Getting the Most Out of Rugby in the Olympics
Law 4
Players' Clothing

4.4 BANNED ITEMS OF CLOTHING

(a) A player must not wear any item that is contaminated by blood.

(b) A player must not wear any item that is sharp or abrasive.

(c) A player must not wear any items containing buckles, clips, rings, hinges, zippers, screws, bolts or rigid material or projection not otherwise permitted under this Law.

(d) A player must not wear jewellery such as rings or earrings.

(e) A player must not wear gloves.

(f) A player must not wear shorts with padding sewn into them.

(g) A player must not wear any other item which does not conform with World Rugby Specifications for such clothing (Regulation 12).

(h) A player must not wear any item that is normally permitted by Law, but, in the referee’s opinion, that is liable to cause injury to a player.

(i) A player must not wear communication devices within that player’s clothing or attached to the body.

(j) A player must not wear any additional item of clothing that does not conform to World Rugby Regulation 12.

Your Digital Image

- Website and Social Media accounts
- Is it current?
- Is it easy to navigate to sign up?
- Is there an easy way to contact your team?
- Is there an easy way to sign up for more information?
- Check your social media for ‘inappropriate things’
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Do You Have an Opportunity to Play?

• What opportunity do you currently have open for registration? Just full contact 15’s is not enough!!!

• NON-CONTACT, NON-CONTACT, NON-CONTACT

• If you are not playing currently, is your registration open for your next playing opportunity?
• Have you contacted community organizations?

- Young Professional Orgs,
- Community Rec Centers,
- Gyms, crossfit, meetup groups
- etc.
• Have you contacted your local athletic director?

• Have you contacted your local PE teacher to come in and show rugby in the PE classes?
Contacting the Press!

• Have you contacted the local press with a human interest story about your team?

• Have you contacted your city’s mayoral office, CVB or Sports commission to help promote your events.

• Do you have an article ready to go with hi-res pictures or video you can send to the press easily?

• Do you have a press contact on your website?

• Check your social media!!! Delete things that should not be on there.
Engage Your Club and Members!

• Great time to set up a youth program, and an old boys or old girls club!

• Great time to set up an alumni organization to foster engagement and donations!

• Get your members to sign up as a coach, referee, volunteer, administrator. Get them back involved!

• Get your parents, spouses, neighbors, friends and family engaged in your club!
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Resources for you and your team

• ROOKIERUGBY.COM
• USA Rugby.org/youth-resources
• PlayRugbyToday.com
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