



2023 Western Canadian Championships

August 4th – 6th, 2023

Calgary Rugby Park

Sponsored By





Introduction

Welcome all Provinces and States to the 2023 Western Canadian Championships. Inside this tournament pack you will find all information to guide you through this year's event. Should you have any questions on the day of the event that aren't addressed by this pack, please see the Alberta Rugby staff during the event. The tournament will be covered on Alberta Rugby's social media platforms. Please refer to WEBSITE LINK for a link to all relevant information.

Competition Purpose

The purpose of the Western Canadian Championships is to foster the growth of competitive Rugby and provide an important pathway step through best-on-best Age-Grade competition to develop athletes towards National Team honors.

The Championships aim is to provide an appropriate development stage of competition to motivate, challenge and inspire young players, as well as Coaches and Officials.

2023 Schedule Details

Below are the teams and competition formats for each division. Schedules may be prone to last-minute changes given the weather conditions in the Alberta. See [Website](#) for the most up-to-date schedules, including current timing.

Important, please note total match play per day is per World Rugby's Age-Grade Law Variations. Details can be found in the tables below.

Girls Divisions

The following Age-Grade divisions will be competing at the 2023 Western Canadian Championships:

Division	Birth Years	Purpose of Competition	LTAD Stage	Teams	Maximum Squad Size	Game Length	Half Time Length	Max Playing Time Per Day
U18	2005-2006	Competitive	Train to Perform / Train to Compete	BC Alberta Manitoba Sask PNW Ontario	24	40mins (20mins per half)	5mins	90mins
U16	2007-2008	Development	Train to Compete	BC Alberta Manitoba Sask Ontario	24	40mins (20mins per half)	5mins	90mins



Boys Divisions

The following Age-Grade divisions will be competing at the 2023 Western Canadian Championships:

Division	Birth Years	Purpose of Competition	LTAD Stage	Teams	Maximum Squad Size	Game Length	Half Time Length	Max Playing Time Per Day
U18	2005-2006	Competitive	Train to Perform/ Train to Compete	BC Alberta Manitoba Sask PNW Ontario	24	40mins (20mins per half)	5mins	90mins
U16	2007-2008	Development	Train to Compete	BC Alberta Manitoba Sask	24	40mins (20mins per half)	5mins	90mins

IMPORTANT: Please note as per World Rugby's Age-Grade Law Variations, the total match play per day for tournament is to be capped as follows: U16 & U18 90mins per day.

Rugby Canada Age-Grade Law Variations for U16s and U18s will be followed for this event. The latest Age-Grade Variations can be found [here](#).

Tournament Rules

Age-Grade Exemptions - Dispensations

A dispensation is given to a player to allow them to play in an age grade that they would not usually be able to play in because of their age. The Age Dispensation Policy applies to all competitions sanctioned by Rugby Alberta. It focuses on allowing participants to play Rugby safely and not influence game results.

It is important that all people involved in a decision to permit a junior player to participate in a different age category fully understand that Rugby is a contact sport. Like all contact sports, players are exposed to the risk of injury. This risk could be heightened by allowing players to participate in matches organized for a different age category if their physical development, skill level, maturity and experience differ from that of the players he/she will play with or against.

We have decided against redistributing players to younger age groups, dispensations will be made only for players to play up one age band.

To be eligible for higher age-grade contact rugby, players will be permitted to participate in an age-grade match that is not more than two (2) years above their age on January 1st of the year in which the match is held (referred to as the 'two-year window'), provided that they comply with the procedures set out in the attached policy and receive approval from Rugby Alberta



Law Variations

The Western Canadian Championships will follow [Rugby Canada's Age-Grade Law Variations](#)

Discipline Policy

A player sent off due to receiving a Red Card will not play again during the same day. It will be at the discretion of the Tournament Discipline Committee to exclude them from playing on the next day.

A yellow card will result in the player being excluded from the pitch for 5 minutes.

3 yellow cards at any stage for one player in the competition means that the player must appear in front of the Tournament Discipline Committee (player and manager will be notified). There will be no citing commissioner at the event. Match Officials are responsible for reporting any foul play.

Results

Score

Match scores will be posted on the Alberta Rugby website at the end of each day.

Points:

The points will be awarded as follows for all Round Robin Play:

Win = 4 Points

Draw = 2 Points

Loss = 0 Points There are no bonus points.

Round Robin

Two-way Ties at end of Round Robin: In the case of two teams tied, the final standings of the two teams shall be determined by considering in order of the factors below

The record of the games played between the two teams

The most wins in league play (If the same number of games have been played, if not, move to point 3)

The points differential (points for less points against) in league play

Total points scored

Coin Toss

Play-off Games

If the score is tied at the end of regulation time of a Play-Off Match, then the tie shall be broken by the following procedures:

First to score during a maximum of two five-minute halves of overtime shall be played.

If the score remains tied, the winner shall be determined by considering in order of the factors below:

The team with the most tries scored during the Play-Off match

The team with the most converted tries scored during the Play-Off match

The team with the most penalty goals during the Play-Off match

The team with the most drop goals during the Play-Off match

The team that scored first during the Play-Off match



The toss of a coin organized by the Match Official.

Food & Water

Shopping Centre – Located just less than 10 minutes away with a variety of restaurants, supermarket and food options!

[Quarry Park](#)

[Riverbend Centre](#)

Larger Mall and Outlet Area

[Chinook Mall](#)

[Deerfoot Meadows](#)

Water

Help us in cutting down the use of plastic water bottles! Please bring your reusable water bottle for the weekend and fill it up at the water station located around the CRU or at any other water source onsite (changerooms/washrooms).

Weather Conditions

Alberta Rugby Staff and Officials will continue to monitor temperatures throughout the weeks leading up to the tournament. Should any changes to match times or formats be required, these will be communicated as quickly and promptly as possible.

All Teams are reminded to stay well hydrated throughout the event and to seek shade when not playing. Teams are encouraged to bring tents and additional shade to setup on site.

Medical Information

Each team is responsible for providing their own medical staff. Medical staff should only step onto the field for an injury if called upon by a Coach, Referee or Therapist.

Alberta Rugby's number one priority is player safety and adheres to World Rugby's policy of 'Recognize and Remove' when dealing with concussions or suspected concussions.

Any player suspected or suffering from concussion must be immediately removed from competition and report to their Medical Staff for evaluation. Not reporting injury symptoms to avoid medical evaluation significantly increases the risk prolonging recovery and long-term effects.

Alternatively, players can be directed to [Rockyview General Hospital](#) for evaluation and treatment from a physician for any injury.

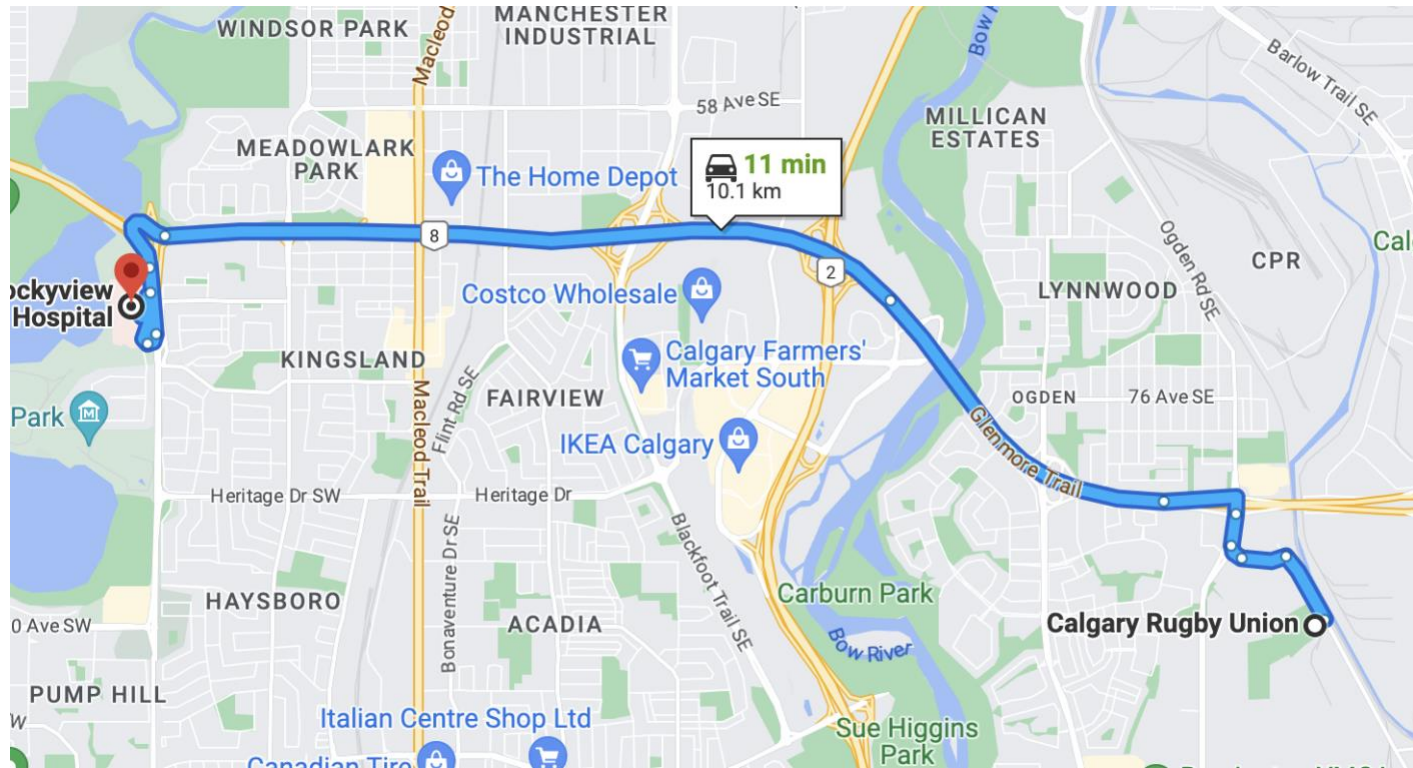


Emergency Action Plan - CRU

Emergency Contacts	Addresses	Charge / Call People
<p>Emergency: 9-1-1</p> <p>Facilitator/Coach:</p> <p>Name:</p> <p>Phone:</p> <p>Facilitator:</p> <p>Name:</p> <p>Phone:</p> <p>Nearest Hospital :</p> <p>Rockyview General Hospital</p> <p>7007 14 St SW, Calgary, AB T2V 1P9</p>	<p>Facility:</p> <p>Calgary Rugby Union,</p> <p>9025 Shepard Rd SE, Calgary, AB T2C 4R6</p> <p>Location and Directions:</p> <p>Ambulance access:</p> <p>Nearest Medicentres</p> <p>Medicentres Family Care Clinics</p> <p>8180 Macleod Trail #110, Calgary, AB T2H 2B8</p>	<p>Charge Person Names:</p> <p>1. Provincial Team Therapist</p> <p>2.</p> <p>Call Person Names:</p> <p>1. Provincial Team Designated Person (Coach/Manager)</p> <p>2.</p>
Roles and Responsibilities		
<p>Charge person</p> <ul style="list-style-type: none"> Clear the risk of further harm to the injured person by securing the area and shelter the injured person from the elements Designate who is in charge of the other participants Protect yourself (wears gloves if he/she is in contact with body fluids such as blood) Assess ABCs (checks that airway is clear, breathing is present, a pulse is present, and there is no major bleeding) Wait by the injured person until EMS arrives and the injured person is transported Fill in an accident report form 	<p>Call person</p> <p>Call for emergency help</p> <ul style="list-style-type: none"> Provide all necessary information to dispatch <ul style="list-style-type: none"> facility location nature of injury, what, if any, first aid has been done Clear any traffic from the entrance/access road before ambulance arrives Wait by the driveway entrance to the facility to direct the ambulance when it arrives Call the emergency contact person listed on the injured person's medical profile 	



MAPS





Venue Details

The 2023 Western Canadian Championships are taking place at Calgary Rugby Union, located at 9025 Shepard Rd SE, Calgary, AB T2C 4R6.

Parking at Venue

Free parking can be found behind the Field House. However, it is recommended that all buses park near Field 5

Changerooms

No teams have allocated changerooms for the weekend. We ask all teams to change prior to arriving at the fields.

Bathrooms

There are port-a-potties located near Field 3 and Field 4. Bathrooms located inside the main CRU building as well as in the fieldhouse

Team Tent Zone

Teams are encourage to setup tents between field 2 and 3 to the left of the events tent. Please see the venue map for a detailed outline.

Non-Playing: Coaches are NOT ALLOWED on the field, in-goal or behind the dead ball line. They may be inside the designated technical area.

Two designed water carriers may enter the playing enclosure to carry water at injury stoppages or tries scored. They must otherwise be off the field. Coaches MAY NOT act as water carriers.

Substitute players may use the attacking side in-goal area to warmup. No balls, hit shields or equipment allowed.

Litter: Help keep the venue clean by utilizing the numerous garbage & recycling bins onsite. We want to leave it better than we how found it!



Venue Maps – Field Maps



**Accommodation Details**

Additional Info Packages Attached.

UofC Residences –

2500 University Dr NW
Calgary, AB
T2N 1N4

Hotel Blackfoot –

5940 Blackfoot Trail SE
Calgary, AB
T2H 2B5

Team Transportation:

Field & Training Facilities at CRU: Any field, meeting room or facility usage must be reserved through CRU and is potentially at a cost.

Respect for Facility: Please respect all property and facility rules since there are students and staff living and working on campus.

Referee Information

Match Officials from all provinces will be appointed to this event. They will be working with Coaches of Match Officials to ensure that feedback serves player welfare, the development of the game and the development of Match Officials long term. Any questions or concerns can be directed to Alberta Rugby's Match Officials Society andrew@chemies.com