

Leicestershire Society Of Rugby Union

Referees Newsletter:

July, 2020



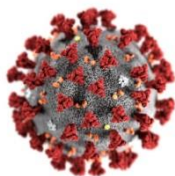
In this Edition:



A Chairman's Note



The Treasurer is back



Corona Virus and return to play



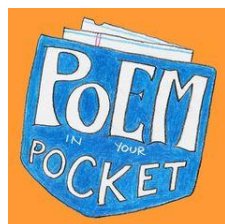
Society Fitness Training



How we can keep in touch



Extra training



Poem: Why we played the game

Note from your Chairman July 2020.



I trust this newsletter finds yourselves and your families safe and well as we come through these unprecedented times. I hoped to be able to assume we are all on the other side of lockdown, but for some of us, that lockdown continues. For those it does still affect, keep safe and patient and there is light at the end of the tunnel !

Your Committee are still working hard in the background, with the Executive Committee of Chairman, Secretary, Treasurer and President meeting on Zoom fortnightly and the whole Committee also still meeting via Zoom. Updates come out of the RFU on a regular basis and we ensure that those that are relevant and have something new to add to the current situation, are disseminated to all members.

Your Training Officer, Tom Brucciani has secured a new position in the business world and will now be based in Holland for the majority of the time, for the foreseeable future. Tom has been a member of the Society for over 10 years and is one of our most senior referees, as well as a very active member of the Committee. Our Promotions Secretary in waiting, George Richardson, will assist Tom in delivering Society Training during the coming season. I am sure Tom will not be a stranger but I would like to thank him for all his contributions to the Society over the years.

With the easing of lockdown (for most of us!!), Society Training nights have started up and have been going very well. Most sessions are followed by a socially distanced beer and chat, which is most welcome after months of distanced, digital communication.

Note from your Chairman July 2020.



Cycling club on a Monday at various locations (contact George Richardson), light fitness training on a Tuesday in Loughborough (contact Mark Elliott) and more strenuous fitness training on a Wednesday night in Hinckley (contact Andrew Forsythe), will continue for the rest of the summer. Hopefully, sessions in Anstey and Birstall will start up again, once restrictions in Leicester are eased. Details are always on the website. Please do try and drop into one of the sessions, even if it's just for the beer afterwards. It really is great to catch up with people again.

The new Society kit from Olorun has arrived and I have a full 'sizing' set in my possession. It is looking excellent and details of the kit are on the website. I will be trying to catch up with as many of you as possible over the next few weeks, to get you 'sized' up so we can submit an order to be here for the new season.

We will also be offering leisure wear for you to purchase, from a new online shop. This will include training tops, hoodies, polo shirts, tracksuit bottoms, gilets etc and will be in a navy blue/maroon design, with gold trim. I have examples of this kit to show you.

This method of providing kit will be a positive step forward and I am sure you will be impressed with what is on offer.

We will initially issue a full set of refereeing kit (shirt, shorts, socks) to those qualifying members; qualification is completing 10 games during the current season. A similar system for assessors/coaches will apply and they will receive a branded, padded jacket and trousers.

When the new season for local community rugby will actually start, is still an unknown. We are constantly monitoring updates from the RFU and they have a roadmap for the return of rugby, which has several projected season start dates. We will, of course, keep you right up to date as soon as we receive the information.

Note from your Chairman July 2020



As you are probably aware we still have not held our AGM for 2020. As a Committee we made the decision to wait until we are able to meet once again to hold the AGM. We are hoping that Government guidelines may allow us to do this in the next few months, even if it is outside on a rugby pitch, socially distanced (also weather permitting). Failing this, we may have the AGM virtually, via Zoom. Watch this space, we will keep you fully informed.

I am now able to begin DBS applications again, after they were suspended during the lockdown. I have recruited Kerrel Wills as an assistant safeguarding officer and we will be contacting members over the coming weeks, for various pieces of information, to enable us to apply for DBS checks on your behalves. The RFU have decided that a referee will require a current DBS check to enable them to referee Age Grade Rugby, from the start of next season.

Please use the LSRUR website as all the latest news and information is posted there, as soon as we get it.

Continue to stay safe and I look forward to catching up with you all again, hopefully in the not too distant future. Remember that all Committee members are very approachable, so do please contact us should you have any queries about anything.

Mark

Mark Elliott
Chairman
Leicestershire Society of Rugby Union Referees



The Treasurer is back

Our beloved treasurer has moved back from “up north” to re-join us in the holy land of Leicestershire.

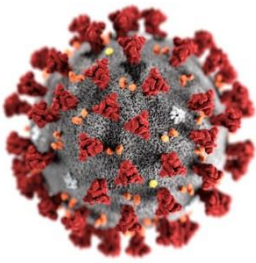
Please do not send expenses to his old address.

Please find all new details below.

Welcome back Nick.

1, Wentworth Close
Kibworth,
Leicester.
LE8 0XB

H 01162793605
M 07803955701



Corona Virus and return to play

This roadmap consists of six stages, Stage A relating to individual training with one other person, moving through to Stage F when there can be a return to competitive matches against other teams. We are currently at Stage B following the government's announcement of 28 May.

A [roadmap infographic](#) and more [detailed guidance](#) has been produced to clarify the six stages of the roadmap on the RFU Website.

Timescales to allow progression between stages will be carefully managed and will be determined by medical and government advice. Regular updates will be issued by the RFU, along with detailed guidance, as each progression takes place.

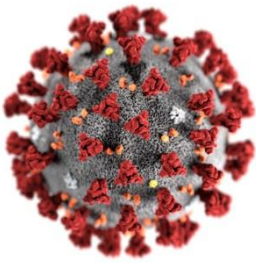
"A great amount of work has been undertaken since rugby was suspended in March to align the various stages of social distancing announced by the government with our decision making focused on the best interests of players, volunteers and clubs," said RFU chief executive Bill Sweeney.

[Impact of current government guidance on clubs](#)

[Adult male future competitions structure launched](#)

[Professional Game Board statement on return to traini](#)





Corona Virus and return to play

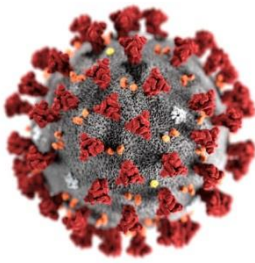
“When considering the roadmap for a return to community rugby, we were aware that some clubs wanted to get back quicker than others as a major concern of clubs is to retain their players and preserve their revenue streams. We also recognise that other sports may return quicker in England and that rugby may return quicker in other countries. However, we will stay focused on what is right for rugby in England.

"Whilst we are keen to have rugby being played and members returning to their clubs, we need to be cautious and will therefore only move from one stage to another when guidance and advice says that it is safe to do so.

“There are many implications of a staged return to play, including the impact on the competitive programme, rugby activity in clubs, schools, colleges and universities and also the use of club houses and indoor facilities. We remain committed to addressing these challenges in the run up to the 20/21 season.”

The roadmap focuses on a return to community rugby activity and not the reopening of clubhouses. As these are indoor spaces, they will be subject to separate government advice and guidance. In parallel, the RFU will continue to develop advice and guidance on when and how clubhouses may reopen.



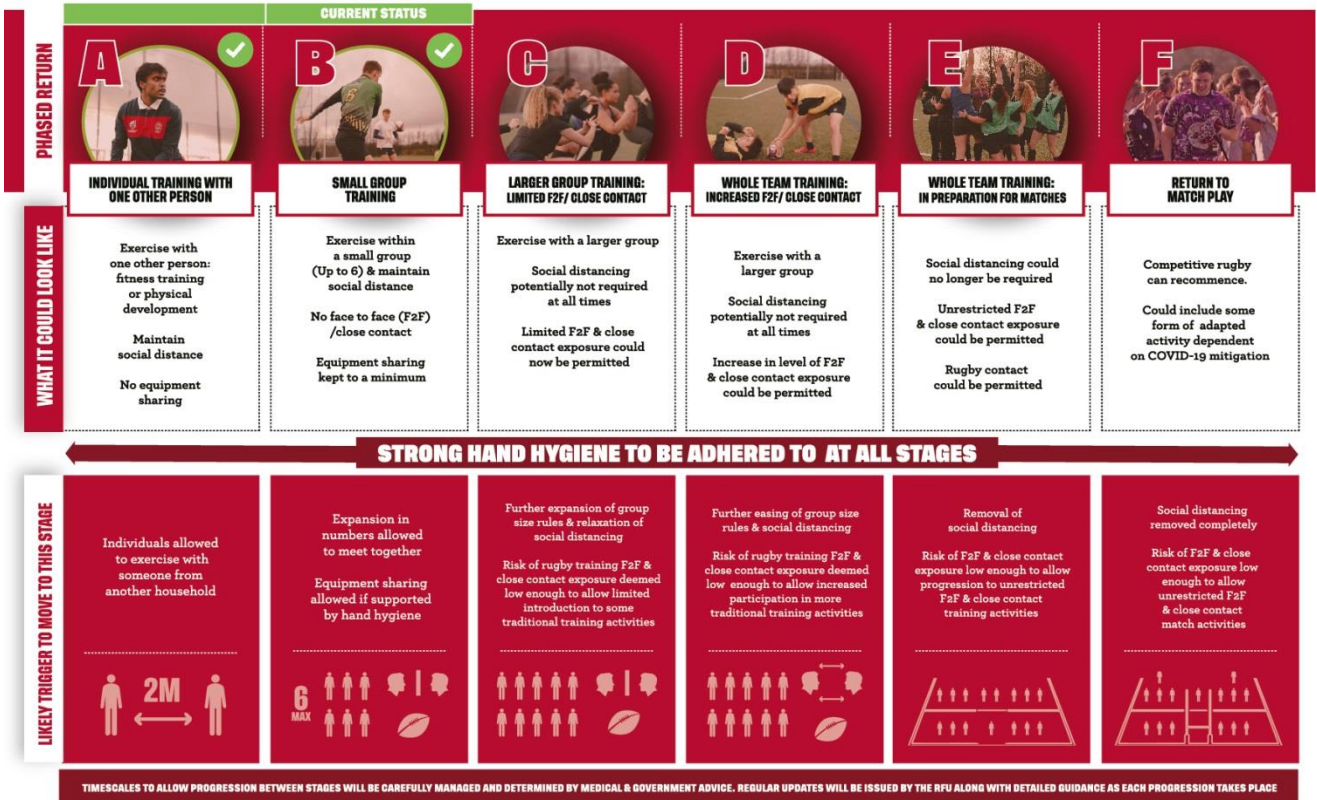


Corona Virus and return to play

The current position is that clubs are able to open indoor facilities only to allow access through the building to pitches, access to toilets and a facility (should appropriate licenses be held) for the serving of takeaway food and drinks.



RETURN TO RUGBY ROAD MAP: COMMUNITY GAME





Society Fitness Training

Now that we have been given the go-ahead to restart outdoor training on a limited basis, we encourage members to join us for fitness and social sessions being held by LSRUR across the county.

We are looking to run some short, simple sessions for small groups followed by a chat and catch-up. These will be in several county wide locations so that they are accessible to as many members as possible

PLEASE NOTE:

We will be limiting numbers to 6 per session, with suitable social distancing measures, following the RFU/World Rugby Covid return to play guidance.

IT IS THEREFORE VITAL YOU CONTACT THE SESSION ORGANISER IN ADVANCE TO BOOK YOUR PLACE ON THE SESSION

There will be no shower/changing facilities at any of the venues and please bring your own water bottle.

If you do not want to take part in the session but would still like to attend then please also contact the session organiser.

Dates, Times and Venues are updated regularly on the website.





Society Fitness Training



Hinkley Rugby Club with Andrew Forsythe



Wednesday's 6pm – 7pm

Cross-fit style session with some repeated sprints and a bronco test. Amazing session ran by Vicky Macqueen that was enjoyed by all. Suitable for all fitness levels.

East Leicestershire Cycle with George Richardson

Monday's; 6pm – 7.30pm

The group met at the Leicestershire Rugby Offices and cycled for 90 minutes across the country lanes. They cycled through Barkby, Barkby Thorpe, Queniborough, South Croxton, Beeby, Scraptoft and Hamilton.



Nanpanton Sports Ground with Mark Elliot



Tuesday's; 7pm – 8pm

The session took place at Nanpanton sports ground which included fartlek and interval training. This was suitable for all fitness levels and you got out of it what you put in.



Society Fitness Training

Anstey Rugby Club With Greg Garner – PGMOT Assistant Referee



Greg Held sessions last month on

Mondays: 19:00 to 19:45

22nd, 29th June & 6th July

Wednesdays: 12:00 to 12:45

24th June, 1st & 8th July

Saturdays: 10:00 to 11:00

27th June, 4th & 11th July

Please look at the website for following sessions held by him and take this great opportunity.

If any of the dates suit you then please and you would like to attend please contact Greg Garner directly on 07704 909477 or greg.garner@btinternet.com.





Society Fitness Training

The sessions Gregg ran involved:

40 minutes sessions warm up and dynamic stretching, 20 mins of HITT exercise, cool down and stretch.

This was open for all fitness levels. Exercises will be body weight, with modifications where required. If anyone wants to bring their own equipment to utilise, then please feel free.

There will be no shower/changing facilities and please bring your own water bottle.

Venue: Anstey RFC pitch, Link Road, Anstey. **(Please note, DO NOT enter the Martin High School grounds for any reason).**

Parking is on street, access to the pitch should be made via the pathway to the right of the Martin High school, or via the style next to No 16 Holgate Close (See pictures below)





How we can keep in touch

What is Zoom?

Zoom is a free downloadable app that can be used by anyone with a smart mobile, desktop and telephone. It enables users to communicate via audio and video (if enabled) from around the world.

About Zoom?

Zoom helps businesses and organizations bring their teams together in a frictionless environment to get more done. Our easy, reliable cloud platform for video, voice, content sharing, and chat runs across mobile devices, desktops, telephones, and room systems.

Why are we using zoom?

The society decided to use zoom so that we can still meet virtually on a monthly basis to discuss all things rugby and what the society is currently doing around restrictions. The society is currently holding our committee meetings in the fashion so that we may remain socially distanced whilst ensuring we have vital discussions.





How we can keep in touch



Was it a success?

Absolutely, thanks to the idea given to us by John Hill, the society had a number of zoom meetings over the week with over 60 members attending.

We are currently looking at ways to hold the society AGM. This may be over a zoom meeting or elsewhere depending on government guidelines.





**England
Rugby**

Extra Training

The England Rugby Tuesday Training webinars focus on referee topics, and give participants the opportunity to continue developing themselves during the rugby lock down.

All the below webinars are available on:

<https://www.englishrugby.com/participation/refereeing/referee-webinars>

POSITIONING

Professional referees Sara Cox and Luke Pearce discuss positioning. They talked about movement around the pitch, which will vary, but should constantly support the referees' ability to apply the principles of refereeing and good vision

REFEREEING ADVANTAGE

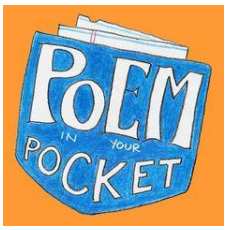
This webinar saw professional referees Christophe Ridley and Ian Tempest share their expertise on using advantage

REFEREEING THE TACKLE

The topic for episode two was refereeing the tackle and featured premiership referees Tom Foley and Craig Maxwell Keys sharing their expertise.

REFEREEING THE SCRUM

This episode featured Wayne Barnes and Matt Carley discussing the scrum and how get a safe and steady environment when dealing with a scrum.



Poem: Why we played the game

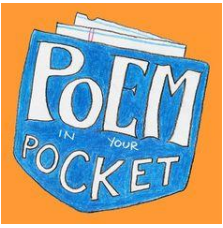
When the battle scars have faded
And the truth becomes a lie
And the weekend smell of liniment
... Could almost make you cry.

When the last rucks well behind you
And the man that ran now walks
It doesn't matter who you are
The mirror sometimes talks

Have a good hard look old son!
The melons not that great
The snoz that takes a sharp turn sideways
Used to be dead straight

You're an advert for arthritis
You're a thoroughbred gone lame
Then you ask yourself the question
Why the hell you played the game?

Was there logic in the head knocks?
In the corks and in the cuts?
Did common sense get pushed aside?
By manliness and guts?



Poem: Why we played the game

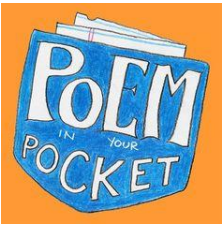
Do you sometimes sit and wonder
Why your time would often pass
In a tangled mess of bodies
With your head up someones arse?

With a thumb hooked up your nostril
Scratching gently on your brain
And an overgrown Neanderthal
Rejoicing in your pain!

Mate - you must recall the jersey
That was shredded into rags
Then the soothing sting of Dettol
On a back engraved with tags!

It's almost worth admitting
Though with some degree of shame
That your wife was right in asking
Why the hell you played the game?

Why you'd always rock home legless
Like a cow on roller skates
After drinking at the clubhouse
With your low down drunken mates



Poem: Why we played the game

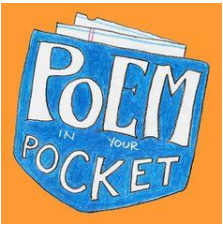
Then you'd wake up - check your wallet
Not a solitary coin
Drink Berocca by the bucket
Throw an ice pack on your groin

Copping Sunday morning sermons
About boozers being losers
While you limped like Quazimodo
With a half a thousand bruises!

Yes - an urge to hug the porcelain
And curse sambuccas name
Would always pose the question
Why the hell you played the game!

And yet with every wound re-opened
As you grimly reminisce it
Comes the most compelling feeling yet
God, you bloody miss it!

From the first time that you laced a boot
And tightened every stud
That virus known as rugby
Has been living in your blood



Poem: Why we played the game

When you dreamt it when you played it
All the rest took second fiddle
Now you're standing on the sideline
But your hearts still in the middle

And no matter where you travel
You can take it as expected
There will always be a breed of people
Hopelessly infected

If there's a teammate, then you'll find him
Like a gravitating force
With a common understanding
And a beer or three, of course

And as you stand there telling lies
Like it was yesterday old friend
You'll know that if you had the chance
You'd do it all again

You see - that's the thing with rugby
It will always be the same
And that, I guarantee
Is why the hell you played the game!!

What to expect in next months edition:

Leicestershire Society Of Rugby Union Referees Newsletter:



In the August edition:



Laws of the Game Rugby Union

Law Updates



Society Training news



Society online kit shop



Purchasing of new equipment



End of an era for Tom
Brucciani and Josh Burgess