



## North Harbour Rugby Key information for Youth Rugby 2024

### North Harbour Youth Rugby Start dates

The North Harbour Boys Youth tackle grades will commence **Saturday 4<sup>th</sup> May (1A)** onwards. The North Harbour Rugby Girls Youth tackle grades will commence **Monday 6<sup>th</sup> May (Prem Y17)** onwards. NHR would like to align the majority of youth grades finals days, therefore, this may impact grade start dates (except 1A/ Prem Y17).

All key dates for the 2024 season can be found on the following link <https://www.harbourrugby.co.nz/community-rugby/youth>. When you follow the link, scroll down to the “key dates” tab.

### North Harbour Schools Weigh-in window

Our weighing window will be completed from **Tuesday 27<sup>th</sup> February – Friday 5<sup>th</sup> April**, all data collection will be done online through your given school google sheet. Please contact [jacob@harbourrugby.co.nz](mailto:jacob@harbourrugby.co.nz) if you have any questions around this, would like to add staff to your given sheet, or would like to book weigh ins in.

### Teacher in Charge of Rugby Pre-Season Workshop

Purpose is to better understand the 2024 offerings, potential new initiatives to be wary of, key dates, answer queries/questions, etc.

This will be held on Monday 26<sup>th</sup> February, 4pm start. This will be via zoom.

### Developing Rugby Coaches Course

Harbour Coaches here is the first Coach Development opportunity for 2024. The New Zealand Developing Rugby Coaches Course is targeted at Youth & Senior Coaches or coaches exiting the Junior space into Youth. It is also suited to Harbour coaches that have previously attended the Foundation Coaches course (also known as the Coaching for Teenage Rugby Players/ World Rugby Level 1).

The course covers; Principles of Attack/Defence, Coaching Attributes, Role of the Coach, Set Piece Attack, Phase Attack, Counterattack, Scrum, Lineout, Kick starts, Breakdown, Defence, and how we best measure success in our coaching.

It will run over 3 days, Friday 1<sup>st</sup> March 5.30 pm - 8.30pm, Saturday 2<sup>nd</sup> 9.30am - 4pm, Sunday 3<sup>rd</sup> 9.30am - 4pm @ Harbour Sport. At the conclusion of the course coaches that seek accreditation will be asked to keep a training diary, complete a Laws test and World Rugby material on-line.

[APPLICATION FORM](#)

This is an extremely popular course and will be limited to between 15-20 coaches.

Please contact Jacob Corbett for further details [Jacob@harbourrugby.co.nz](mailto:Jacob@harbourrugby.co.nz)

### **Foundation Coaching Course**

On the evening of Monday 27<sup>th</sup> May, North Harbour Rugby will be hosting a Foundation of Rugby Coaching Course (World Rugby Level 1 Accredited). This course is tailored for J1, J2, Youth 14, Youth 15, Youth 16, Under 13 Rip Rugby, U15 Rip Rugby and U18 Rip Rugby coaches to provide you with a basic understanding of facets of the game of Rugby Union and introduce skills around 'How' we coach, potentially for the first time.

**Time:** 6pm – 9pm

**Location:** Harbour Sport House, Stadium Drive, Albany

If you would like to attend, please register at the link below.

[REGISTER HERE](#)

### **Women's Foundation Coaching Course**

North Harbour is again running a level 1 foundations course for females, after the success of last years course. This course is aimed at both Rip and Tackle coaches in the U15 girls space, or anyone looking for an introduction to Rugby coaching.

It is a 3 hour course covering the basic aspects of the game. It is an interactive course that will get you thinking and moving.

It will be hosted at the Harbour sport house on the 20th of May starting sharply at 6pm, running through to 9pm (refreshments will be provided)

For any questions, please contact [danielle@harbourrugby.co.nz](mailto:danielle@harbourrugby.co.nz)

[REGISTER HERE](#)

### **Coach Registration Process 2024**

In 2024, **all Youth and Senior Coaches must complete the online learning or online webinar**. Once the coach has completed either of the online options, **their registration will be complete for the 2024 season**. These online options can be found when registering to coach via the link below.

In addition, North Harbour Rugby will be offering Face-Face Coach Development opportunities. These are optional, and coaches are welcome to attend as many as they wish. The dates/times and venues for these opportunities will be made public in the coming weeks.

[REGISTER TO COACH](#)

### **'You Make the Call' – Officiating Sports Events**

As well as NZR affiliated NH Rugby Referees and Associate Referees, a course is available for senior secondary students who can gain 10 Level 3 Credits for 'Carry out pre-event preparation and apply the rules of a sport while officiating sports events. Students keep a logbook of their activities relevant to match official preparation and training, refereeing at 3 Primary or Intermediate School Rippa, Rip Rugby or Tackle Festival days satisfies the practical component of the Unit, as would officiating in a range of other sports.

More information: contact North Harbour Referee Manager, Ryan Nixon at [Ryan@harbourrugby.co.nz](mailto:Ryan@harbourrugby.co.nz) or your Sports Department or Gateway co-ordinator at your secondary school.

### **North Harbour Rugby Rip Rugby Program & Winter Tournament Week**

Harbour Rugby's purpose is to "Improve Lives, Through Rugby", to fulfil our strategy of Maximise Engagement and Grow Participation through quality community lead experiences. Guided by our strategy and purpose, we are working hard for Rugby to remain relevant by, creating appeal and delivering more choices through our non-contact version of rugby – Rip Rugby. Rip Rugby is a game we utilise to provide more 'Active' experiences and playing opportunities within rugby, highlighting the fun, social, pick up and give it ago, no pressure, development environment.

In 2022, we hosted the very first Winter Tournament Week Rip Rugby Carnival at East Coast Bays Rugby Club. In 2023 this event grew in schools and teams participating. We are looking forward to hosting another WTW Rip Rugby Carnival at ECB RFC in 2024. This will be Tuesday 27<sup>th</sup> August. We will offer U15 Girls, U15 Boys, U15 Mixed, U18 Girls, U18 Boys and U18 Mixed grades.

Below are a few of the benefits to your school introducing/growing Rip Rugby:

- Recruitment of new players to rugby in a non-contact environment first
- Stimulate interest in new and existing players for the upcoming 2024 season.
- Reintroduce players who have been lost to the game in previous years
- For some – a first starting point for a rugby program in your school

In 2024, NHR will also offer the following weekly (Saturday) Rip Rugby Grades. These grades will run from May to August as per Junior and Youth Tackle grades.

<b>Girls</b>	<b>Boys</b>
U15 Rip Rugby (Club/School)	U15 Rip Rugby (Club/School)
U18 Rip Rugby (Club / School)	U18 Rip Rugby (Club / School)

### **Term 1 Engagements / Activations 2024**

Off the back of successful Term 4 Rip Rugby engagements at Long Bay College, Westlake Boys' and Rangitoto College. If your school would like North Harbour Rugby's assistance to engage your students back with rugby, grow interest or provide a meaningful first experience for the year, we are here to help. It could be "give it a go" days or specific rugby skill work. We would be more than happy to discuss what could work for your school's participants and how we can help. Please contact [Jacob@harbourrugby.co.nz](mailto:Jacob@harbourrugby.co.nz) ASAP to discuss opportunities further.

*"The rugby engagement program provided by Jacob Corbett and North Harbour Rugby team was hugely enjoyable for the student and a great experience for them to part-take in. The Rip Rugby program revolves around the key skills involved with rugby that encourages high participation from all players through their fast-paced games and give-it-a-go mentality. This allowed our students a safe, yet energetic environment, to play and explore the game of rip rugby without the fear of contact. The feedback from students was easy to see, as everyone was having fun and enjoying the games, as well as the comments after the lessons about how much they had learnt and the new skills they took away with them. The Rip Rugby program is a great way for our external community to come into our school and promote a game that many may not get involved in without a chance like this to give it a go. A great experience and resource that is great for schools, rugby and our students".*

Nick Elrick | Assistant HOF PE | Westlake Boys HS

*“Rugby participation and engagements is once again growing at Long Bay College. We have a dedicated group of boys and girls who love the game and crave opportunities to get involved. In term 4 North Harbour Rugby delivered a series of Rip Rugby activations that were extremely successful. Not only did we have our usual rugby players attending, but it also attracted those who play other sports to participate. Sessions were delivered Friday lunchtime, and it was a great way for our student to end their schooling week”.*

*Andrew Mobberley | Sports Co-ordinator | Long Bay College*

### **Coach Development**

To go alongside the DRC & Foundation course, we are available to assist/support and develop coaches if there is a desire for it. This could be based around term 1 activations with players, separate term 1 engagement in preparation for the season, during season 1 on 1, etc. Please contact [Jacob@harbourrugby.co.nz](mailto:Jacob@harbourrugby.co.nz) to discuss opportunities for your coaches further.

### **Player Development**

In 2024, North Harbour Rugby will once again be facilitating our emerging players programs. These will be as follows; U16 Boys (Open Registration), U18 Girls (Open Registration), U18 Boys (Open Registration). The dates and further info for these events will be released once the NPC/FPC draws are public (*they will be in the key dates form*). Please contact [Jacob@harbourrugby.co.nz](mailto:Jacob@harbourrugby.co.nz) if you have any questions or queries on this.

North Harbour Rugby offers the Scrum Factory. If your coaches and players would like to grow their confidence and understanding around the scrum. Please contact [Jacob@harbourrugby.co.nz](mailto:Jacob@harbourrugby.co.nz) to book in one of our specialist scrum coaches.

### **Emerging Hibiscus**

After 2023’s successful pilot of the Emerging Hibiscus 15 a-side programme, the programme will run again.

The purpose of the programme is to give access to 15 a-side games to players/teams who seek them, while our school competition is not yet ready to move to 15 a-side games. The programme offers opportunities to our girls, coaches and referees to upskill and develop, while in a fun and supportive environment. The feedback was glowing from 2023 and we would appreciate if the schools can push and encourage all their Y17 girls to register.

The programme will be played in a similar window to last year and will be determined by the number of teams entering in the Y17 competition – due to this, the Y17 competition will likely be shortened again.

## 2024 Offerings

### 2024 BOYS TACKLE RUGBY CHART

Grade	Organisation	Year Born	Age at Jan 1st	Weight not to exceed (kg) as at 1st May
Premier Youth 17 1A 1B Open C	School	2008	15	Open
		2007	16	Open
		2006	17	Open
Youth 16	School	2009	14	Open
		2008	15	80
		2007	16	68
Youth 15	School	2010	13	Open
		2009	14	72
		2008	15	62
Youth 14	School/Club	2011	12	Open
		2010	13	63
		2009	14	55

### 2024 BOYS/GIRLS RIP RUGBY CHART

Grade	Organisation	Year Born	Age at Jan 1st	Weight not to exceed (kg) as at 1st May
Under 18 Rip Rugby	School/ Club	2008	15	Open
		2007	16	
		2006	17	
Under 15 Rip Rugby	School/Club	2011	12	Open
		2010	13	
		2009	14	

### 2024 GIRLS TACKLE CHART

Grade	Organisation	Year Born	Age at Jan 1st	Weight not to exceed (kg) as at May 1st
Girls Premier Youth 17	School	2007	16	Open
		2006	17	Open
Girls Youth 15	School/Club	2010	13	Open
		2009	14	Open
		2008	15	Open

## **Open C Grade in 2024**

North Harbour Rugby and the NHSSC are currently investigating the design of the Open C grade for 2024. With this grade's participation declining, the question has been asked how we could re-design to re-engage participants. This gives us an opportunity to offer a senior grade for our 'active' youth participants. Participants that are motivated by playing with their friends, small time commitments, less pressurised environments and having fun. We could meet these needs by offering a grade that requires less players to participate (10 aside/12 a-side), shorter game length, uncontested scrums, rolling subs, etc. An understanding of the grade design will be provided at the TIC workshop in February.