



## SRU Adult Rugby Dispensation Request Form

This guideline aims to protect the safety and welfare of Age Grade Rugby Players wishing to play Adult Rugby at all levels of domestic competitions in Singapore, by trying to ensure that participants with broadly compatible physical development and skill levels play with and against each other.

Dispensation is required for the following 3 groups of players:

- 17YO players can play Adult Rugby but strictly **NOT** in the FRONT ROW
- 18YO players wishing to play Adult Rugby, specifically in the FRONT ROW
- 16-year-old players are **NOT** allowed to train or play in Adult Rugby

Age of player is deemed as age as at **a specific date stipulated in the Competition Manual for a specific competition**

All screening/s MUST be completed before a chosen player begins rugby training above his or her age grade.

### ***Dispensation documentation is separated into 4 Parts:***

- Part 1: Adult Rugby Dispensation Consent Form (Player/Parent/Guardian)
- Part 2: Adult Rugby Coach Assessment Report (Coach) Form 2a: 17YO not playing in Front Row;
  - Or Form 2b: 18YO playing in Front Row
- Part 3: SRU Medical Assessment Form (Doctor)
- Part 4: SRU approval (Union)



Part 1

**SRU ADULT RUGBY DISPENSATION CONSENT FORM**

- 17YO to play ADULT RUGBY, not in FRONT ROW
- 18YO to play ADULT RUGBY, specifically in the FRONT ROW

**AGE AS OF:**

The following information must be submitted to Singapore Rugby Union

**PLAYER INFORMATION**

<b>PLAYERS FULL NAME:</b> (AS PER NRIC / PASSPORT)	<b>TEAM/CLUB:</b>
<b>PLAYERS POSITION:</b>	<b>DATE OF BIRTH:</b>

**PLAYER AGREEMENT**

I agree to play Adult Rugby, and accept any associated risk of playing with Adults who may be stronger and more physically developed than me.

<b>PLAYERS FULL NAME</b>	<b>PLAYERS SIGNATURE</b>
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**PARENT/GUARDIAN**

I agree that my child named above may play Adult Rugby, with Adults who may be stronger and/or more physically developed. I attended the meeting with the Medical Practitioner and have been informed of the risks and accept responsibility for any injuries sustained by my child during training or competition.

<b>PARENT / LEGAL GUARDIANS FULL NAME &amp; CONTACT NUMBER</b>	<b>PARENT OR LEGAL GUARDIAN SIGNATURE</b>
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Part 2 – Form 2a

**SRU ADULT RUGBY COACH ASSESSMENT REPORT**

**17YO to play ADULT RUGBY, not in FRONT ROW**

The following information must be submitted to Singapore Rugby Union

**PLAYER INFORMATION**

<b>PLAYERS FULL NAME:</b> (AS PER NRIC / PASSPORT)	<b>TEAM/CLUB:</b>
<b>PLAYERS POSITION:</b>	<b>DATE OF BIRTH:</b>

**Player to fill in:**

How Long have you been playing for?	
Highest level of rugby played?	
Have you received specialist coaching in the past 2 years?	YES / NO
I understand the risks associated with playing Adult Rugby	YES / NO

**Coach to fill in:**

You have the required experience to approve this application for dispensation?	YES / NO
The player has correct attributes to safely play at this level?	YES / NO
The player has sufficient training to safely play at this level?	YES / NO
You approve this player to play Adult Rugby for your club/team?	YES / NO

**TEAM COACH**

In regard to this player whom I know, I agree as Coach, with an appropriate understanding of the physical attributes required of, and the risks to play Adult Rugby, that this player has the requisite skills and experience to play Adult Rugby. I confirm I have submitted the necessary relevant information to the SRU Technical Director.

<b>TEAM COACH FULL NAME</b>	<b>TEAM COACH SIGNATURE</b>
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Part 2 – Form 2b

**SRU ADULT RUGBY COACH ASSESSMENT REPORT**



**18YO to play ADULT RUGBY, in the FRONT ROW**

The following information must be submitted to Singapore Rugby Union

**PLAYER INFORMATION**

PLAYERS FULL NAME: (AS PER NRIC / PASSPORT)	TEAM/CLUB:
PLAYERS POSITION:	DATE OF BIRTH:

**Player to fill in:**

How Long have you been playing for?	
Highest level of rugby played?	
Have you received specialist Front Row coaching in the past 2 years?	YES / NO
Did you play in the FR last year?	YES / NO
Have you been injured from playing in the Front Row?	YES / NO
I understand the risks associated with playing Adult Rugby in the Front Row	YES / NO

**Coach to fill in:**

You have the required experience to approve this application for dispensation?	YES / NO
The player has correct attributes to safely play at this level?	YES / NO
The player has sufficient training to safely play at this level?	YES / NO
You approve this player to play Adult Rugby for your club/team?	YES / NO

**TEAM COACH**

In regard to this player whom I know, I agree as Coach, with an appropriate understanding of the physical attributes required of, and the risks to play Adult Rugby, that this player has the requisite skills and experience to play Adult Rugby. I confirm I have submitted the necessary relevant information to the SRU Technical Director.

TEAM COACH FULL NAME	TEAM COACH SIGNATURE
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### **Part 3 – Additional Form**

Please download SRU Medical Assessment Form



## Part 4 – Additional Form

### SRU Checklist:

Items	Yes	No
Has the player and parent/guardian signed the written consent form to play adult rugby? (Part 1)		
Does the player have the SRU Adult Rugby Coach Assessment report to play adult rugby? (Part 2)		
The player has completed SRU Medical Assessment Form and has approval from a physician understanding the demands of Adult Rugby? (Part 3 – Additional Form)		
Has the parent/ guardian been informed and counselled on the risk of playing adult rugby? (Part 3 – Additional Form)		

# Singapore Rugby Union

In regard to this player, I agree as SRU Technical Director, with an appropriate understanding of the physical attributes required of, and the risks to play Adult Rugby, that this player has the requisite skills and experience to play Adult Rugby. I have reviewed the necessary information from the team coach.

<b>TECHNICAL DIRECTOR FULL NAME</b>	<b>TECHNICAL DIRECTOR SIGNATURE</b>
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