

# VRU Newsletter

2008 Vol. 2

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## 7s Notes

Ladies and Gents -

We are in the thick of our 7s season and it's worth thinking about how we are officiating these games as we rock-n-roll through the next few weeks. Below are some thoughts from Paddy McNally - National Sevens Referee Manager, USARugby. Paddy attended the Lehigh 7s on June 7th and sent the following observations to help get everyone thinking about improving our refereeing and on the same wavelength.

I think they are great points to have in mind this summer, and they are right on track with the 7s training we conducted at the beginning of summer. I attended most of the Exiles 7s, watched a number of games & refs and spoke with some of the coaches - Paddy's thoughts echo many of the things I would have suggested. I've added one additional thought on scrums just before Paddy's notes.

I believe these thoughts are equally applicable to all divisions.

It is also worth noting, Paddy will be in DC next weekend, Friday, June 27th and Saturday, June 28th. Like he did last year, on Saturday he will be attending the PAC 7s. On Friday night we will host a session for players, coaches and referees (which we hope will be better attended than last year!)

Any questions, concerns feel free to let me know.

Regards,

Tom Lyons

Training Officer

Potomac Referees

USA Rugby National Panel Referee

SCRUMS -

- 1.) Require the props to bind on hookers.
- 2.) Do not allow the hookers to hang off the back of the props like a number eight.
- 3.) Ball must leave the scrum before the hooker can pickup (no 8-man pickup).

Observations and things we need to work on:

**1. Safety** - Always our number one priority and can never be emphasized enough. Saw a number of "whiplash" tackles last weekend where the ball carrier is grabbed by the jersey and thrown to the pitch (not held in a tackle), often causing the ball carrier's heads to hit the ground. This clearly is FOUL PLAY and must be eliminated/minimized. Unless a try looks to be scored (you can always come back and penalize the offender), blow this up quickly and loudly. Most sevens injuries are not player on player but player on ground and having one's head slammed to the ground is VERY dangerous. If it looks like it deserves a

yellow or red card, go with your gut, it probably does deserve one. Remember that a yellow or red card has a major affect on a game so don't give them out indiscriminately. But our players deserve a fair and honest game and dangerous play has no place in it. Also be vigilant for tackles above the shoulders, shoulder charges, late hits, collar tackles (pulled down by the collar), and spear tackles. Don't try and be a nice guy and manage it, or rationalize it, penalize it EVERYTIME and show the card if necessary.

**2. Tackle/Ruck** - Stick to the basics in the tackle; tackler releases, ball carrier plays it, and everyone else through the gate on their feet. Tackled players (ball carriers held on the ground) must release the ball and get to their feet BEFORE they can pick the ball back up. We must be VERY clear on what is a tackle and what is a ruck and communicate that to the players. Don't create phantom off sides lines (remember no ruck, no offsides).

**3. Open Play Positioning** - don't take up a position too far behind the defensive line (lazy or not fit), this puts you too far away from the breakdowns and you end up catching the second or third infractions.

This will also put you out of position to recognize/identify forward passes. You can be much more effective in your refereeing by being close to the breakdown and you won't have to work as hard.

**4. Scrums** - Manage the scrums by being particular in your pre-engagement; get the front rows even at engagement, don't allow early engagements and manage the put ins. Crouch, touch pause, engage (must wait for your engage call). Make sure the scrum halves are square to the scrum and back them away from the scrum to ensure a credible feed. If we find the scrums to be unstable, try positioning yourself opposite the put in and don't allow the loose head prop (non put-in side) to bore in and pop up. Let's try to MANAGE the scrums first and avoid penalties.

**5. Work the 10** - In sevens, most penalties are taken quickly so give the mark, get out of the way and get the offending team back 10 meters. Don't give the offending team a chance to slow down the non-offending team's ball. Be prepared for the quick tap by being quick and efficient (pointing is sufficient) and focus on preventing further penalties.

I would like to thank my hosts from last weekend Heide and Emil Signes, Pete Hesler, Susan Martinko and Len Borcky. And to the players and coaches for their hard work and dedication.

Please feel free to come and ask questions, offer suggestions or chat about sevens anytime.

Stay in touch and I hope to see you on a pitch somewhere soon

Paddy Mac

Patrick McNally  
National Sevens Referee Manager

## USA Rugby

- USA Rugby is pleased to announce a Coach Development workshop in **Washington, DC** July 26th thru July 27th at Gonzaga College High School. Both the **Introducing Rugby** and **Developing Rugby Skills** workshops will be offered and will run concurrently Saturday and Sunday from 9am to 5pm both days.  
Don't miss your chance to register for \$125 – log on to the Coaches' Portal (<http://www.usarugby.learn.com>) or call Kate Strickland (P: 303.539.0300 x129) to enroll now! Remember, the old CAP level 1, 2 & 3 accreditation is no longer offered and to remain certified you will need to participate in the updated program.  
COST:  
Coaches' Portal: \$20 annually (you must be a member of the Coaches' Portal In order to register for a workshop)  
Price changes (Noon MST on day listed):
  - Friday July 11th - \$175
  - Friday July 18th - \$225
  - Wednesday July 23th - \$300 (online registration closes)
  - Walk-in - \$300For a complete schedule and to find out more about the Coach Development Program please visit [www.usarugby.org/goto/cdp](http://www.usarugby.org/goto/cdp)

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## Club Men

### **MARFU MEN'S 7s OPEN INVITE CAMP on June 29th.**

Anyone who is interested in trying out for the All Star side needs to attend this camp. This is a mandatory camp for consideration to be selected for the All Star side.

When: June 29th, 2008 10:00am - 1:00pm (moved up 1 hour)

Where: U of Maryland, College Park

Who: Any player who wants to play on the MARFU All Star 7s side or wishes to develop into a MARFU Player.

Directions - Take DC Beltway 495 to rte 1 South (Toward College Park, U of MD). Travel approx 2 miles and U of MD Frat Row will be on your left (big U shaped set of frat houses). You will need to pass frat row and make a U Turn if coming from the dc beltway. It is across the street from the main campus entrance.

Please contact Chris Harvey via email [harveycw10@yahoo.com](mailto:harveycw10@yahoo.com) or by phone 240-401-9811 if you plan on attending.

Regards,

Chris Harvey and Biddy Boyle

Ps - PAC's tourney is on Sat. June 28th. Since the coaching staff will be present I encourage everyone planning to attend on Sunday to play in the PAC 7s tourney.

I would be happy to help arrange sleep over accommodations for the EPRU/VRU players who want to stay over

- On Saturday, July 12, the Norfolk Blues will host the final MARFU Qualifier of the Summer 7s Season in the Premier (National Qualifying) and Open Divisions. 5 of the 6 slots in EACH bracket for the MARFU Championship are still wide open!

This year's event will be start at 10:00 a.m. at the Princess Anne Athletic Complex in Virginia Beach, VA.

All teams will be seeded fairly and will get a minimum of 3 games each. Open Division teams may come from any location, but must be claimed as part of a standing club (e.g., club CIPP).

Tournament Fee: \$200. There are three ways to make payment: (1) credit card via PayPal; (2) checks payable to "Norfolk Blues Rugby" and mailed to Norfolk Blues Rugby, PO Box 905, Norfolk, VA 23501; or (3) cash (pay before your first match).

To enter: just send an Email message to [davidc@rugby.org](mailto:davidc@rugby.org). We will confirm receipt.

**IMPORTANT:** Slots will remain open until Wednesday night, July 9th, 2008 at 10:00 p.m. EDT. At that time: No payment or no Email = no slot. Postmark dates do not guarantee entrance. Final payment is accepted at any time, but no later than the first match. If you say you're in, you're in unless you cancel by July 9th.

More information (directions, payment link, etc.) can be found at: <http://www.bluesrugby.org/ncbrfc/norbluesbertha.htm>

\*NOVA Rugby would like to thank all those that came out this past weekend and competed in our tournament. It was by all accounts a huge success. Congratulations to all of our winners and MVP's. Results of the tournament can be seen at: <http://novarugby.com/BattlefieldTournament/2008battlefield7s.asp>

2008 Division II Playoffs April 12 - Quarterfinals; first team listed is home team  
Game 1 Norfolk Blues 52, Reading 22  
Game 2 Raleigh 25, Doylestown 17  
Game 3 Brandywine 32, Frederick 6  
Game 4 Lancaster 41, Severn River 7  
April 19-20 - Location: Doylestown RFC Semi-finals

Norfolk Blues 34, Lancaster 31  
Brandywine 17, Raleigh 7  
Consolation Lancaster 32, Raleigh 24  
Championship Brandywine 25, Norfolk Blues 12

2008 Division III Playoffs April 12 - Quarterfinals; first team listed is home team  
Game 1 Old Gaelic 41, Western Suburbs 8  
Game 2 Jersey Shore 22, Blacksburg 10  
Game 3 Virginia 34, Second City Troop 7  
Game 4 Harrisburg 22, West Potomac 8  
April 19-20 - Location: Harrisburg RFC Semi-finals  
Old Gaelic 40, Harrisburg 11  
Jersey Shore 32, Virginia 25  
Consolation Harrisburg 30, Virginia 18  
Championship Jersey Shore 24, Old Gaelic 15

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## Collegiate Rugby

- Congratulations to Radford University 2008 National Collegiate Men Division II Champs!
- The VCU Women's Rugby Club is looking for a coach to begin this fall season. Practices are held from 4:30 to 6:30 on Tuesdays and Thursdays. If you are interested, contact Club President Sara Shanley at 703-472-3727, or by email at [sarashanley@gmail.com](mailto:sarashanley@gmail.com)
- **MARFU U-23s take 1<sup>st</sup> Place at National All Star Championships June 13-15**

MARFU defeated Pacific 15-0 in the match on Friday. In the championship game on Sunday they faced Midwest and easily defeated them 29-0. Below is a list of players and the club they play for.

Katy Black - Westchester University  
Kara Bodison - Penn State University  
Steph Burkhardt - Westchester University  
Kate Daley - Penn State University  
Alli Dolan - Philadelphia Women  
Megan "Chuggs" Godfrey - Westchester University  
Blythe Hagan - Brandywine Women  
Lisa Hrunka - Shippensburg University  
Melissa Hutchison - Shippensburg University  
Meral Kanik - Penn State University  
Monique McQueen - Virginia Commonwealth University  
Danielle Monica - Temple University  
Natalie Monrig - Shippensburg University  
Megan Newton - James Madison University

Brittany Rienman - Shippensburg University  
Lauren Rosso - Penn State University  
Sara Shanley - Virginia Commonwealth University  
Kerilee "KL" Shuey - Shippensburg University  
Kristen "Orah" Snyder - Penn State University  
Moirra Summerdyke - Temple University  
Julia Swavola - James Madison University  
Kate Welter - Georgetown University (Injured Reserve)  
Alison Worman - Penn State University  
Annie Ziegler - Penn State University  
Dominique Bunai - Virginia Tech University  
Stephanie Hallman - Drexel University  
Heather Stephenson - Brandywine Women  
Kate "TK" Hallinan - Philadelphia Women

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## **Club Women**

We have yet to receive and select a location for the D2 Playoffs. If your club is interested in hosting the D2 playoffs, please fill out this form and submit it to myself, Tracy Gola and Jamie Jisa. Submissions must be received by August 1st so a decision can be made and announced by September 1.

<http://www.marfu.org/marfubidform.htm>

### 2008 MARFU 7s Schedule

\*Sunday, June 22nd: Open camp/tryouts, location TBD (the DC area)

\*Friday July 18th - Sunday July 20th: TU Challenge Tournament in Chicago  
Player selection for this event will be made after the camp on June 22nd

\*Sunday, July 27: Invitational camp, TBD (probably DC area).

\*August 16th weekend: Training for ITTs squad

\*August 23rd-24th: ITTs, Pittsburgh (yeah for being able to drive!)

### **MARFU TAKES 2 TEAMS TO NATIONAL ALL-STAR CHAMPIONSHIPS!**

MARFU lobbied for and were awarded the 8<sup>th</sup> seed at the championships this year. The tournament was held June 13-15 at Pittsburgh's Founder's Field. MARFU 1 defeated West 50-8 and MARFU 2 defeated South 12-8 in the first round of play on Friday. That set the teams up to play each other for the 5/6 finish. In Sunday's match MARFU 1 defeated MARFU 2 31-0. The win sets

MARFU up for moving to Tier 1 in next year's tournament. Below is a list of players for each team and their club.

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MARFU 1		MARFU 2	
Jen Dean	Maryland	Jillian Szczepaniak-Gillece	Chesapeake
Mel Kanuk	Maryland	Cortney Campbell	Harrisburg
Elise Myer	Maryland	Alexsis Mansisor	James River
Stacy Bennett	NOVA	Shelly Higgins	Maryland
Beth Black	NOVA	Rachel Primo	Maryland
Kristen Campbell	NOVA	Hannah Welch	Maryland
Dana Creager	NOVA	April Johnson	MD Exiles
Rosemary Daley	NOVA	Holly Gaff	Norfolk
Rachel Warden	NOVA	Emily Pauler	Norfolk
Kristin Aliberto	Philadelphia	Caroline Duckworth	NOVA
Stacy Baker	Philadelphia	CJ Hildreth	NOVA
Meredith Hegg	Philadelphia	Lauren Hoeck	NOVA
Angie Marfisi	Philadelphia	Caitlin MacAlpine	NOVA II
Vanessa McGee	Philadelphia	Lisa Dembroski	Philadelphia
Lesha Meyers	Philadelphia	Jackie Hwang	Philadelphia
Kate Pope	Philadelphia	Emily Record	Philadelphia
Saburah Posner	Philadelphia	Emily Tunney	Philadelphia
Jen Sinkler	Philadelphia	Sunny O'Connor	Raleigh
Sheara Williamson	Philadelphia	Elizabeth Otwell	Raleigh
Brenna Costello	Washington	Leanna Berger	Washington
Liz Dilley	Washington	Beth Noto	Washington
Jennifer Heath	Washington	Jocelyn Richards	Washington

- The Pax River Women's team will be hosting a 10's tournament on August 2nd! Pitch location will be Lusby/St.Leonard, in Southern Maryland  
Entry fee is \$150 per team, \$100 for additional team(s)  
Please contact us via email if you would like to participate! –  
paxwomen@gmail.com  
Pax River Women  
410-369-6555

### Upcoming Events

June 28 – Pac Rugby 7s  
 June 28 – Harrisburg 7s  
 July 5-6 – Cape Fear 7s  
 July 12 – Norfolk 7s  
 July 19 – Washington RFC 7s  
 July 19 – Surfside 7s

July 19 – Steel City 7s  
 Aug 2 – Pax River 10s (women's)  
 Aug 9-10 - USA Men's 7s Championship  
 Aug 9 – USA Eagles v. ASM Clermont-Auvergne @ Charleston SC  
 Aug 23-24 - All Star: USA Men & Women's 7s Championship  
 Aug 23 – USA Eagles v. Munster @ Hartford CT  
 Oct 25-26 - USA Women's Division I Playoffs  
 Nov 7-9 - USA Women's Division I Championship  
 Nov 30 - Bids due for 2009 MARFU Events  
 Dec 5-7 - All Star: USA Men's 15s Championship

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## Youth Rugby

<b>Rugby Virginia State Finals</b>		
<b>7 June 2008</b>		
At South County Secondary School, Lorton Virginia		
2008 Virginia State High School Rugby Champions		
<b>NOVA U-19 RFC</b>		
<b>Results</b>		
Team	Time/Event	Team
<b>Girls Jamboree</b>		
FPYC	exhibition	TCW
<b>Plate Final</b>		
TC Williams	<b>10 - 15</b>	FPYC
<b>Consolation – 3rd place</b>		
SYC/West End	<b>28 - 10</b>	Western Loudoun
<b>State Final</b>		
<b>NOVA U-19 RFC</b>	<b>15 - 10</b>	Western Suburbs

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<b>MVP State Final</b>
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# 10 Phil Wilkinson (NOVA U-19 RFC)

Anyone interested in helping with youth rugby or developing high school rugby please contact the Youth Coordinator – Kevin Kilgore.

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## RSV

The IRB has announced that ELV's will become effective globally on August 1st, 2008. The following are the specific ELV's:

### Law 6 - Match Officials

1. Assistant referees are able to assist the referee in any way that the referee requires.

### Law 17 - Maul

2. Remove reference to head and shoulders not being lower than hips.
3. Players are able to defend a maul by pulling it down.

#### **Law 19 - Touch and Lineout**

4. If a team puts the ball back into its own 22 and the ball is subsequently kicked directly into touch, there is no gain in ground.
5. A quick throw in may be thrown in straight or towards the throwing team's own goal line.
6. There is no restriction on the number of players from either team who can participate in the lineout.
7. The receiver at the lineout must be 2 metres away from the lineout.
8. The player who is in opposition to the player throwing in the ball must stand in the area between the 5-metre line and the touch line but must be 2 metres away from the 5-metre line.
9. Lineout players may pre-grip a jumper before the ball is thrown in.
10. The lifting of lineout players is permitted.

#### **Law 20 - Scrum**

11. Introduction of an offside line 5 meters behind the hindmost feet of the scrum.
12. Identification of scrum half offside lines.

#### **Law 22 – Corner Posts**

13. The corner posts are no longer considered to be touch-in-goal except when the ball is grounded against the post

The Referee and Laws Committee has consulted with the IRB and submits the following Clarifications:

#### **Pulling Down a Maul**

- The explanatory notes refer to pulling down an opposing player. The actual wording of the Law simply refers to pulling down a player in the maul. While most of the time a player trying to pull down a maul will do so by grasping an opponent, it is legal to pull down a teammate who is part of the maul.
- I cannot emphasize enough that the maul can only be pulled down legally by grasping a player's torso (shoulders to hips). Any taking out of legs is still illegal and dangerous. The referee must be aware of how the maul is taken down.
- Safety of players is one of the major concerns of the IRB. The IRB has undertaken injury surveillance in NZ, Australia and South Africa. The IRB has taken advice from a risk management consultant. The results were such that the risk of injury as a result of the introduction of the ELVs was not increased. This injury surveillance continues. In four years of experimentation at the Cambridge Laws Laboratory under the auspices of the RFU there were no injuries as a result of the pulling down of the maul. The Law was framed around their experiences.

#### **Quick Throw-ins**

- Although the Law is not clearly worded, the throw-in must reach the five-meter line before being played, regardless of the direction it is thrown. This means that a player cannot throw the ball to a teammate who is standing five meters back, but only one meter from touch.

USA Rugby has adopted a policy that all competitions begun **before August 1st** will be played under existing Law; this includes the National Club Sevens Championships. At the request of USA Rugby's Seven's coach, Al Caravelli, the National Men's All-Stars 7's Championship will be played under the ELV's

## USA Rugby

BOULDER, Colo. – USA Rugby announced today the squad selections for the Collegiate All-Americans' upcoming three-match tour to New Zealand in July. \* \*  
 \* \*The team is scheduled to depart for New Zealand on July 14, and will meet its first competition on July 20, versus Massey University, with a game against the Wellington Old Boys on July 23, all building up to the tour-culminating match versus New Zealand Universities on July 30. \*

BOULDER, Colo. – Expanding upon its existing relationship with USA Rugby, in which ESPNU would air selected Men's National Team matches, ESPN Inc., has officially signed on to broaden its coverage to ESPN Classic and its live broadband sports network ESPN360.com.

The broadcast schedule for ESPN Classic includes live coverage of the Rugby Super Final from the Infinity Park in Glendale, Colo., on May 31, 8 pm ET, the USA versus Clermont Auvergne match on August 9 in Charleston, S.C. aired at 7 pm ET and the USA versus Munster match on August 22 in Boston aired at 8 pm ET. In addition, ESPN360.com will deliver live online coverage from the USA Rugby National Guard Boys and Girls High School Championship Finals, the USA Select XV's match against England Counties, USA Rugby's Women's Club Championships and Men's All-Star Championships.

For more information on USA Rugby and ESPN's relationship and to download a schedule of the tentative USA Rugby events, please visit [www.usarugby.org/goto/espn](http://www.usarugby.org/goto/espn).

### USA Rugby Announces Summer Coach Workshop Schedule

The 2008 summer USA Rugby Coach Certification Workshops are here! There are currently two workshops, Introducing Rugby and Developing Rugby Skills, being offered this summer. Both workshops are all day Saturday and Sunday (only register for one).

#### SUMMER 2008 CDP SCHEDULE

DATE	LOCATION	WORKSHOP
June 28-29, 2008	Providence, RI	Introducing Rugby and Developing Rugby Skills
July 12-13, 2008	Omaha, NE	Introducing Rugby
July 19-20, 2008	San Marcos, TX	Introducing Rugby and Developing Rugby Skills
July 26-27, 2008	Tulsa, OK	Introducing Rugby
July 26-27, 2008	Washington, DC	Introducing Rugby and Developing Rugby Skills
Aug 2-3, 2008	Chicago, IL	Introducing Rugby and Developing Rugby Skills
Aug 9-10, 2008	Piscataway, NJ	Introducing Rugby and Developing Rugby Skills
Aug 16-17, 2008	Des Moines, IA	Introducing Rugby

Don't miss your chance to register early for \$125, so get online and get involved! Remember, the old CAP level 1, 2 & 3 accreditation is no longer offered and to remain certified you will need to participate in the updated program.

**To register for a workshop and find out more about USA Rugby's Coach Development Program please visit**

[www.usarugby.org/goto/cdp](http://www.usarugby.org/goto/cdp) or contact **Kate Strickland**, Error! Hyperlink reference not valid. or **303-539-0300 ext 129**.

**Introducing Rugby** - This course is designed for coaches that spend most of their time introducing the game to new players. It is ideal for high school head coaches and college and club assistant coaches. The focus is being able to implement the fundamentals of the game to players that have little or no experience.

**Developing Rugby Skills** - This course is designed for coaches focused on working with players with experience and aspiring to help those players play at a higher level. The course work is ideal for head coaches and those that are involved in club and all-star play. There is an emphasis on identifying key factors, practice planning, game sense and skill development.

\* See Upcoming Events for dates USA Eagles are playing this summer.

**OF INTEREST:**

**Don't forget** about the on-line services for rugby. Some of the main ones are:

The rugby newsgroup:	<b>rec.sport.rugby.union</b>
On the World Wide Web:	
VRU WWW Site:	<a href="http://www.rugby.org">http://www.rugby.org</a>
EPRU Web Site:	<a href="http://www.epru.org">http://www.epru.org</a>
PRU Web Site:	<a href="http://www.pru.org">http://www.pru.org</a>
MARFU Web Site:	<a href="http://www.marfu.org">http://www.marfu.org</a>
US National Team:	<a href="http://www.usa-eagles.org">http://www.usa-eagles.org</a>
Rugby Today:	<a href="http://www.scrum.com/rugbytoday/default.asp">http://www.scrum.com/rugbytoday/default.asp</a>
Rugby magazine:	<a href="http://www.rugbymag.com">http://www.rugbymag.com</a>
USA Rugby:	<a href="http://www.USARUGBY.org">http://www.USARUGBY.org</a>
IRFB:	<a href="http://www.irfb.com/">http://www.irfb.com/</a>

<p>Planet Rugby: Rugbyrugby:</p> <p>E-mail: <a href="mailto:Majordomo@world.std.com">Majordomo@world.std.com</a></p> <p><a href="mailto:listserv@listserv.uoguelph.ca">listserv@listserv.uoguelph.ca</a></p> <p><a href="mailto:walshpj@erols.com">walshpj@erols.com</a></p> <p><a href="mailto:tacticalrugby-subscribe@yahoogroups.com">tacticalrugby-subscribe@yahoogroups.com</a></p> <p><a href="mailto:ruggerworld-subscribe@yahoogroups.com">ruggerworld-subscribe@yahoogroups.com</a></p> <p><a href="mailto:rugbymag@aol.com">rugbymag@aol.com</a></p> <p><a href="mailto:info@usarugby.org">info@usarugby.org</a></p> <p><a href="http://sports.groups.yahoo.com/group/american_rugby-news/">http://sports.groups.yahoo.com/ group/american_rugby-news/</a></p> <p><a href="mailto:virginiarugbyunion@yahoogroups.com">virginiarugbyunion@yahoogroups.com</a></p>	<p><a href="http://www.planet-rugby.com">http://www.planet-rugby.com</a> <a href="http://www.Rugbyrugby.com">http://www.Rugbyrugby.com</a></p> <p>USA Women's rugby mailing list. To subscribe, put in the message: <b>subscribe uswrugby-discussion (your e-mail address)</b> without the parens.</p> <p>Rugby coaches' mailing list. To subscribe, put in the message: SUB RUGBYCOACH (your full name) without the parens.</p> <p>This address gets you on the U-15 Youth Rugby listserve. Send your name, address, phone number, and rugby responsibilities to get on.</p> <p>Tactical Rugby listserve. For coaches, administrators, players, and referees.</p> <p>Rugby union listserve.</p> <p>Rugby magazine. Hey, can reporting a tourney result get any easier???</p> <p>USA Rugby's e-mail address. To reach an employee, e-mail (first initial)(last name)@usarugby.org</p> <p>It is only for news on USA related rugby items like tournaments, select sides, announcements etc.</p> <p>The VRU e-mail list.</p>
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