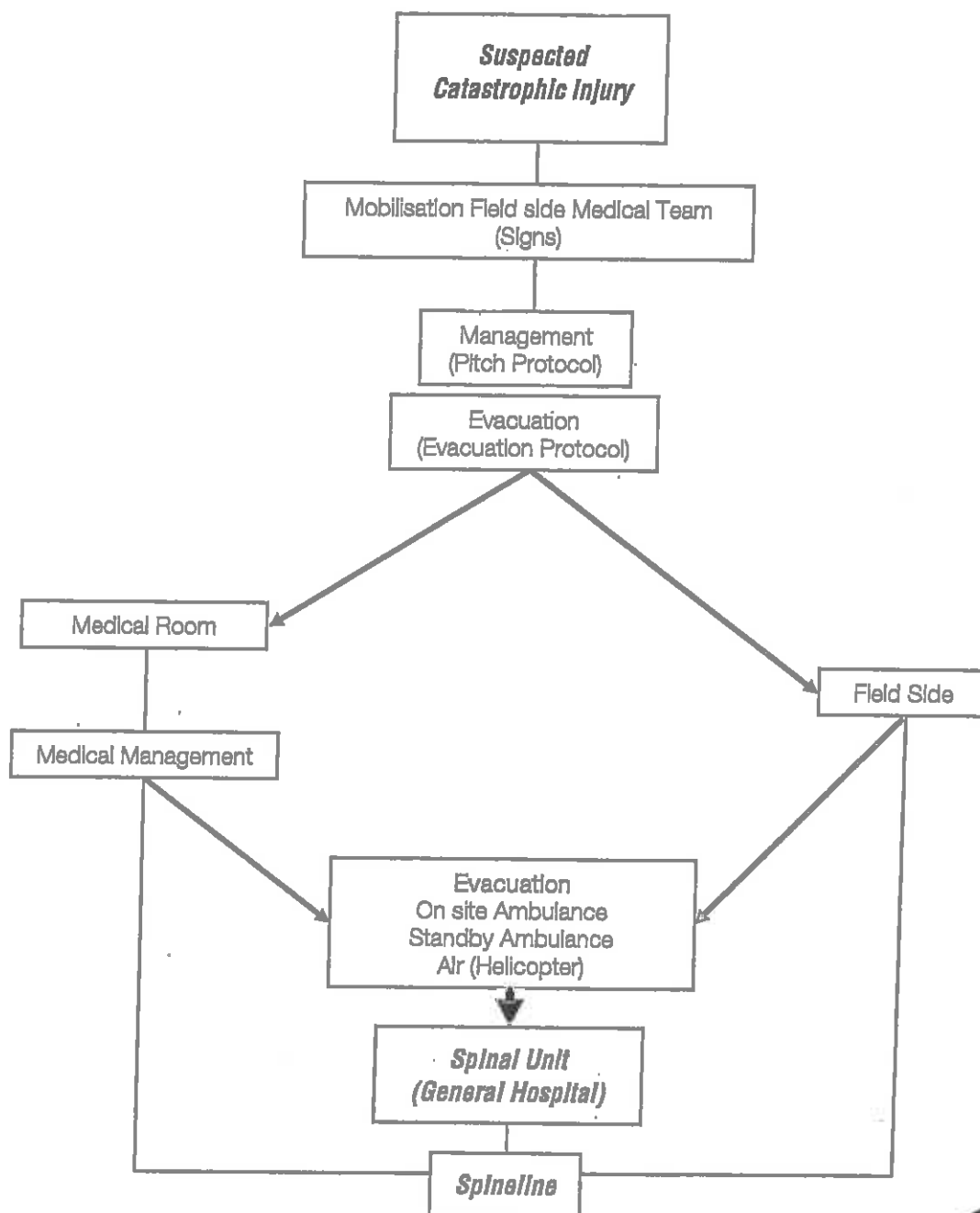
AUTHORS' BIOGRAPHY

Dr Pierre Viviers is the Senior Executive for Sports Medicine and Rehabilitation at the Stellenbosch University Sport Performance Institute (SUSPI), Team Physician to the S.A U/20 team and Chairman of the South African Rugby Medical Association (SARMA).

REFERENCES

1. SARU Minimum Requirements, Dr I Jakoet, Current (July 2007)
2. Mass Participation Event Management for the Team Physician: A Consensus Statement, Team Physician Consensus Statement, American College of Sports Medicine, American Academy of Family Physicians, American Academy of Orthopedic Surgeons, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine, American osteopathic Academy of Sports Medicine
3. Sideline Preparedness for the team Physician: A Consensus Statement, American College of Sports Medicine
4. IRB Regulations

ADDENDUM: FLOW DIAGRAM





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5 September 2012

FOR ACTION: Union CEO's, BokSmart Coordinators, Referee Societies, Coaching Societies, Clubs, Primary Schools and High School representatives, SASRA

FOR INFORMATION: Jurie Roux, Rassie Erasmus, Andy Marinos, Mervin Green

Dear all

Based on Rugby Safety Audit feedback from around the country over the last year, it is noticeable that many schools and clubs do not meet the basic safety requirements of the *IRB Law book*, SARU's *Safety in the Playing Environment* and *Referee's role in controlling the game* documents; all of these are freely available over the internet at www.irb.com and www.boksmart.com respectively.

With this in mind it is imperative that you send this letter onto all your stakeholders i.e. primary schools, high schools, clubs, coaching and referee societies, and any other affiliated rugby bodies to ensure that these standards are met in the new rugby season of 2013.

There are approximately seven (7) months in which to rectify this, and ensures that the fields upon which players are playing rugby are as safe as possible, which is something that hosting rugby bodies must have direct control over. This is to guarantee that unsafe playing environments do not contribute unnecessarily towards catastrophic injuries, severe injuries or rugby injuries in general.

Should the playing fields and grounds not conform to IRB and SARU safety standards, then referees will be mandated to call these games off. Referees are entitled to decide whether it is safe for a player or safe for the game to continue. They must not shy away from this responsibility.

The Laws of the Game provide guidelines to referees for ensuring a safe playing environment. Referees should apply a common-sense approach and not rely on Law only to ensure the safety of all players on the field.

The onus, however, is on the hosting rugby body, club or school to provide a safe match environment that conforms to the required IRB standards, and the referees roles, are purely to confirm or negate this fact, and then either start the game, have the identified problem rectified by the hosting rugby body before kick-off, or call the game off.

SOUTH AFRICAN RUGBY UNION (an Incorporated association of persons)

President: OPM Hoskins Deputy President: MR Alexander Vice President: JY Stoffberg Chief Executive Officer: JW Roux

"The Union will foster the game amongst all persons Irrespective of race, colour, creed or gender"

The following extracts from the relevant documents provide context to the above.

Extract from "IRB Law book":

The Playing Environment includes the field of play as well as the Immediate surrounding area.

The Playing Enclosure is the playing area and a space around it, not less than 5 metres where practicable, which is known as the perimeter area.

Law 1.1 SURFACE OF THE PLAYING ENCLOSURE

(a) Requirement. The surface must be safe to play on at all times.

(b) Type of surface. The surface should be grass but may also be sand, clay, snow or artificial grass. The game may be played on snow, provided the snow and underlying surface are safe to play on. It shall not be a permanently hard surface such as concrete or asphalt. In the case of artificial grass surfaces, they must conform to IRB Regulation 22.

NOTE: Law 1.1 (a) states the obvious i.e. that the surface must be safe to play on at all times!

Law 1.2 REQUIRED DIMENSIONS FOR THE PLAYING ENCLOSURE

(a) Dimensions. The field of play does not exceed 100 metres in length and 70 metres in width. Each in-goal does not exceed 22 metres in length and 70 metres in width.

NOTE: Law 1.2 (a) allows you therefore to adjust your field width or length accordingly to meet the safety criteria required; it specifies "does not exceed", but does not mention anything further about not being able to adjust field length or width accordingly. So if needs be, for example, you could potentially shift the touchline slightly inwards to meet the requirements.

(b) The length and breadth of the playing area are to be as near as possible to the dimensions indicated. All the areas are rectangular.

NOTE: In keeping with the above suggestion regarding Law 1.2 (a), Law 1.2 (b) stipulates that one should try and keep these adjustments practical and minimal, and as close as possible to IRB Law dimensions.

(c) The distance from the goal line to the dead ball line should be not less than 10 metres where practicable.

1.6 OBJECTIONS TO THE GROUND

(a) If either team has objections about the ground or the way it is marked out they must tell the referee before the match starts.

(b) The referee will attempt to resolve the issues but must not start a match if any part of the ground is considered to be dangerous.



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NOTE: Law 1.6 (a) and (b) where either one or both teams object to the safety of the ground, or the referee calls off a match if any part of the ground is considered to be unsafe or dangerous, is perfectly within the Laws of the game

Extract from "Referee's role in controlling the game":

When inspecting the playing enclosure, it is important to study the pitch itself and look for any obviously dangerous aspects that may be prevalent. The pitch may, for example, be too hard, i.e. stone or gravel; or there may be potholes, which could pose a risk to players' ankles and feet. Pitches that are immersed in water should also be investigated and the referee should decide whether a possible danger may exist, in particular when it comes to collapsed rucks, mauls and scrums. Any loose debris should also be removed from the field, especially if the debris is sharp and/or hard

Extract from "Safety in the Playing Environment":

Advertising hoardings, poles, pylons and barriers must ideally be 5m from the touchline. If one or more of the abovementioned obstacles cannot be removed they must be suitably covered up to provide maximum protection to the players. If areas of the playing surface comprise an asphalt / tartan track it should be suitably covered as well.

The playing surface should be grass, artificial grass (conforming to IRB regulation 22), sand or clay. It must be firm and free of hazards, including stones and glass. In cold environments, the surface must be free from ground ice. If there is surface water sufficient to realistically raise the risk of drowning, the game should not commence. The decision to start a game where ground water is present is at the sole discretion of the referee and common sense should prevail.

In summary

Some key checks to consider include but are not limited to the following:

CHECK THE GROUND AND PLAYING SURFACES

- The ground is level and free of holes
- There are no exposed sprinkler heads, or hard plastic/metal ground spikes or flag supports
- There is no broken glass, rubbish or stones
- There are no cement barriers, shot put rings, drains, protruding steel pipes or structures, ditches, walls, buildings, fences, rails, stands, pylons, overhead lights or the like within the IRB stipulated *playing enclosure*

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"The Union will foster the game amongst all persons irrespective of race, colour, creed or gender"

- o There are no other movable objects such as dust bins, scrum machines, steel rollers, tyres, school bags, gazebos, chairs or the like within the IRB stipulated *playing enclosure*
- o Goal posts are appropriately padded
- o Marker flags will flex on impact with no sharp edges
- o No advertising hoardings within the IRB stipulated *playing enclosure*
- o Equipment is stable and will not collapse
- o Spectators and vehicles' proximity to the IRB stipulated *playing enclosure* must be managed appropriately

In summary, should your playing enclosure fall short of the IRB and SARU's safety requirements, you must address this accordingly before commencement of the 2013 rugby season. For example, if this means that you have to remove a concrete barrier or perimeter from within the IRB stipulated playing enclosure, then this needs to be done. If you need to get protective padding or mats to cover up an immovable drain with the IRB stipulated playing enclosure, then this must be done. If you need to adjust your field boundaries slightly in keeping with the IRB Laws regarding the IRB stipulated playing enclosure, then this must be done.

Yours in safety



Mr. Andre Watson
SARU GM Referees



Dr Wayne Viljoen
SARU BokSmart Manager



Mr. Clint Readhead
SARU Senior Medical Manager

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Fair Play and the BokSmart Code of Conduct

The BokSmart Code of Conduct seeks to establish minimum acceptable standards of performance and behaviour afforded to the game of rugby, both on and off the field. This is to ensure that rugby is played in good spirit, in a disciplined and fair manner, and without any unnecessary rough play and malice. By compliance to the Code, any unnecessary avoidable and "off-the ball" incidents and injuries should be curtailed.

The Code also seeks to prevent any act or behaviour that might damage the game of rugby and/or bring the game into disrepute. It additionally guarantees accountability and liability of all signed parties to honour the stipulations as set out in the Code of Conduct, and thereby attempts to make the game safer for all participants of the game.

• Code of Conduct



NEWS HEADLINES

Can the Kings bounce back in PE?

Sharks pick strong team for Final

Preview: Aben Currie Cup Final

Fish Factory tournament celebrates 25 years

SA Sevens Under-17 training group named

Etzebeth dominates Player of the Year nominations

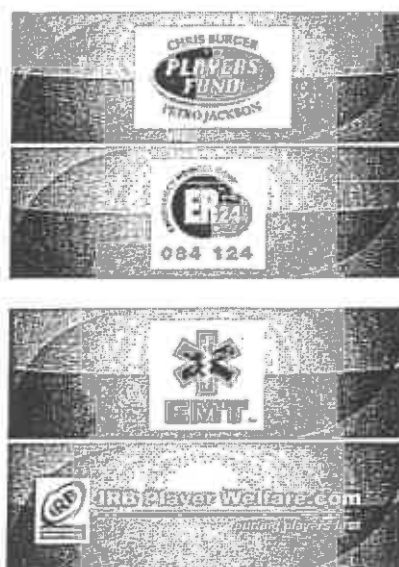
De Allende to start in final

Blue Bulls, Province in U21 showdown

WP and Blue Bulls in Under-19 final

Vodacom Cup Review – The Final

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CODE OF CONDUCT



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

CODE OF CONDUCT

The BokSmart Code of Conduct seeks to address the following issues regarding rugby in South Africa:

- Discipline on the field
- Foul play
- Violence and uncouth practices such as:
 - Eye gouging
 - Biting
 - Scratching
 - Ripping of nostrils
 - Kneeling
 - Punching
- The referee's role in controlling the game
- Referee abuse
- Respect for the opposition
- Crowd/spectator management
- The Spirit of the Game
- Professionalism
- Honesty
- Integrity
- Match fixing
- Doping practices
- Racial/religious vilification
- Any behaviour that would be harmful to the game of rugby

The Code of Conduct seeks to establish a minimum acceptable standard of performance on the field, and behaviour of all involved in the game, to ensure that:

- The game is played in the true spirit of rugby, where fair play, discipline and mutual respect dominates
- That all involved in the game behave respectfully and appropriately towards each other on and alongside the field

The Code of Conduct also seeks to avoid and prevent any rugby-related conduct that may bring the game into disrepute, and influence public opinion negatively regarding:

- The honesty and orderly conduct of all participants in the game including players, coaches, management, medical staff, and officials
- The integrity and good character of all participants in the game, including spectators

1. INTERPRETATION

a) Definitions

In this Code of Conduct:

SARU/SA Rugby means the South African Rugby Union;

BokSmart means the National Rugby Safety Program run on behalf of the South African Rugby Union;

Bookmaker means a person or organisation that makes a living by the receiving, negotiating and/or settling of bets;

Competition means any form of playing the game that involves a Rugby Body or rugby structure. Competition can take the form of a trial match, a pre-season friendly match, a match against a touring side from another school, club, union or country, or a match forming part of any structured or formalised league or tournament;

Laws of the game means the official Laws of the Game as stipulated and accepted by the International Rugby Board (IRB) at the time;

Member union means a provincial union that forms part of, or is affiliated as a subsidiary to, SARU/SA Rugby;

Officer means any official who forms part of, or represents, a recognised Rugby Body in either a management or administrative capacity;

Participant means any player, referee, assistant referee or any other match official, selector, coach, medical person (medical doctor, physiotherapist, biokineticist, emergency service provider, rugby medic, first aid), trainer, manager, or any other individual involved in the organisation, administration or promotion of Rugby;

Rugby body means SARU/SA Rugby, any Member Union or Affiliated Union of SARU/SA Rugby, or any school, club or other body in membership with, or affiliated to, the Member Union or Affiliated Union;

Rugby-related conduct includes any form of behaviour that may irrefutably damage the game of Rugby, or may negatively influence the public's attitude towards, or support for, the game and/or its participants. This includes, but is not limited to, the integrity, good character and conduct of all participants during travel to and from games, tours, during any tours, at Rugby functions and promotional events, as well as any other conduct where a participant is involved in activities associated with SARU/SA Rugby or any of its sponsors;

b) Interpretation

- a. Any words in this Code of Conduct that make reference to the singular form include the plural and vice versa
- b. Any reference to a specific gender is inclusive of all genders; and
- c. Any reference to a paragraph is a reference to either a paragraph or sub-paragraph within this Policy

2. OBJECT OF THIS CODE OF CONDUCT

BokSmart is dedicated to making the game safer for all, to uphold and revive the true spirit of rugby, to grow the game, and to improve the image of rugby union in the public's eye. This Code of Conduct therefore seeks to establish acceptable standards of performance and behaviour for the game of rugby, both on and off the field. This is to ensure that rugby is played in good spirit, in a disciplined and fair manner, and without any malice. The Code of Conduct also seeks to prevent any act or behaviour that might damage the game of rugby and/or bring the game into disrepute. It additionally guarantees accountability and liability of all signed parties to honour the stipulations as set out in this Code of Conduct.

3. CODE OF CONDUCT

All participants in the game of rugby are contractually bound by signing this Code of Conduct:

- a) To behave and conduct themselves within the laws of the game, whether as a player, coach, referee, manager, or any other official that may be involved in the game in any capacity whatsoever;
- b) To comply with and implement the BokSmart National Rugby Safety Program directives for all participants of the game;

- c) To acknowledge that foul play, as well as any form of violent act, whether unintentional or malicious, will not be tolerated and is a punishable offence. Foul play includes, but is not limited to:
 - a. Eye gouging
 - b. Biting
 - c. Scratching
 - d. Ripping of nostrils
 - e. Punching a player(s)
 - f. Kicking a player(s)
 - g. Kneeling a player(s)
 - h. Stomping on a player(s)
 - i. Illegal tackles
- d) To discourage and openly condemn any acts of foul play and violence associated with the game, both on and off the rugby field;
- e) To duly respect and act in such a way as to not intentionally offend, intimidate or insult any rugby participants both on and off the field, regardless of but not limited to:
 - a. Ethnicity
 - b. Colour
 - c. Religious orientation
 - d. Sexual orientation
 - e. Physical or mental impediments
- f) To ensure that appropriate measures are in place at home games to manage effective crowd control, and to discourage and openly condemn any negative, intimidatory or abusive crowd/spectator behaviour directed towards any participants of the game;

- g) To encourage and reinforce respect for the culture, ethos and spirit of rugby in all participants of the game, with regard to but not limited to the following:
 - a. Professionalism
 - b. Honesty
 - c. Integrity
 - d. Sportsmanship
 - e. Self-respect
 - f. Dignity
 - g. Fair play
 - h. Camaraderie
- h) To acknowledge that the referee is in sole charge of any game, and:
 - a. To refrain from abusing, threatening or intimidating the referee, assistant referees or any match officials involved in the game;
 - b. To accept that the referee's decision is final;
 - c. To avoid any obvious acts of dissent, displeasure or disapproval directed towards any referee, assistant referees, or any match officials during and/or after the game;
 - d. To acknowledge that any person who abuses the referee as part of the match or fixture, whether a parent, spectator, administrator or coach, can be reported to the relevant rugby union and placed into the judicial system.
- i) As a referee, assistant referee or match official of the game, to ensure that:
 - a. Player safety is paramount at all times;
 - b. Players from both teams are controlled and managed effectively, within the laws of the game;
 - c. Any forms of illegal tactics, foul play or violent acts are dealt with immediately and appropriately;

- d. No favouritism will be shown towards any team, regardless of any intimidatory tactics that may be applied by a partisan crowd or group of spectators.
- j) To condemn, and not participate in, any activities including but not limited to any the following:
 - a. Illegal betting;
 - b. Match fixing;
 - c. Providing any information to bookmakers about match- or participant-related activities that you may be involved in, or connected to, in any capacity;
 - d. Accepting any bribes or financial benefits resulting from these illegal practices.
- k) To positively promote the game of rugby at all times, and to avoid bringing the game into disrepute;
- l) To not engage in any illegal Doping Practice as defined in the IRB's Anti-Doping By-Law Regulation 21, and promoted by the South African Institute for Drug Free Sport;
- m) To not behave in any manner, or engage in any activity either on or off the field, that would damage public confidence in the honesty, integrity or good character of any participants involved in rugby;
- n) To refrain from any behaviour that discredits the game, SARU/SA Rugby, any Member Union or Affiliated Union of SARU/SA Rugby or any squad, team, competition, tournament or sponsor. Such behaviour includes, but is not limited to, any illegal act or any act of dishonesty or fraud.

4. OFFICERS OF A RUGBY BODY

An officer must, in relation to the Rugby Body of which he is an official:

- a) Always act in the best interests of the Rugby Body;
- b) Should never place his personal interests, or those of any other person, above the interests of the Rugby Body;
- c) Should always act in an ethical and honest manner;

- d) Should not disclose to any outside person(s) any confidential information regarding, but not limited to, the internal governance or internal deliberations associated with the Involved Rugby Body, for personal gain.

5. DUTY TO COMPLY

Each Member Union and/or each Affiliated Union to the Member Union and/or SARU/SA Rugby is obliged to comply with this Code of Conduct. They must also ensure that any rugby-playing school, club or other body in membership with, or associated to, the Member Union or Affiliated Union, complies with this Code of Conduct.





ANNEX FIVE

Alteration to Technical Zone Protocol

New Item 7 Approved

Implementation date: May 26, 2011

Technical Zone Protocol

1 Dimensions of the Technical Zone

- a. For International Matches, two Technical Zones shall be provided within the playing enclosure on the same side of the pitch, each one on either side of the half-way line and outside the field-of-play.
- b. These Technical Zones must be marked on the ground.
- c. The line nearest the touch line must be parallel to the touch line.
- d. The Technical Zones commence a minimum five metres and a maximum of ten metres from the half-way line. The Technical Zones must not exceed ten metres in length and three metres in width and must not be less than two metres from the touch line (see attached schematic).
- e. Wherever practically possible the zones should be behind advertising hoardings with easy access to the field of play.

2 Personnel permitted in the Technical Zone

- a. No more than two medically trained personnel (certified doctors or physiotherapists only) and two water carriers (who may not be the head coach but may be assistant coaches), a total of four per team are permitted to operate from the Technical Zones.
- b. No other person (or player) is permitted in the Technical Zones.
- c. One of the medically trained personnel permitted to operate from the Technical Zone, as listed in (a) above, may be positioned on the far side of the playing area on the touch line opposite the Technical Zone, and may move along the touch line.
- d. The second medically trained person permitted to operate from the Technical Zone as listed in (a) above may be positioned on the near side of the playing area on the touch line, and may move along the touchline. The two medically trained personnel may not be together on one touch line.
- e. Where practically possible the medical personnel must stay outside the advertising hoardings. The medical personnel may keep up with play, but must pay due regard to the needs and rights of players, Match Officials, spectators, broadcasters and commercial partners.
- f. The medical personnel may enter the field of play in accordance with Law at any time a player is injured. They must not obstruct, interfere or alarm comments at Match Officials.

3 Roles of personnel in the Technical Zone

- a. Water may only be taken on to the field during stoppages in play for injuries in the playing area; and when a try has been scored.
- b. The two water carriers are not permitted in the playing area during penalty kicks at goal.
- c. The water carriers must remain in the Technical Zone at all times unless they enter the playing area to provide water, or when ONE enters to provide a kicking tee to a kicker at a penalty kick. Water carriers must not obstruct, interfere or aim comments at Match Officials.
- d. Players may come to the touch line adjacent to the Technical Zone to receive water.
- e. Water bottles must not be thrown on to the field of play.

4 Management of the Technical Zone

- a. All personnel permitted in the Technical Zones must have some distinguishing mark e.g. arm bands/vests.
- b. The Number 4 and 5 Officials will manage the Technical Zones. If there is a transgression of the protocol, the matter will be reported to the Match Referee.
- c. The Match Referee may caution any offender or at his discretion expel the person(s) from the playing enclosure for any breach of the protocol.
- d. Any breach of the protocol may be reported to the Designated Disciplinary Official who shall be entitled to undertake investigations and lodge Misconduct Complaints pursuant to IRB Regulation 17.21 against the Union(s) and/or person(s) concerned.
- e. Should any person be expelled from the playing enclosure for a breach of the protocol they must be reported by the Match Referee to the Designated Disciplinary Official, who shall be entitled to undertake investigations and lodge Misconduct Complaints pursuant to IRB Regulation 17.21 against the Union(s) and/or person(s) concerned.

5 Personnel outside of the Technical Zone

- a. The replacement bench and the location of the coaches should, wherever possible, be outside the playing enclosure.
- b. If replacements require to warm-up and there is not an area outside the playing enclosure, they may warm-up in the opposition in-goal area but must not use balls or any other rugby equipment in their warm-up. Balls and hit shields may be used where there is a designated warm-up area away from the in-goal area. All other equipment for the purposes of warm-up must only be used outside the playing enclosure or another designated area away from the playing enclosure.

The playing enclosure is defined as per the Definitions Section of Law 1 (The Ground).

6 Players temporarily suspended

- a. When a player has been temporarily suspended (sin binned) that player is to be situated in the designated sin bin area which must not be in the Technical Zone and must remain there for the duration of the Temporary Suspension with the exception of 6.c.
- b. The player may be given water and the provision of warm clothing. If halftime occurs during the sin bin period, the player may go to his team's changing room but must return directly to the sin bin for the remaining time of his suspension when the second half resumes.
- c. A one minute warm-up period is permitted prior to the temporarily suspended player returning to the field of play.

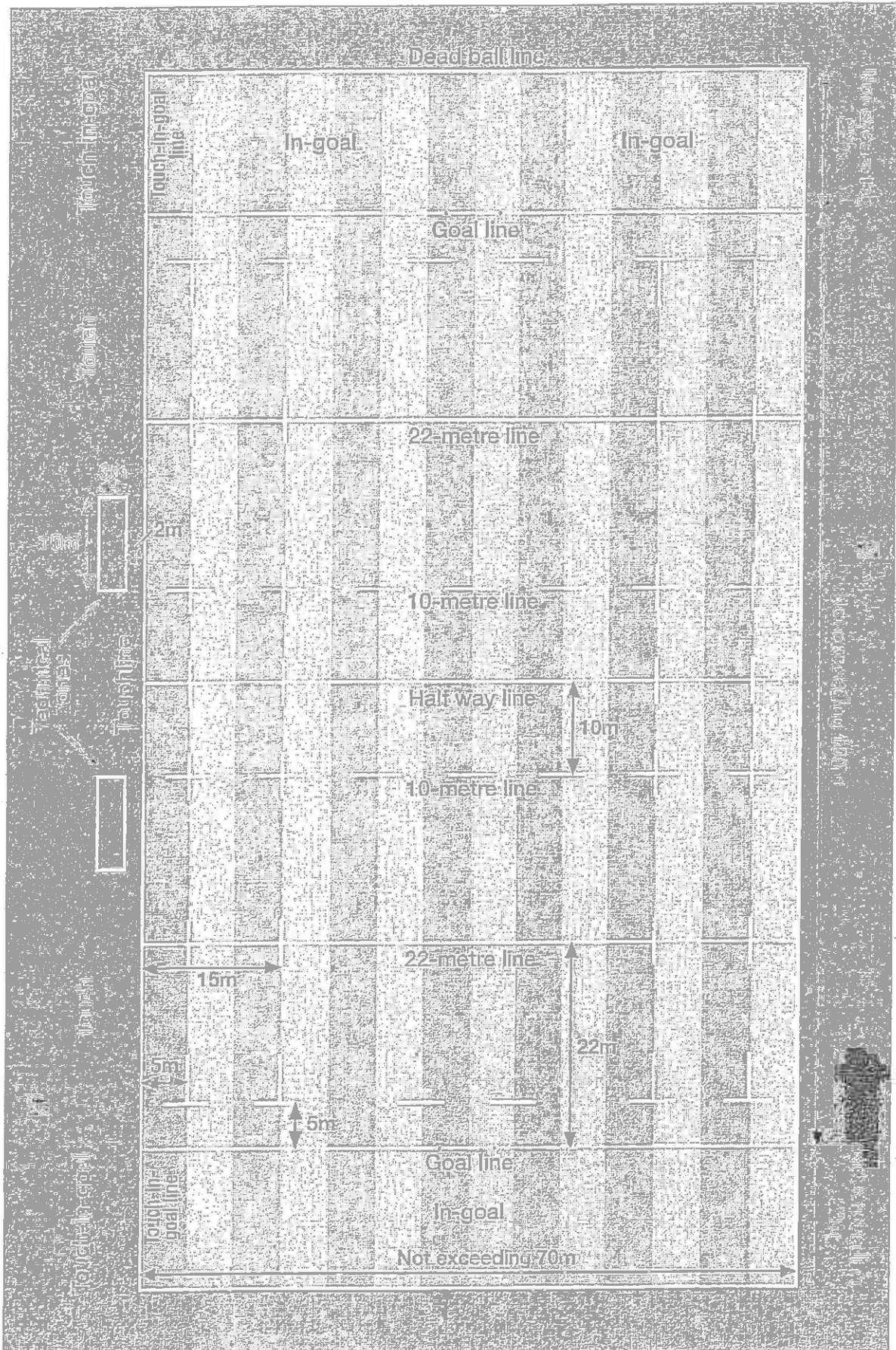
7 Management of Replacements and Substitutions

- a. The management of the replacement and substitution process is the responsibility of the Number 4 and 5 Officials. Replacements and substitutes are only permitted to enter the field of play after the 4 or 5 has communicated to the Referee and this has been acknowledged by the Referee.
- b. When a replacement or substitution of a player is going to take place, the team manager or person administering replacements and substitutions on behalf of a team, must present a completed substitution / replacement form to the Number 4 or 5 Official that clearly indicates the number of the player leaving the field of play, the reason for a player leaving the field of play and the number of the player who will be entering the field of play in that player's place, once permitted to do so by the Number 4 or 5.

- c. The Number 4 or 5 will escort the player entering the field of play to the touch line at the halfway line and will only let that player enter the field of play when it is clear and obvious that the player being replaced is in the process of leaving the field of play at the touch line, the touch line goal line or the dead ball line and will be off the field of play without delay.
- d. A replacement player may be allowed to enter the field of play before the player leaving the field of play crosses the touch line, the touch line goal line or dead ball line if the player leaving the field of play is injured such that it necessitates the player being escorted from the field of play by medical personnel. In such cases the Number 4 or 5 will indicate to the replacement player when they are permitted to enter the field of play.
- e. If for any reason there are more than fifteen players on the field of play during play, the Number 4 or 5 Official(s) will make contact with the Referee and inform him of the situation. The Referee will apply Law 3.2 and order that the Captain of the offending team removes the extra player(s) from the field of play and will award a penalty kick to the non-offending team.

8 Management of Protocol

- a. The management of this Protocol will be the responsibility of the Number 4 and 5 Officials or of the appointed Match Commissioner or Match Manager.
- b. The job description for the Number 4 and 5 Officials is attached as Appendix 1.



Appendix 1

Job Description – Number 4 and 5 Official

Objective

To manage all aspects of the Technical Zone; replacements and substitutions in accordance with the Technical Zone protocol ensuring compliance with the Laws of the Game and the protocol.

Accountabilities

Replacements and Substitutions

- Establishes positive relationships with the relevant team manager or the person administering the replacements and substitutions for a team.
- Receives the replacement/substitution cards from the team manager and checks that it has been fully completed and confirms whether the change is a replacement for injury or a tactical substitution.
- Resolves issues where a team has indicated a tactical substitution when the player is obviously injured. Involves the match doctor where one is present and the matter cannot be resolved.
- Communicates with the match Referee that a player is being replaced or substituted and receives acknowledgement from the Referee that this may occur.
- Ensures that players entering the field of play do so from the half-way line.
- Utilises the signal boards for the benefit of spectators.
- Ensures that a player entering the field of play does not do so until it is clear and obvious the player being replaced is in the process of leaving the field of play at the touchline, touch in goal line or dead ball line and that player will be off the field of play without delay (save for seriously injured players).
- Maintains records of replacements and substitutions to ensure compliance with Law.
- Reports any actions contrary to Law or the Technical Zone protocol to the match Referee.
- After the match reports any acts of misconduct to the Referee/Match Commissioner/Match Director as appropriate.
- Ensures that replacements/substitutes warm up in the correct in-goal area and do so without balls or equipment (save when there are additional warm-up areas when balls and equipment may be used).
- Keeps time (actual time) in regard to temporary replacements for blood.

Management of Temporary Suspensions

- Ensures that the suspended player sits in the position assigned.
- Keeps time (playing time) for the temporary suspension.
- Communicates with the match Referee that a suspended player is returning to the field of play and waits for the signal from the Referee.
- Maintains a record of the temporary suspension.

Technical Zone

- Establishes positive relationships with the permitted Technical Zone personnel.
- Ensures that the water carriers remain in the Technical Zone save for when they are permitted on the field of play.
- Ensures that medical personnel roam on the permitted sides of the pitch in accordance with the protocol.
- Ensures that water is provided to players in accordance with the Technical Zone Protocol.
- Ensures personnel not permitted in the Technical Zone do not enter.
- Manages any breaches of the protocol. If breaches continue reports the matters to the match Referee.
- After the match reports any acts of misconduct to the Referee/Match Commissioner/Match Director as appropriate.

Reserve Bench Protocols**L. Coetzee** [lletlec@sarugby.co.za]**Sent:** Thursday, October 11, 2012 12:16 PM

To: Anele Pamba - CEO - EP [anele.pamba@eprugby.co.za]; Arni van Rooyen - CEO: Griquas [arni@gwrugby.co.za]; Barend Van Graan; Brian van Zyl - Natal [brian@thesharks.co.za]; Dr. Eugene Hare; Eugene van Wyk - CEO: Griffons [rugbybond@internext.co.za]; Gerda van Solms - CEO FS [gerda@fsrugby.co.za]; Johan Prinsloo - CEO: SWD [johan@swdeagles.co.za]; Jurie Coetzee - CEO Valke [jurie@valke.co.za]; Koos Kruger - CEO Pumas [kooskruger@pumas.co.za]; Pete Smith - CEO - Sharks [pete@thesharks.co.za]; Piet Bergh - Boland [plet@bolandrugby.com]; Ricky Huey - CEO Border [ricky@borderbulldogs.co.za]; Rob Wagner - WP [rwagner@wprugby.co.za]; Ruben Moggee - Lions CEO [rubenm@glasfit.com]; Theuns Roodman - CEO WP [theunsr@wprugby.co.za]; Abe Steenberg - SWD [abe@swdeagles.co.za]; Ben Theron - WP [btheron@wprugby.co.za]; Dries Breytenbach - Pumas [dries@pumas.co.za]; Elizna Wilsnagh - Valke [elizna@valke.co.za]; Elliot Mtsewu - Griffons [rugbybond@icon.co.za]; Engela Pretorius - Border [engela@primeelectrical.co.za]; Gerhard v Niekerk - BB [bluebullsreferees@iburst.co.za]; Ivan Pekeur - Boland [helen@bolandrugby.com]; Jacques Hugo - EP [jacques.hugo75@gmail.com]; Jan Plenaar - Griffons [jangp@griffons-rugby.co.za]; Kat Swanepoel - Griquas [refs@gwrugby.co.za]; Kobus Oelofse - Border [oelofsj@telkom.co.za]; Kobus Oelofse - Border [oellenet@telkomsa.net]; Kosle Horn; Mlungisi Mdashe - Valke [mdashe@valke.co.za]; Paul Ackerman - Natal [paul@thesharks.co.za]; Phillip du Toit - Leopards [phillip@leopardsrugby.co.za]; Schubel O'Reilly - FS [schubel@fsrugby.co.za]; Theuns Naude - GLRU [theunsn@glru.co.za]; Andries Selemela - Leopards [andries@leopardsrugby.co.za]; Ben Letole - Lions [ben@glru.co.za]; Burton Huffde - Natal [burton@thesharks.co.za]; Kobus Oelofse - Border [olienet@telkomsa.net]; Neville Jonas - EP [neville@eprugby.co.za]; Theuns J v Vuuren - Lions [tjansevanvuuren@glru.co.za]

Cc: Tappe Henning - SARRA [tappeh@sarugby.co.za]; Andre Watson - SARRA [watson@sarugby.co.za]

Attachments: RESERVE BENCH PROTOCOLS Oc~1.doc (31 KB) ; Law 3.12(a).doc (27 KB)

Dear All

Going into the business end of the various SARU competitions please peruse the attached documents regarding the Reserve Bench Protocols and the process.

Please observe a shortened explanation of Law 3 regarding and explaining allowed front row substitutions to clear any uncertainties.

This will help and assist all personnel and teams in the smooth handling of replacements/substitutions in the play off matches.

Should there be any questions please contact me or Andre Watson at your convenience.

Kindest Regards

Tappe Henning



Tappe Henning

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RESERVE BENCH PROTOCOLS

1. **NO 4 & NO 5 OFFICIALS:** Two referees appointed to assist the referee and the teams on the change of players from the reserve bench onto the field.
2. **NOTATIONAL ANALYST (NO 6 OFFICIAL):** An individual appointed as match statistician to capture all the relevant information of the change of players during the match. This individual will be responsible to ensure that all substitutions/replacements in the match are legitimate according to the provisions of Law 3 and IRB Regulations.
3. **MATCH DAY DOCTOR:** A medical doctor appointed to verify blood injuries and assist the referee on players with possible concussion as per IRB Laws & Regulations.
4. **TIME KEEPER:** An individual appointed to keep time and record all relevant information to stoppages, temporarily suspensions, blood injuries and PSCA during the match.
5. All replacements and substitutions of a team must be channelled through the no 4 & 5 officials.
6. The team manager must supply the official with a substitution/replacement card indicating the following:
 7. Player's number being substituted or replaced.
 8. Player's number going onto the field.
 9. Clearly indicating the reason why the player is leaving the field: injury replacement: tactical substitution: blood substitution or PSCA substitution.
10. **Tactical substitutions:** The official will after receiving the substitution form from the team management verify if the proposed sub is within law, and then notify the referee of the change.
11. Substitutions may enter the playing area once the substituted player is making his way off the field.
12. **Injury & PSCA replacements:** Must be processed as priority without delay to ensure 15 against 15 at all times on the field. Legitimacy of the replacement must be determined immediately with the paper work to follow after the replacement was made.
13. **Blood substitutions:** Will only be allowed onto the playing area once the blood injury has been confirmed by the match doctor.
14. Players returning from the blood bin needs to be cleared by the match doctor before being allowed back onto the playing area.
15. **Please note the applicable time allowances for the following:**
 - a. **Blood Injury time:** 15 minutes running time. Time starts when the player leaves the playing area. The player must be ready to play next to the playing field before the 15 minutes expires.

- b. **PSCA time: 5 minutes running time.** Time starts when the player leaves the playing area. The player must be ready to play next to the playing field before the 5 minutes expires.
 - c. **Temporarily Suspension (Yellow Card) time: 10 minutes playing time.** Time starts when play resumes after a player was shown a yellow card. The player is allowed warming up time 2 minutes before the player is due to return to the match.
 - d. **Players joining the match:** During all the above mentioned changes the players may only enter the playing area at a stoppage in play with the permission of the referee.
16. The 4 & 5 officials must give the completed substitution/replacement card to the match statistician who will record the substitution or replacement on the movement of players document with the relevant time also noted.
 17. A copy of The Movement of Player document, as kept by the match statistician, with attached all the relevant substitution or replacement cards, as completed by the two team managers, must be handed to the Match Commissioner for any future references.
 18. A copy of The Movement of Player document must be forwarded to SA Rugby as soon as possible after the match.
 19. During the game the match doctor must be available in the playing enclosure at all times to both team managers to verify blood substitutions or verify any other injuries as required by the referee.
 20. The match statistician will note temporarily suspensions with the relevant times as well as sent off offences with relevant time in the game. These needs to be reflected accurately on the movement of players document.
 21. It is advised to inform managers of teams of the process before the game and request their understanding and co- operation when substitutions or replacements are being made.
 22. The showing of numbers to inform spectators should be done after the change has been made and must not delay the process.
 23. Side line officials must not be distracted in their duties by any misbehaviour or incidents during the match. A professional approach must be maintained at all times.
 24. Side line officials must at all times be courteous and helpful to teams to assist in this process.
 25. Any incidents that requires attention needs to be reported to the Match Commissioner through a written report after the match.

Law 3.12(a) Exception 2:

With the exception in Law 3.12(a) regarding front row players:

- 1. How many replacements/substitutions are allowed in the front row?**
- 2. How many replacements/substitutions in total allowed in a match?**

Scenario 1: 22 Players in a team:

When 22 players are nominated in the team, with five (5) players nominated as suitably trained and experienced front row players, the team may tactically substitute two (2) players in the front row.

During a match the team must be able, on the first occasion an injury to a prop or a hooker occur in the match, to replace the injured front row player with a suitably trained and experienced front row player in order to continue with contested scrums in the match.

The two (2) substituted front row players may replace any front row player when injured provided the replacement front row player is suitably trained for that specific front row position. (Tight Head, Loose Head or Hooker)

In a match the total number of substitutes and replacements in the front row allowed as per above is four (4).

If a team has used all its permitted substitutions/replacements and the referee has ordered uncontested scrums prior to the injury, temporary suspension or sent off a replacement is not allowed.

Up to five (5) other players may be substituted in the match.

The total number of substitutes/replacement allowed in the match as per above can thus be up to nine (9).

Scenario 2: 22/23 Players in a team:

When 22 or 23 players are nominated in the team, with six (6) players nominated as suitably trained and experienced front row players, the team may tactically substitute up to three (3) players in the front row.

During a match the team must be able, on the first occasion an injury to Loose Head prop, Tight Head prop or Hooker occur in the match, to replace the injured front row player with a suitably trained and experienced front row player in order to be able to continue with contested scrums.

The three (3) substituted front row players may replace any front row player when injured, temporarily suspended or sent off provided the replacement player is suitably trained and experienced for that specific front row position. (Tight Head, Loose Head or Hooker)

The total number of substitutes and replacements in the front row allowed as per above is six (6).

If a team has used all its permitted substitutions/replacements and the referee has ordered uncontested scrums prior to the injury, temporarily suspension or sent off a replacement is not allowed.

Up to five (5) other players may be substituted in the match.

The total number of substitutes/replacement allowed in the match as per above can thus be up to eleven (11).



1. PARTICULARS OF THE CLUB, RUGBY BODY OR SCHOOL'S COACHING AND REFEREEING STAFF

<i>No.</i>					
<i>Coach/Referee or Coach & Referee</i>					
<i>Name and Surname</i>					
<i>Contact Number</i>					
<i>Position at Club, Rugby Body or School</i>					
<i>Coaching/Refereeing Qualification</i>					
<i>ID number/ Date of Birth</i>					
<i>BokSmart Certification Number (BS-)</i>					
<i>Certification Expiry date</i>					
<i>Team/Division</i>					

<i>No.</i>					
<i>Coach/Referee or Coach & Referee</i>					
<i>Name and Surname</i>					
<i>Contact Number</i>					
<i>Position at Club, Rugby Body or School</i>					
<i>Coaching/Refereeing Qualification</i>					
<i>ID number/ Date of Birth</i>					
<i>BokSmart Certification Number (BS-)</i>					
<i>Certification Expiry date</i>					
<i>Team/Division</i>					



1. PARTICULARS OF THE CLUB, RUGBY BODY OR SCHOOL'S RUGBY PLAYERS

No.					
Name and Surname					
ID number/ Date of Birth					
Age (on 1 st January of this year)					
Contact Number					
Playing position					
Current Team					
Parent/legal guardian (where applicable)					
Contact Number for parents/legal guardian (where applicable)					

No.					
Name and Surname					
ID number/ Date of Birth					
Age (on 1 st January of this year)					
Contact Number					
Playing position					
Current Team					
Parent/legal guardian (where applicable)					
Contact Number for parents/legal guardian (where applicable)					

TEAM SHEET



(This team sheet must be completed by the Team Manager and handed to the Officiating Referee at least 1 hour (sixty minutes) before the start (kick-off time) of the match concerned – Coach 1 (Head coach) and Coach 2 (Assistant Coach) are for the same team; both teams have to submit team sheets!)

COMPETITION/AGE GRADE:

TEAM:

OPPOSING TEAM:

TEAM COACH 1 (name):

TEAM COACH 2 (name):

BokSmart (BS) No. COACH 1:

BS-

BokSmart (BS) No. COACH 2:

BS-

MATCH REFEREE (name):

BokSmart (BS) No. Referee:

BS-

Assistant Referee 1 (where appl.):

BS-

Assistant Referee 2 (where appl.):

BS-

VENUE:

DAY:

TIME:

DATE:

TEAM LIST

	Surname	Initials	Name	Player Reg #	DOB (& Age) DOB = Date of Birth
15	Full back				/ / ()
14	Right wing				/ / ()
13	Right centre				/ / ()
12	Left centre				/ / ()
11	Left wing				/ / ()
10	Fly half				/ / ()
9	Scrum half				/ / ()
8	Number eight				/ / ()
7	Right flanker				/ / ()
6	Left flanker				/ / ()
5	Right lock				/ / ()
4	Left lock				/ / ()
3	Tight head prop				/ / ()
2	Hooker				/ / ()
1	Loose head prop				/ / ()

Replacements

16	Hooker				/ / ()
17	Prop				/ / ()
18	Utility Forward				/ / ()
19	Utility Forward				/ / ()
20	Scrum half				/ / ()
21	Utility back				/ / ()
22	Utility back				/ / ()

I hereby certify that the above information is correct:

Team Manager:

Please Print

Mobile Number

Date:

Signed



MATCH REPORT



Competition/Age grade: _____

Field: _____ Date: _____

Match Referee: _____

BokSmart Code Referee (BS-number): →

BS- _____

BokSmart
Codes

Home Team Coach: _____

BS- _____ AR1: _____

BS- _____

(BS-number):

Visiting Team Coach: _____

BS- _____ AR2: _____

BS- _____

Result:

Home team

Halftime score:

Fulltime score:

Tries:

Visiting team

Halftime score:

Fulltime score:

Tries:

First Aider or BokSmart Rugby Medic
Present & Visible

Y / N

Emergency Aider Identification Equipment (Signal
Board, Hook Codes, Spinal Harness, Head Block)
Present & Visible

Y / N

Emergency Action Plan

Y / N

Nr	NAME & SURNAME	SCORERS				JUDICIARY	
		Tries	Conv	Penalty	Drops	Sin Bln	Order Off
15							
14							
13							
12							
11							
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
Penalty Tries			X	X	X	X	X

RESERVES

16					
17					
18					
19					
20					
21					
22					

REPLACEMENTS (Tactical):

No	Substitute	For	No	Replaced Player	Time
		For			
		For			
		For			
		For			
		For			
		For			
		For			
		For			

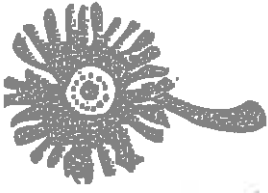
REPLACEMENT (Blood Bin):

		For			
		For			
		For			

Manager: _____

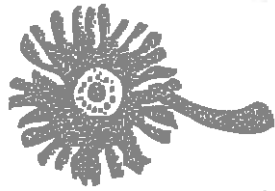
Date: _____

[illegible]



DATE.....

[illegible]



DATE: _____

DATE:		Gold	Check	Green	Check	Notes
Personnel						
Match Doctor		Yes				
Venue Doctor		Yes				
Nursing Sister		Yes				
Paramedics		Yes				
Rugby Medics or qualified First Aider		Yes		Yes		
Medical Liaison		Yes				
Physiotherapist and Biokineticist		Yes				
Access to other medical specialists (dentist, etc)		Yes				
Medical Room						
Medical station(room/tent)						
Emergency treatment room		Yes		Yes		
Advanced Care						
Trauma Unit (< 1 hour)		Yes		Yes		
Spinal Unit (< 4 hours)		Yes		Yes		
Patient Transport						
From the field of play - spine board				Yes		
From the field of play - motorised (e.g. golf cart)		Yes				
Advanced Care Facilities (BLS equipped and staffed ambulance on site)		Yes				
Access to stand by ambulance services and or emergency medical services				Yes		
Sideline Equipment						
WBG or Whirling hygrometer or Ambient temperature humidity device		Yes		Yes		
Telephone access		Yes		Yes		
Lightning warning system		Yes				
Spinal board with attachments		Yes		Yes		
Scoop stretcher with attachments		Yes				
Cervical collars & head blocks		Yes		Yes		
Sideline concussion assessment tool		Yes		Yes		
Basic Life Support (BLS) equipment		Yes				
Advanced Life Support (ACLS) equipment		Yes				

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Management of Rugby Injuries

This section encompasses various aspects of injury identification, prevention and management, including on-field acute rugby injuries, acute spinal cord injuries, and concussion, specific injury prevention programs, rehabilitation and return-to-play guidelines, and specific practical guidelines for a coach or referee on when an injury is serious enough to remove a player from the field of play, or when to seek specialist medical opinion. The primary focus of this section and also on the instructional DVD is the appropriate identification and management of potentially serious concussion, head, neck and spine injuries, and BokSmart provides detailed clinical best practice guidelines in these areas. Detailed injury prevention programs are provided on the BokSmart website; the most relevant being on preventative neck and shoulder conditioning. An instructional portion on neck conditioning is further provided on the DVD resource.

Acute Injury Management

- BokSmart 2010-Acute on field Injury Management
- BokSmart 2010-On-field Airway Management Techniques
- BokSmart 2010-New Treatment Modalities in Soft Tissue Injuries
- BokSmart 2010-Early Treatment of Soft Tissue Injuries

Acute Spinal Cord Injuries

- BokSmart Medical Management Of Suspected Serious Acute Spinal Cord In Injuries In Rugby Players
- ASIA Chart
- BokSmart 2010-The 4-8 hour window of ASGI Treatment

Concussion Guidelines

- BokSmart 2010-Concussion Identification and Management
- BokSmart 2010-Concussion In Rugby Literature Review
- BokSmart 2010-Concussion In Rugby-Practical Guidelines
- BokSmart 2010-Concussion Medical Clearance Certificate
- BokSmart Return to Play Guidelines Following a Concussion
- SCAT2
- Pocket SCAT2
- BokSmart 2010-Using the Sports Concussion Assessment Tool2 (SCAT2) form
- BokSmart 2010-Patient Info 48Hours Post Concussion Recommendations
- IRB Concussion Guidelines, May 2011

Injury Prevention Programmes

- BokSmart Core Stability Exercises and Program Guidelines
- BokSmart Lower Back and Core Injury Prevention Practical Guidelines
- BokSmart Lower Back and Core Injury Prevention Review
- BokSmart Lower Limb Injury Prevention Practical Guidelines
- BokSmart Lower Limb Injury Prevention Review Article
- BokSmart Neck Injury Prevention
- BokSmart Shoulder Injury Prevention Practical Guidelines
- BokSmart Shoulder Injury Prevention Review Article

Rehabilitation After Injury and Return to Play

- Phases of Rehabilitation Practical Guidelines
- Phases of Rehabilitation Evidence-based Literature Review
- BokSmart Coach Accountability Position Statement
- BokSmart Return-to-Play position statement

When to Remove a Player Following Injury

- Guidelines following a Foot and Ankle Injury
- BokSmart Guidelines following a Knee Injury
- BokSmart Guidelines following a Shoulder Injury
- BokSmart Guidelines following a Spinal Injury

Specialised Topics

- BokSmart 2010-Age vs Weight Category Rugby
- BokSmart 2010-Skeletal development the associated risk of catastrophic head, neck & spine injury
- Hygiene Infection control and prevention of infection



NEWS HEADLINES

Can the Kings bounce back in PE?

Sharks pick strong team for Final

Preview: Absa Currie Cup Final

Fish Factory tournament celebrates 25 years

SA Sevens Under-17 training group named

Elizabeth dominates Player of the Year nominations

De Allende to start in final

Blue Bulls, Province in U21 showdown

WP and Blue Bulls in Under-19 final

Vodacom Cup Review – The Final

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Pre-participation Screening of Players

In the South African rugby environment, the medical screening of players during the preseason is not standard and very rarely practiced. In most club and school settings, the rugby coach may well be the person who has the most contact with players and therefore is also in the best position to conduct an initial screen. Coaches can therefore be seen as the first line of defence when trying to curb serious and/or catastrophic injuries from the game. It is for this reason that BokSmart has devised a pre-participation screening tool for coaches.

This is an easy to use questionnaire, which helps the coach to assess which players are at risk or require medical clearance or medical attention before participating in rugby training or in contact sessions. In rugby union, where the incidence of concussion, head, neck and spine injuries is higher than in other sports, an emphasis needs to be placed on screening for potential risk factors related to these conditions. For every question answered with a "yes", there is a directive to assist the coach in suitably referring the player to a medical professional for clearance. Appropriate guidelines are also provided on the BokSmart website for medical doctors and physiotherapists, on medical screening, and musculoskeletal screening.

Medical Screening

- BokSmart Ankle Assessment Form
- BokSmart Evidence Based Guidelines for Medical Assessments
- BokSmart General Assessment Form
- BokSmart Knee Assessment Form
- BokSmart Neck Assessment Form
- BokSmart Shoulder Assessment Form
- BokSmart General Medical Assessment Form

Musculoskeletal Assessment

- BokSmart Musculoskeletal Assessment for Rugby Players
- BokSmart Musculoskeletal Assessment Data Capturing Form

Screening Tool for Coaches

- BokSmart Preparticipation Screening Questionnaire
- BokSmart Preparticipation Screening Support Document



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SA Sevens Under-17 training group named

Etzebeth dominates Player of the Year nominations

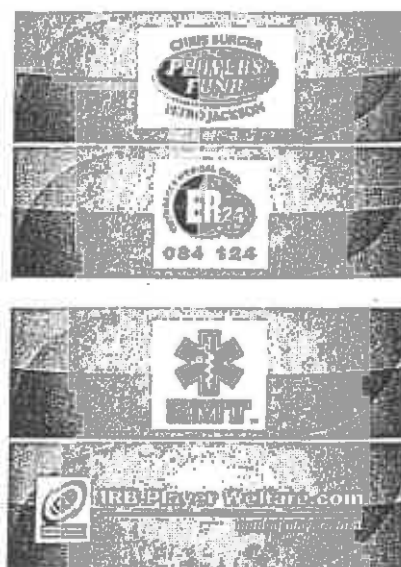
De Allende to start in final

Blue Bulls, Province in U21 showdown

WP and Blue Bulls in Under-19 final

Vodacom Cup Review – The Final

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PRE-PARTICIPATION QUESTIONNAIRE



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

AIMS: Any sport involving physical exertion and contact contains inherent risks and may cause bodily harm. The purpose of this questionnaire is to help coaches, who are often closest to players during exercise, to identify players who may be at risk of serious injury or illness when playing rugby, and to help prevent such medical conditions by referring them for appropriate medical intervention.

INSTRUCTION: Ideally this questionnaire should be completed during pre-season, about 4-6 weeks before training starts. Players should answer all questions. A positive answer (YES) to any of the questions requires the player to be followed up by a medical professional associated with the school, club or union, or recommended by SARU. Written medical clearance should be received for the specific condition highlighted before participation in any match or training session.

PLAYER'S PROFILE:

Name: _____ Club/School: _____

Date of birth: _____ Contact number: _____

Emergency contact: _____ Contact number: _____

Doctor's name: _____ Contact number: _____

Coach's Name: _____ Contact number: _____

Player cleared for play ☐

Player referred ☐

Pre-Participation Questionnaire

Medical professional to whom referred _____

Medical clearance received ☐

Date: _____

Coach's signature: _____ Date: _____

Screening Question	Yes or No	If answered YES, follow suggested course of action
1. Have you ever been told by a doctor not to participate, or to limit activity, in sports?		Consult a medical doctor for investigation of the specific condition.
2. Do you suffer from any medical condition that requires daily medication, e.g. asthma, diabetes, high blood pressure, rheumatic fever, heart disease, epilepsy, bleeding disorder, HIV?		Ascertain that the player has the appropriate prescribed medication. Receive medical clearance from a medical doctor before exercise.
3. Do you have any allergies, e.g. bees, grass, pollens or medicines?		Ensure that the player has appropriate prescribed anti-allergy medication (adrenaline, anti-histamines, cortisone) close by at all times. Ensure you have contact details for the player's doctor or the nearest Emergency Room. Suggest a medic alert bracelet.
4. Have you ever passed out or nearly passed out during exercise?		Refer for a medical doctor's evaluation, including exercise stress test.
5. Has a doctor ever ordered a test for your heart, e.g. ECG, scan, etc.?		Receive medical clearance from the relevant doctor.
6. During exercise, do you have chest pain or severe shortness of breath?		Consult a medical doctor for an evaluation, including exercise stress test.
7. During exercise, do you get tired a lot quicker than your friends do?		Refer for a medical evaluation citing possible excessive exercise-associated fatigue.
8. Have you had any 'flu-like' illness during the past 2 weeks?		Receive medical clearance that the player has fully recovered.

Pre-Participation Questionnaire

9. Has any family member ever died suddenly, for an unexplained reason?		Advise that the player give a thorough medical history to, and be examined by, a medical doctor.
10. Have you suffered a head injury this season?		Receive a medical certificate from a sports doctor, neurologist or neurosurgeon that the player has fully recovered.
11. Have you sustained 3 or more head injuries or concussions in your life?		Refer the player for medical assessment by a sports doctor, neurologist or neurosurgeon before being cleared.
12. Have you ever suffered from headaches, dizziness, loss of memory or confusion after a blow to the head?		Refer the player for medical assessment by a sports doctor, neurologist or neurosurgeon before being cleared.
13. Do you suffer from headaches, numbness or 'pins and needles' while exercising?		Refer the player for medical assessment by a sports doctor, neurologist or neurosurgeon before being cleared.
14. Have you ever had a seizure (fit)?		Refer the player for medical assessment by a neurologist or neurosurgeon before being cleared.
15. Have you ever injured your neck?		Refer the player for medical assessment by a sports doctor, neurologist or neurosurgeon before being cleared. Advise ongoing neck strengthening routine, preferably prescribed by a physiotherapist or kinesiologist.
16. Is there anything that you would like to see a doctor about?		Refer to a medical doctor.





SPORTS CONCUSSION MEDICAL CLEARANCE CERTIFICATE



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

Sports Concussion Medical Clearance Certificate

Date: _____

Name of player: _____

Date of Injury: _____

☐ May not partake in sport until further assessment

Reason(s): _____

☐ May resume non-contact training as per "return-to-sport" schedule

☐ May resume full training and sports participation as from (date) _____

having fulfilled the following criteria:

1. Has been asymptomatic for 1 week (see "symptom check" on reverse side) ☐
2. Has a normal neurological examination (see "neuro exam" on reverse side) ☐
3. Has neuropsychological test parameters that match baseline or age-appropriate norms ☐
(where accessible, these are useful computerised tests that compare essential aspects of brain function to pre-injury scores)
4. Has completed the return-to-sport programme without the onset of symptoms (see return-to-sport protocol) ☐

Where no neuropsychological testing is available it is recommended that players not partake in contact or collision sport for at least 3 weeks and be symptom free.

Doctor's signature: _____

Player / Guardian's signature: _____

Doctor's name: _____

Player / Guardian's name: _____

1. Symptom Check

In addition, these symptoms are not brought on by:

Physical activity ☐

Cognitive activity ☐

2. Physical & Neurological Examination

BP: _____

Pulse: _____

Associated injuries (especially facial): _____

Neck: _____

Stability tests:

Static balance: 2 feet, eyes closed ____ (secs) Tandem stance, eyes closed ____ (secs)

1 leg, eyes closed ____ (secs)

Visual fields: L _____ R _____

Neurological examination:

Normal

Detail

Yes

No

Level of Consciousness:

☐

☐

Pupils:

☐

☐

Cranial nerves:

☐

☐

Motor:

☐

☐

Sensory:

☐

☐

Cerebellar:

☐

☐

3. Neuropsychological tests used:

4. Return-to-sport as per schedule – asymptomatic through all stages



Home | Medical Protocol | Marketing and Communication | What is BokSmart | Legislation | Research | Coaches and Referees | Injury Stats | Back to SA Rugby

Serious Injury Protocol

One of the medical protocol initiatives is a "Serious Injury" protocol, reporting form, and follow-up questionnaire, to study and understand from a practical perspective why the serious and/or catastrophic injuries are occurring, where they are occurring, and how we can prevent them. This protocol aims to provide a structured approach to dealing with potentially serious and/or catastrophic injuries in rugby union. Every coach and referee will be educated in the DVD workshops on how to use this protocol effectively. It also brings a level of accountability to rugby personnel at matches in properly managing serious injuries.

The protocol provides step by step instructions and details the club, school, team, provincial union and the South African Rugby Union's responsibilities. The protocol also dictates that the home team's responsible person, coach or referee needs to telephone the BokSmart SpineLine helpline. The emergency medical service provider, ER24, will immediately notify the BokSmart Serious Injury Case Manager (SICM) to the injury.

The SICM ensures that all relevant parties are informed with regards to any serious and/or catastrophic injury associated with the game, and makes key decisions regarding the injured player's management en route to a suitable medical facility. Following the incident, both the referee and coach have to independently submit a completed "Serious Injury Report Form" to the BokSmart SICM within 48 hours. The SICM will in the interim ensure that appropriate care and management of the player has been provided. The SICM then performs a standardised follow-up assessment with the injured player, coach/referee and/or witnesses to better understand how the incident could have been prevented. Ultimately the information gathered by this process will help make the game safer for future participants in the game.

- [Serious Injury Protocol SA](#)
- [Serious Injury Report Form SA](#)
- [Serious Injury Follow-Up Questionnaire SA](#)



NEWS HEADLINES

Can the Kings bounce back in PE?

Sharks pick strong team for Final

Preview: Abes Currie Cup Final

Fish Factory tournament celebrates 25 years

SA Sevens Under-17 training group named

Etzebeth dominates Player of the Year nominations

De Allende to start in final

Blue Bulls, Province in U21 showdown

WP and Blue Bulls in Under-18 final

Vodacom Cup Review – The Final

[...News archive](#)





SERIOUS INJURY PROTOCOL



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

BOKSMART SERIOUS INJURY PROTOCOL

SARU and BokSmart have endorsed the appointment of a Serious Injury Case Manager (SICM), whose primary role is to assist SARU in the appropriate management of rugby-related *serious and/or catastrophic injuries*.

The BokSmart SpineLine's Emergency Service provider (ER24) is the first point of contact in the case of such an injury. In the case of a suspected serious and/or catastrophic injury to the head, neck, spine, brain or fatality of an injured rugby player, the SICM will provide the link between the relevant club, school or team and SARU.



A *serious and/or catastrophic* injury is defined as any head, neck, spine, or brain injury that is life-threatening, or has the potential to be permanently debilitating and results in the emergency admission of a rugby player to a hospital or medical care centre.

In the event of a serious and/or catastrophic rugby injury, a person of authority should be identified at the club or school to immediately take charge of managing the situation. In the case of such an injury seniority should preside with a sports physician, medical doctor, emergency care personnel, physiotherapist, biokineticist, rugby medic, first aider, coach, referee, and manager in that order.

THE FOLLOWING PROTOCOL SHOULD THEN BE ADHERED TO

1. Provide immediate on-site and appropriate medical care of the injured player
2. Telephone the "BokSmart SpineLine" call centre on 0800 678678 and alert the Emergency Medical Service provider, ER24, to the injury
3. Arrange that the Emergency Medical Service provider has dispatched an appropriate emergency response team to the venue, e.g. ambulance/helicopter where applicable

4. Ensure the injured player is suitably transported to the hospital or medical facility
5. The Emergency Medical Service provider will then immediately notify the SICM
6. The SICM will then accordingly notify:
 - a. SARU's Medical Manager
 - b. BokSmart's General Manager
7. SARU's Medical Manager will then contact:
 - a. All the relevant rugby personnel
 - b. The relevant Provincial Union's CEO
 - c. SARU's media manager
8. The SICM will remain in frequent contact with the Emergency Medical Service team and the hospital or medical facility to which the injured player has been transported.
9. The SICM will also where possible notify the player's family of the injury, unless in the case of a fatality, whereby the police will take responsibility for this task
10. The SICM will identify a singular point of contact within the club, school or team and keep them updated about the situation
11. If the injury is as serious as was originally suspected, and the situation requires it, the SICM will then fly/travel to the relevant hospital and visit the patient to:
 - a. Ensure that adequate care is provided
 - b. Complete a follow-up questionnaire where possible
 - c. Submit a report to:
 - i. The Medical Manager of SARU
 - ii. The BokSmart General Manager
 - iii. The Chairman of the Chris Burger/Petro Jackson Players' Fund

THE CLUB, SCHOOL OR TEAM'S IDENTIFIED RESPONSIBLE PERSON IN CHARGE MUST

1. Telephone the "BokSmart SpineLine" number immediately
2. Coordinate with the Emergency Medical Service provider to arrange suitable transportation to the nearest and most suitable hospital or medical facility
3. Record and collate to the best of their abilities the injury details, and the personal details of anyone associated with the injury, including witness reports if any are available
4. Notify the next of kin, unless in the case of a fatality, whereby they should contact the police, who will perform this task
5. Both the identified responsible person AND the referee, individually must complete the "Serious Injury Report" form and email or fax it within 48 hours to the SICM (Ms. Gail Ross – Cell: 072 890 3538, email: gailross@mweb.co.za, fax: 021-659 5653), who in turn will send copies on to the Medical Manager of SARU, the BokSmart General Manager, and the relevant Provincial Union CEO.

PROVINCIAL UNION'S RESPONSIBILITIES

1. The Provincial Union's representative should confirm knowledge of the injury and contact SARU's Medical Manager, and BokSmart's General Manager in this regard
2. The Province has to nominate a representative that will attend any inquest or participate in any investigation that might arise regarding the incident
3. To arrange hospital visits by Provincial team players, for the patient if possible
4. To assist the club, school or team in any fund-raising initiative that might arise

SARU'S RESPONSIBILITIES

1. Maintain regular contact with the SICM to be updated about the progress of the patient and the situation
2. To make contact with the family and show support where possible
3. Ensure relevant documentation is received and due process is followed
4. Maintain accurate records of the serious injury report on the SARU database
5. Facilitate an in-depth investigation into the incident where relevant or applicable

The complete "Serious Injury Report" form can be downloaded from www.BokSmart.com





SERIOUS INJURY REPORT FORM



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

SERIOUS INJURY REPORT FORM

A serious and/or catastrophic injury is defined as any head, neck, spine, or brain injury that is life-threatening or potentially permanently debilitating and results in the emergency admission of a rugby player to a hospital or medical care centre.

WHAT TO DO!

- Record the details as accurately as possible regarding the player, the injury, and the relevant contact person from the school, club or team in the spaces below
- Within 48 hours of the injury Fax or Email to the Serious Injury Case Manager (Ms. Gail Ross - email: gallross@mweb.co.za, fax: 021-659 5653)
- The Serious Injury Case Manager will then inform the Medical Manager of SA Rugby, the BokSmart General Manager, and also the relevant Provincial union

2. INJURY (PRINT CLEARLY)

Date of Injury:

 / /

At Time:

Injury Occurred During:

Match ☐

Training ☐

If "training" then during: Rugby skills training, full contact ☐

Rugby skills training, semi-contact ☐

Rugby skills, non-contact ☐

Site of Injury:

Head ☐

Neck ☐

Spine ☐

Chest/Trunk ☐

Other (specify) ☐

Event Causing:

Collision ☐

Maul ☐

Scrum ☐

Ruck ☐

Collapsed maul ☐

Collapsed scrum ☐

Tackling (behind) ☐

Tackling (front) ☐

Tackling (side) ☐

Tackled (behind) ☐

Tackled (front) ☐

Tackled (side) ☐

Lineout ☐

Kicking ☐

Running ☐

Other(specify) ☐

Time of Injury:

Warm-up ☐

0-20 min ☐

21-40+ min ☐

41-60 min ☐

61-80+ min ☐

Cool-down ☐

Was the Player Wearing:

Mouth Guard ☐

Shoulder Pads ☐

Head Guard ☐

Tick all Applicable

Provide a brief description of how the injury occurred:

Did the player leave the field at any time?

Yes ☐

No ☐

Did the player return to the field at any time?

Yes ☐

No ☐

2. INJURY (PRINT CLEARLY) - CONTINUED

Who provided on-field treatment?

Doctor

☐

Physiotherapist

☐

Biokineticist

☐

Emergency Service Medic

☐

Rugby Medic

☐

First Aid

☐

Coach

☐

Referee

☐

Team Official

☐

Other (Specify)

Name of treatment provider:

Contact Number:

What treatment was provided if any:

How did the player leave the field?

On his own

☐

Assisted

☐

Spinal Board

☐

Stretcher

☐

Ambulance

☐

Helicopter

☐

Other (Specify)

What hospital/medical facility was he/she taken to:

Contact Number:

Who accompanied the player:

Contact Number:

3. MATCH (PRINT CLEARLY)

Teams Involved In The Match:

VS:

Competition:

Provincial Union:

Level/Grade:
(e.g. U19, Super A Club league)

Referee:

Contact Number:

Venue Address:

Field Conditions:

Weather Conditions:

Was the game suspended at any time due to the injury? Yes ☐ No ☐

If yes, then for how long was it suspended? min

Did the game restart? Yes ☐ No ☐

Is there any video footage of the game available? Yes ☐ No ☐

If yes, please retain the video footage until contacted by SA Rugby!

4. CLUB CONTACT (PRINT CLEARLY)

Forenames:

Surname:

Position at Club:

Contact Number Cell:

Contact Number Work:

Contact Number Home:

Address:

Signature: _____

Date:

5. PROVINCIAL UNION CONTACT DETAILS:

UNION	TELEPHONE	FAX
BLUE BULLS	012 420 0708	012 344 2966
BOLAND	021 873 2317	021 873 2434
BORDER	043 743 5998	043 743 6613
EASTERN PROVINCE	041 508 7700	041 583 5252
VALKE	011 740 9037	011 740 9090
FREE STATE	051 407 1712	051 447 3581
GOLDEN LIONS	011 402 2960	011 402 7913
GRIFFONS	057 352 6482	057 357 3703
GRIQUALAND WEST	053 832 8773	053 832 1332
KWAZULU NATAL	031 308 8435	031 312 9197
LEOPARDS	018 297 5304	018 297 1657
MPUMALANGA	013 656 2647	013 656 3367
SOUTH WESTERN DISTRICTS	044 873 0137	044 873 0405
WESTERN PROVINCE	021 659 4500	021 659 4501





BokSmart

WINNERS PLAY SMART



SERIOUS INJURY REPORT FOLLOW-UP QUESTIONNAIRE



A serious and/or catastrophic injury is defined as any head, neck, spine, or brain injury that is life-threatening or potentially permanently debilitating and results in the emergency admission of a rugby player to a hospital or medical care centre.



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

WHAT TO DO!

- In the event of a serious and/or catastrophic injury meeting the above mentioned criteria, the following form should be completed by the injured player and/or coach in conjunction with the Serious Injury Case Manager (Ms. Gail Ross – Cell: 0728903538, email: gailross@mweb.co.za, fax: 021-6595653)
- If for some reason this is not possible, then the questionnaire should be completed by the Serious Injury Case Manager in consultation with the coach, other players, and family who might have seen the incident
- Although it might be sensitive and emotional to recall the incident, it would benefit rugby and future rugby players if the follow-up questionnaire is completed while the incident is still fresh in everyone's minds
- This form should then be kept on record pending any inquest or investigation
- Copies should be sent to the SARU Medical Manager and BokSmart General Manager

PERSONAL DETAILS (PRINT CLEARLY)

SURNAME:	Date of birth. (dd/mm/yyyy)	Age:
FORENAMES:	Date completed. (dd/mm/yyyy)	
KNOWN AS (NICKNAME):	Email Address:	
ID Number:	Passport Number:	
Passport type (country of issue):		
ADDRESS:	Tel/Cell Number:	
GENDER: MALE / FEMALE		

ETHNIC GROUP: African ☐ Coloured ☐ Indian ☐ White ☐ Asian ☐ Other (specify) ☐	PLAYING POSITION:
SA RUGBY REGISTRATION NUMBER:	MARITAL STATUS:
How much did you weigh in kilograms at the time of injury?	
What is your current weight in kilograms?	
What was your height in centimetres at the time of injury?	

INJURY DETAILS (PRINT CLEARLY)

How well do you recall the events of the day? No recollection ☐ Vaguely remember ☐ Somewhat ☐ Well ☐ Extremely well ☐

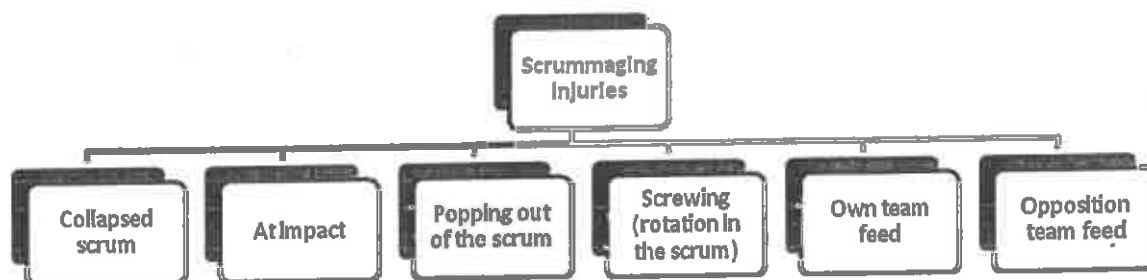
If the injury occurred in the tackle situation, please indicate the following specifics as best you can

ROLE	TACKLE HEIGHT	TACKLE DIRECTION	TACKLER'S VELOCITY	BALL CARRIER'S STANCE	BALL CARRIER'S VELOCITY
Ball carrier	High	Front-on	Fast	Upright	Fast
Tackler	Middle	Side-on	Slow	Low position	Slow
Support player	Low	From behind	Standing still	Falling/diving	Standing still

Number of Tacklers	Tackle Type
1	Arms wrapped around the player
2	Shoulder charge (no arms used in the tackle)
3 or more	Speartackle/pile drive (head below shoulders)
	Head is first point of contact with the ground
	Pulled/scragged by the collar

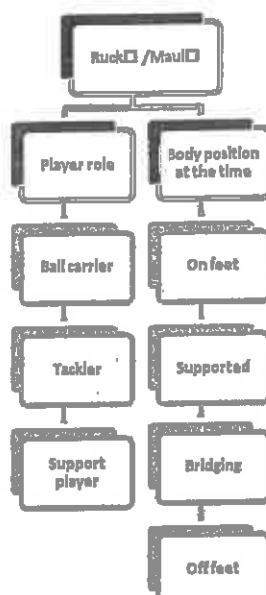
Is there any other relevant information about the TACKLE or the circumstances surrounding it that you might feel is relevant?

If the injury occurred in a scrum, please indicate the following specifics as best you can:



Is there any other relevant information about the SCRUM or the circumstances surrounding it that you might feel is relevant?

If the injury occurred in a ruck/maul, please indicate the following specifics as best you can



Is there any other relevant information about the RUCK/MAUL or the circumstances surrounding it that you might feel is relevant?
Were you playing out of position? YES ☐ NO ☐ If YES, then why? If NO, for how many years have you played in this position?
Where did it happen? League match ☐ Practice match ☐ Social match ☐ Training ☐
Did you warm-up properly before the match/training session? YES ☐ NO ☐
Did you stretch before the match/training session? YES ☐ NO ☐
Was a union-appointed referee in control of the game? YES ☐ NO ☐ If NO, then who was? E.g. player/teacher/spectator
Did the injury happen as a result of foul or illegal play? YES ☐ NO ☐ Explain _____
If YES, did the referee take any action? YES ☐ NO ☐ Explain _____
Did you or someone contact the "BokSmart SpineLine" assistance number? YES ☐ NO ☐ If NO, then why not? _____ _____

Was there a Doctor ☐ / Physiotherapist ☐ / Biokineticist ☐ / Emergency service medic ☐ / Rugby medic ☐ / First aid ☐ at the game at the time of injury? YES ☐ NO ☐	
If NO, who provided treatment:	Cell/Tel. no.
Did they place a brace/collar around your neck? YES ☐ NO ☐	
Were you placed on a stretcher? YES ☐ NO ☐	
Were you placed on a spinal board? YES ☐ NO ☐	
Were you stabilised using a harness? YES ☐ NO ☐	
Were head blocks used to immobilise your head and neck? YES ☐ NO ☐	
How long did you have to wait before you were taken to hospital? Less than 1 hr ☐ 1-2 hr ☐ 2-3 hr ☐ 3-4 ☐ More than 4 hr ☐	
If more than 4 hr, specify:	
How were you taken to hospital? By ambulance ☐ By Helicopter ☐ By car ☐ Other(specify) ☐ _____	
What hospital(s)/medical facility/facilities were you taken to?	
Were you wearing? Mouth guard ☐ Shoulder pads ☐ Head guard ☐ Tick all applicable	

EXPERIENCE AND TRAINING (PRINT CLEARLY)

How many seasons of rugby have you played prior to this season?																								
At what age did you begin playing rugby?																								
Did you receive specific coaching for your position by a qualified coach? YES ☐ NO ☐																								
Did you receive specific conditioning for your position by a qualified trainer? YES ☐ NO ☐																								
Were you ever shown or instructed on correct/safe tackling techniques? YES ☐ NO ☐																								
Were you ever shown or instructed on correct/safe scrumming techniques? YES ☐ NO ☐ Not relevant ☐																								
Were you ever shown or instructed on correct/safe ball carry techniques? YES ☐ NO ☐																								
Were you ever shown or instructed on correct/safe techniques in contact situations? YES ☐ NO ☐																								
If you were playing in the forwards, were you ever instructed to safely/correctly perform the following: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">• Scrum engagement</td> <td style="width: 10%;">YES ☐</td> <td style="width: 10%;">NO ☐</td> <td style="width: 30%;"></td> </tr> <tr> <td>• Entering a ruck</td> <td>YES ☐</td> <td>NO ☐</td> <td></td> </tr> <tr> <td>• Entering a maul</td> <td>YES ☐</td> <td>NO ☐</td> <td></td> </tr> <tr> <td>• Falling correctly in a collapsed scrum</td> <td>YES ☐</td> <td>NO ☐</td> <td></td> </tr> <tr> <td>• Supporting in a lineout</td> <td>YES ☐</td> <td>NO ☐</td> <td>Not relevant ☐</td> </tr> <tr> <td>• Supporting a jumper at kick-off</td> <td>YES ☐</td> <td>NO ☐</td> <td>Not relevant ☐</td> </tr> </table>	• Scrum engagement	YES ☐	NO ☐		• Entering a ruck	YES ☐	NO ☐		• Entering a maul	YES ☐	NO ☐		• Falling correctly in a collapsed scrum	YES ☐	NO ☐		• Supporting in a lineout	YES ☐	NO ☐	Not relevant ☐	• Supporting a jumper at kick-off	YES ☐	NO ☐	Not relevant ☐
• Scrum engagement	YES ☐	NO ☐																						
• Entering a ruck	YES ☐	NO ☐																						
• Entering a maul	YES ☐	NO ☐																						
• Falling correctly in a collapsed scrum	YES ☐	NO ☐																						
• Supporting in a lineout	YES ☐	NO ☐	Not relevant ☐																					
• Supporting a jumper at kick-off	YES ☐	NO ☐	Not relevant ☐																					
Did you follow any special diet/eating plan before or during the season? YES ☐ NO ☐																								
Did you use any specific supplements before or during the season? YES ☐ NO ☐ If YES, then please elaborate _____																								

How long before the season did you take part in pre-season strength and fitness conditioning?

Never ☐ 1-2 weeks prior ☐ 1 month prior ☐ 2 months prior ☐ 3 months or more prior ☐

On average how many formal, structured rugby training sessions did you perform per week?

Never ☐ 1 ☐ 2 ☐ 3 ☐ More ☐

Other than your official team training sessions, what individual training did you perform? Specify how often, the type of activity, average duration of each session, etc.

Activity	Intensity				How many times per week	Average duration (min)
	Easy	Moderate	Tough	Very hard		
_____	E	M	T	VH	_____	_____min
_____	E	M	T	VH	_____	_____min
_____	E	M	T	VH	_____	_____min
_____	E	M	T	VH	_____	_____min
_____	E	M	T	VH	_____	_____min

Did you participate in any strength/resistance/weight training at least twice per week during the season?

YES ☐ NO ☐

If YES, then for how many years have you been performing structured strength/resistance/weight training and specify to what degree?

Did you participate in any neck strengthening exercises? YES ☐ NO ☐ If YES, specify:

Activity	Intensity				How many times per week	Average duration (min)
	Easy	Moderate	Tough	Very hard		
_____	E	M	T	VH	_____	_____min
_____	E	M	T	VH	_____	_____min
_____	E	M	T	VH	_____	_____min
_____	E	M	T	VH	_____	_____min
_____	E	M	T	VH	_____	_____min

Have you ever sustained a previous head☐, neck☐, spine☐ or brain☐ injury before?
Tick all the applicable

If you answered YES to any of the above, please specify how and when _____

PLAYING CONDITIONS (PRINT CLEARLY)

What was the weather like on the day you sustained the injury? Please tick all the appropriate answers:

Hot☐ Dry☐ Light rain☐ Overcast☐ Cold☐ Heavy rain☐ Windy☐

Other☐ _____

Temperature at the time of injury (get from the weather service)

How hard was the field?

Soft☐ Firm☐ Very hard☐

How was the surface of the field? Please tick all the appropriate answers:

Even☐ Uneven☐ Slippery☐ Medium grip☐ Good, solid footing☐

Do you feel that the field conditions contributed towards your injury?

YES☐ NO☐

If YES, please specify _____

What condition were your rugby boots in when you got injured?

Brand new☐ Worn in☐ Old/damaged☐ Short studs☐ Long studs☐ Multi-studs☐ Six-studs☐

In your opinion what was the main cause of your injury?

Do you have any recommendations to prevent others from sustaining a similar injury?

OUTCOME OF INJURY (PRINT CLEARLY)

Deceased ☐

Quadriplegia & wheelchair bound ☐

Potential catastrophic injury with recovery (residual damage, but walks with assistive devices, may be in a wheelchair) ☐

Potential catastrophic injury with recovery (residual damage, but can walk without assistive devices) ☐

No apparent residual damage and full recovery expected ☐

ASIA IMPAIRMENT SCALE

A – Complete: No motor or sensory function is preserved in the sacral segments S4-S5 ☐

B – Incomplete: Sensory but not motor function is preserved below the neurological level and includes the sacral segments S4-S5 ☐

C – Incomplete: Motor function is preserved below the neurological level, and more than half of key muscles below the neurological level have a muscle grade less than 3 ☐

D – Incomplete: Motor function is preserved below the neurological level, and at least half of key muscles below the neurological level have a muscle grade of 3 or more ☐

E – Normal: Motor and sensory function are normal ☐





EMERGENCY ACTION PLAN TEMPLATE

Dr P L Viviers – Sports Physician, MACSM

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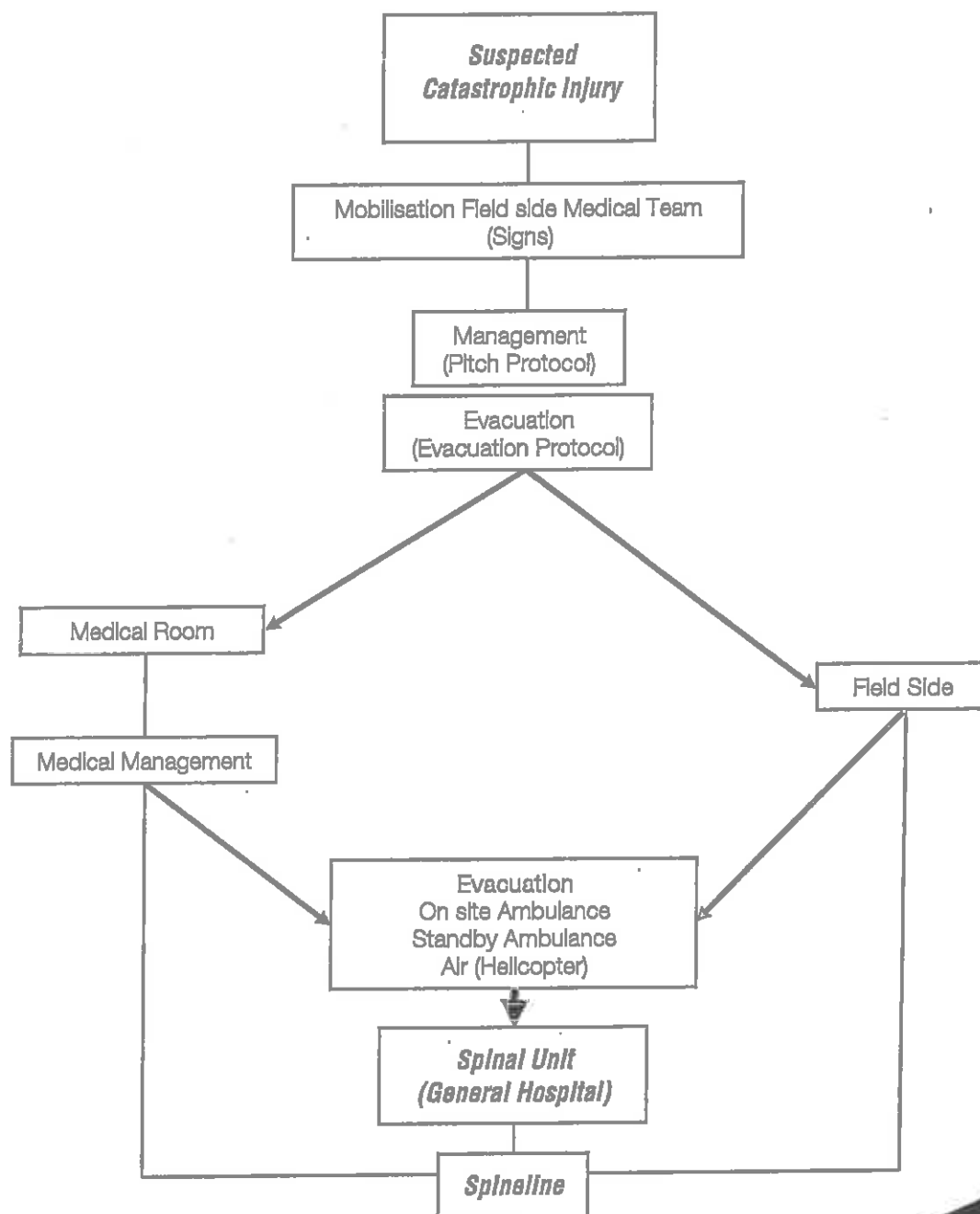
Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

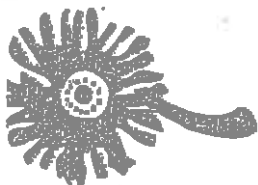
EMERGENCY ACTION PLAN – POTENTIAL CATASTROPHIC INJURY:

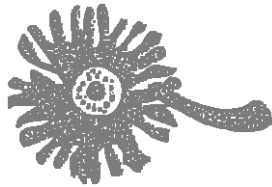
Action	Responsibility	Confirmed	Name & Contact Information
Management Protocol: Pitch	Match Doctor/ Venue Doctor/ Highest Qualified Paramedic, rugby medic or first aider		
Management Protocol: Medical Room	Match Doctor/ Venue Doctor		
Evacuation Protocol: Field • Communication from field (signs) • Equipped spinal board/Scoop stretcher • Golf cart	Match Doctor/ Paramedic, rugby medic or first aider		
Evacuation Protocol: Medical Room • Carry/motorised	Match Doctor/ Paramedic		
Evacuation Protocol: Spinal Unit: • Onsite Ambulance • Stand-by Ambulance • Air (helicopter)	Match Doctor/ Paramedic		
Evacuation Protocol: General Hospital: • Onsite Ambulance • Stand-by Ambulance • Air	Match Doctor/ Paramedic		
Final Communication with: • Ambulance Service • Spinal Unit • General Hospital A&E	Venue Doctor/ Match Doctor/ Paramedic		
BokSmart SpineLine	Match Doctor/ Paramedic		

(Addendum: Flow diagram of events in the case of a suspected catastrophic injury)

ADDENDUM: FLOW DIAGRAM



[illegible]



DATE:

DATE :		Gold	Check	Green	Check	Notes
Personnel						
Match Doctor		Yes				
Venue Doctor		Yes				
Nursing Sister		Yes				
Paramedics		Yes				
Rugby Medics or qualified First Aider		Yes		Yes		
Medical Liaison		Yes				
Physiotherapist and Biokineticist		Yes				
Access to other medical specialists (dentist, etc)		Yes				
Medical Room						
Medical station(room/vent)				Yes		
Emergency treatment room		Yes				
Advanced Care						
Trauma Unit (< 1 hour)		Yes		Yes		
Spinal Unit (< 4 hours)		Yes		Yes		
Patient Transport						
From the field of play - spine board				Yes		
From the field of play - motorised (e.g. golf cart)		Yes				
Advanced Care Facilities (BLS equipped and staffed ambulance on site)		Yes				
Access to stand by ambulance services and or emergency medical services				Yes		
Sideline Equipment						
WBGT or Whirling hygrometer or Ambient temperature humidity device		Yes		Yes		
Telephone access		Yes		Yes		
Lightning warning system		Yes				
Spinal board with attachments		Yes		Yes		
Scoop stretcher with attachments		Yes				
Cervical collars & head blocks		Yes		Yes		
Sideline concussion assessment tool		Yes		Yes		
Basic Life Support (BLS) equipment		Yes				
Advanced Life Support (ACLS) equipment		Yes				



MATCH NUMBER: _____

Field: _____

Competition/

Age Grade: _____

HOME TEAM: _____

VS OPPOSING TEAM: _____

Match Referee: _____

BokSmart Code Referee (BS-number): → **BS-** _____

**BokSmart
Codes
(BS-numbers):**

Home Team Coach: _____

BS- _____

AR1: _____

BS- _____

Visiting Team Coach: _____

BS- _____

AR2: _____

BS- _____

• **Note: Only control for Assistant Referees (AR) when they are available, and applicable!**

**First Aider or BokSmart Rugby
Medic Present & Visible**

Y / N

**Emergency Spinal Immobilisation Equipment
(Spinal Board, Neck Collar, Spider Harness,
Head Blocks) Present & Visible**

Y / N

Emergency Action Plan

Y / N

Assistant Coach

(home team):

Assistant Coach

(opposing team):

BokSmart (BS) No.

BS-

BokSmart (BS) No.

BS-

**Entered the field of play during the match (for documenting
after the match):**

Home team coach

Y or N

Visiting team coach

Y or N

Assistant Coach Home team

Y or N

Assistant Coach Visiting team

Y or N

**Other Non-Medical personnel (Specify
reason):**

MATCH NUMBER: _____

Field: _____

Competition/

Age Grade: _____

HOME TEAM: _____

VS OPPOSING TEAM: _____

Match Referee: _____

BokSmart Code Referee (BS-number): → **BS-** _____

**BokSmart
Codes
(BS-numbers):**

Home Team Coach: _____

BS- _____

AR1: _____

BS- _____

Visiting Team Coach: _____

BS- _____

AR2: _____

BS- _____

• **Note: Only control for Assistant Referees (AR) when they are available, and applicable!**

**First Aider or BokSmart Rugby
Medic Present & Visible**

Y / N

**Emergency Spinal Immobilisation Equipment
(Spinal Board, Neck Collar, Spider Harness,
Head Blocks) Present & Visible**

Y / N

Emergency Action Plan

Y / N

Assistant Coach

(home team):

Assistant Coach

(opposing team):

BokSmart (BS) No.

BS-

BokSmart (BS) No.

BS-

**Entered the field of play during the match (for documenting
after the match):**

Home team coach

Y or N

Visiting team coach

Y or N

Assistant Coach Home team

Y or N

Assistant Coach Visiting team

Y or N

**Other Non-Medical personnel (Specify
reason):**