

FLOODLIT 40s SUFFOLK VETS COMPETITION

2008/9

10 clubs will be taking part this season; the eight teams from last season plus Diss and a composite team from the Ipswich and Ipswich YM clubs, Ipswich Geriatrics. Games are roughly once a month except for January when there are two fixtures per team.

To accommodate everyone all ten teams will play on the same evening at three different venues. One of the venues will have just two teams taking part but they can choose to play for longer than 20 minutes each way as long as both captains agree.

As last season clubs that do not host games should pay £25 per game to the host club to help with the cost of providing extra food. This applies to Diss, Hadleigh, Mersea Island, Stowmarket and Thurston and it should be paid on the night after match fees have been collected and a receipt should be asked for. The cost of referees will be picked up by Eastern Counties.

All Suffolk clubs will be sent A3 posters with the fixture dates and venues and an invitation to any Veteran player to come along to a match with his boots whether or not his club is taking part in the competition. Captains are encouraged to try to give any such players at least half a game if they can. Teams that are short of players are similarly encouraged to honour the fixture as they may find players available when they get to the venue.

Finally, Fair Play is the most important part of the competition and referees will deduct Fair Play points for unsportsmanlike behaviour.

COMPETITION RULES

Floodlit 40s Rugby

Games are 20 minutes each way with unlimited substitutions. If the game is the only one taking place at that venue it can be extended with the agreement of both captains. Playing as per RFU 15-a-side laws.

Competition Rules.

1. Players must be aged 35 or over. One player per team aged between 30 and 35 years is permitted on the pitch at any one time. All players must be members of a Rugby Club affiliated to the Suffolk Rugby Union although guest players are allowed with the permission of the referee and opposition captain.
2. Teams can be from a single rugby club or they can be a composite team with players from two or more clubs.

3. If a team is short of players they are encouraged to travel to the venue. The opposition will have a choice of:
 - a. lending players
 - b. allowing the team that is short to borrow players from other teams
 - c. reduce the player number to 14, 13 or 12 per side
 - d. A combination of two or all the above
4. Teams will play each other once during the season. Games are to be played midweek under floodlights. Games will be played roughly once a month between September and April depending on the number of teams entering.
5. Two games will be played on the same evening at the same venue. The first game to kick-off at 7:15pm, the second at 8:15pm. The same referee can be used for both games if necessary. If only two teams are scheduled to play at a venue kick-off should be at 7:30pm and the duration of the game can be extended with the agreement of both captains.
6. Points structure:
 - 4 for a win
 - 2 for a draw
 - 1 bonus point is awarded to the losing team if the difference is 7 points or less
 - 1 point deducted from a team if one of their players receives a yellow card
 - 2 points deducted from a team if one of their players receives a red card
 - 2 'Fair Play' points are available to each team at the discretion of the referee.Teams with under age players will automatically lose at least one point
7. The Competition organiser is: Andrew Sarek, 30 Audley Road, Colchester CO3 3TY. The Organiser will adjudicate in the event of any dispute but a club may appeal against the Organiser's decision to the Suffolk General Committee.