

COMPLETED FORM TO BE SUBMITTED TO THE 'ARE YOU READY TO PLAY RUGBY' ADMINISTRATOR SCOTTISH RUGBY,

FRONT ROW EXCEPTION FORM - U18 Players in Senior Rugby (male players)

MURRAYFIELD STADIUM, EDINBURGH, EH12 5PJ

A player younger than eighteen years of age wishing to participate in senior rugby in the front row (prop or hooker) must also apply for approval from the Scottish Rugby prior to participation in senior rugby. The player may not play in the front row in senior rugby until Scottish Rugby approval has been received.

The coach and player must comply with the U18 Players in Senior Rugby policy and complete U18 Players in Senior Rugby application form and this Front Row Exception form.

Medical studies support that players in the front row (prop or hooker) are exposed to a higher level of serious injury than players in other positions.

In assessing the suitability of a player to participate in the position of Front Row (prop or hooker) in senior rugby at an age younger than eighteen years of age, the player and coach must provide the following submission addressing the following considerations:

Playing experience and level

1. Please enter the number of years experience playing in the front row: _____
2. Did you play in the front row last year? YES or NO (circle)
If No please state why: _____
3. Level of rugby played at in the front row (e.g. Representative/Pathway) _____
State school / club team: _____

Level of coaching and training received

1. Have you received any specialist front row coaching in the last 2 years? YES or NO (circle)
If Yes please specify the details (e.g. what coaching, identify the coach and their level of qualification and experience etc)

2. Have you trained with senior players in the scrum? YES or NO (circle)
If Yes please specify the details:

Strength & Conditioning

Do you undertake a weekly strength training programme? YES or NO (circle)

PLAYER

I believe that my physical development, skill level and experience are sufficiently high that I am capable of competing safely in the front row with players in senior rugby.

I understand that I will be competing against older players and this may involve an increased level of injury risk.

Signature: _____ **Date:** _____

Print Name: _____

COACH

In my opinion, the player's physical development, skill level and experience is sufficiently high that the player is capable of competing safely in the front row with the players in the proposed senior rugby competition.

I have explained to the player and his parent or guardian that the player will be competing against older players and this may involve an increased level of injury risk.

Signature: _____ **Date:** _____

Print Name: _____

