

**PLAY RUGBY!!!**

**PRAIRIE FIRE CO-ED YOUTH RUGBY LEAGUE  
BOYS & GIRLS AGES 4 – 14**

**SPONSORED BY:**



**THIS EXCITING YOUTH LEAGUE RUNS  
3 – 5 pm  
EVERY SUNDAY From JUNE 7<sup>th</sup> – July 5<sup>th</sup>, 2009  
GET READY TO PLAY RUGBY!!!!**

**REGISTRATION NIGHT:  
MAY 31<sup>st</sup> 3-5 pm or June 2<sup>nd</sup> 6- 8 pm, 2009  
@ Regina Rugby Clubhouse  
25<sup>th</sup> Ave and Pasqua St.**

**IF YOU REQUIRE FURTHER INFO ABOUT REGISTRATION  
PLEASE CALL 585-3829**



**BrushFire Co- Ed Youth Rugby League**

Sponsored by: Prairie Fire RFC

Ages 4 – 6 AND 8 – 14

**Brush Fire League**

The league is open to boys and girls ages 8 to 14. There will also be a mini-league focusing on ball handling and fun activities for children aged 4 – 6. The season will run on Sundays from June 7<sup>th</sup> to July 5<sup>th</sup>. Players will be divided into age appropriate groups according to their size, age and ability. Each Sunday there will be Skill Development Practices from 3:00 – 4:00, Snack/Drink provided from 4:00 – 4:15 followed by games from 4:15 – 5:00.

**REGISTRATION LIMITED TO THE FIRST 100 PAID PARTICIPANTS.**

**Each participant will require a mouth guard to play**

**COST**

Registration cost for the league is \$25.00/player. The league will provide coaches, referees, field rental **and** each player will receive a t-shirt to keep. Participant will also receive tickets to the July 3<sup>rd</sup> and July 11<sup>th</sup> Prairie Fire Games.

-----D-E-T-A-C-H- -A-L-O-N-G- - D-O-T-T-E-D- - L-I-N-E -----  
--

PLAYER’S NAME: \_\_\_\_\_

D.O.B.: \_\_\_\_\_

[m/d/yr]

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_

Sask Health Card # \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

Any know illnesses or allergies: \_\_\_\_\_

Parent(s)/Guardian(s) Name: \_\_\_\_\_  
\_\_\_\_\_

Phone #: [h] \_\_\_\_\_ [w] \_\_\_\_\_ [c] \_\_\_\_\_  
\_\_\_\_\_

Email address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
\_\_\_\_\_

Although this league will be carefully supervised, I \_\_\_\_\_ the parent and/or legal guardian of \_\_\_\_\_ {child’s name} understand by the nature of the activity there is a possibility of an accident or injury. I assume all risk and responsibility while my son/daughter is participating in the Prairie Fire RFC Brush Fire league. I also consent to having my child photographed for the purpose of promoting Youth Rugby and understand it may be used on the Prairie Fire RFC Website for the sole purpose of promoting the Youth Rugby League.

**Please bring your completed and signed registration/consent along with \$25.00 to Registration  
night or Registration and Cheques only to Prairie Fire RFC  
c/o 3543 Garner Ave, Regina, S4S-1A3**

**\*\*Funding may be available if needed – 585-3829 if further information is required**

## RUGBY AS A CONTACT SPORT

There is a common misconception about rugby as a contact sport. People assume that since the participants do not wear protective equipment, then rugby is a dangerous game (ie.football without equipment).

This is the furthest from the truth. Rugby is a game that is relatively injury-free, as indicated by the following sports injury done by Penn State University.

### Sport-Injury Risks Vary

Gymnastics produces that greatest number of significant injuries among young women, and wrestling among young men, according to a study of college or university age people by Pennsylvania State University.

They define the term "significant injury" as a fracture, dental injury, or other injury that prevents participation for more than one week. More than 8,700 athletes on almost 200 teams were included in the survey, and there is nothing to suggest that Canadian statistics, if surveyed, would be very different.

It is interesting to note that only two of the sports producing the most frequent injuries in males do so for females. These are gymnastics and basketball. However, relatively few females. These are gymnastics and basketball. However, relatively few females participate in three of the others: wrestling, football (fall), and ice hockey. Softball does not show any injury figure for males, but is fifth worst for females. Baseball, which is 10th among males, does not register among females.

If a young person wanted to know which mixed sport is the safest, it appears to be tennis, followed by fencing, swimming and diving.

The figures on the table show the number of athletes experiencing a significant injury of illness per 100 athletes. It should be noted that the figures relate to college sports, and some (e.g. skiing downhill and cross country) are not included.

### Injury rates in College sports

Sport	Males	Females
Wrestling	38.2	--
Volleyball	29.9	10.7
Football (fall)	23.7	--
Ice Hockey	21.8	6.6
Gymnastics	19.8	20.6
Basketball	19.2	15.3
Lacrosse	16.8	1.6
Soccer	13.8	--
Football (spring)	13.8	--
Baseball	12.2	--
Track & Field (in)	8.3	11.6
Track & Field (out)	7.2	8.9
Cross Country	6.2	9.9
Rugby	5.5	--
Swimming, Diving	5.4	2.2
Fencing	4.7	3.0
Tennis	1.8	4.5
Softball	--	10.4
Field Hockey	--	4.2

To suggestion rugby is completely injury-free would be irresponsible. However, the nature of the game dictates that kind of injuries brought about playing rugby are minor in nature in most occasions and will not affect the individuals ability to play.

### Here are some stats on Canadian Rugby based on the information gleaned over the past season.

Alberta Rugby Union; 2 sub-unions:	Nova Scotia Union
30 Men's Clubs	18 Men's Clubs
9 Women's Clubs	6 Women's Clubs
50 High Schools	29 High Schools
British Columbia Union; 7 sub-unions;	Newfoundland Union
54 Men's Clubs	7 Men's Clubs
12 Women's Clubs	2 Women's Clubs
275 High Schools	13 High Schools
Saskatchewan Union; 2 sub-unions	Prince Edward Island
16 Men's Clubs	(affiliated with Nova Scotia)
3 Women's Club's	1 Men's Club
25 High Schools	2 High Schools
Manitoba Union;	Ontario Union: 4 sub-unions
10 Men's Clubs	52 Men's Clubs
3 Women's Clubs	21 Women's Clubs
25 High Schools	428 High Schools
Quebec Federation	New Brunswick Union
17 Men's Clubs	12 Men's Clubs
13 Women's Clubs	3 Women's Clubs
5 High Schools	13 High Schools

Assume each Men's Club average's three teams with squads of 25 players. Assume each Women's Club averages one team with a squad of 25 players. Assume that each High School/College run's a men's squad of 25 players and that 25% of them have a similar women's squad. This would give us a total of OVER 63,000 players in Canada!