

Frequently Asked Questions Guide – Spring Rugby 2025

1. What is the cost?
 - a. There is no cost associated with the program itself. However, you do need to register for U14 insurance through Rugby Canada. What you need to do is go to our website for the Fredericton Loyalists Rugby club and on the registration page for this league there is a link to pay for insurance. The cost of insurance this year is around \$80.00.
2. What do I need to bring for equipment?
 - a. The only mandatory equipment is a mouth guard. Soccer cleats are recommended, but not mandatory. Your cleats must have plastic studs and must not have a spike on the toe of the cleat.
3. Who can play?
 - a. Contact is going to be for grade 7 and 8 players (2011 and 2012), both girls and boys. Grade 6 students will be pushed toward our flag program.
 - b. Note for coaches: push grade 6s toward the option for flag, which can also be found on our website.
4. Can I do both flag and contact?
 - a. Yes! Please go on the website and register for both. For payment, you would pay the flag program fee (\$50.00) and the insurance for contact through Rugby Canada. You would not pay for insurance for flag.
5. Where and when are games?
 - a. 5:00pm Kickoff time at the Fredericton Loyalist rugby club. 20 Cityview avenue, Fredericton NB.
6. When and Where are practices?
 - a. That is determined by coaches (answers will vary). Please register on the website to make sure you get that info.
7. How do I register?
 - a. Visit the website for the Fredericton Loyalists Rugby club and find the tab that says “Youth”. In this section you will find an option that says “middle level 7s rugby” and leads you to a page for Spring Rugby 2025. Fill out the information and provide a contact email for yourself and hit submit.
 - b. After this, you will receive emails with updates and information for your team.
8. Is it full contact?
 - a. Yes, we teach you all the basics of tackling in rugby and various other full contact situations.
9. How do Games work?

- a. Arrive at the field and be warmed up and ready to play by 5:00pm. However, you may not play exactly at 5:00 as the games are played in a tournament-style. You will have 2 – 3 games on the day as games are only 14 minutes long. The schedule likes to be set up where you play a game, have a short break, then play a game and then it repeats in that pattern.

10. Do we get jerseys and shorts?

- a. Jerseys are provided on each game day and are passed back to your coach on game days. You do not bring the jerseys home. For games, you can wear gym shorts or rugby shorts if you have them.
- b. If you play in the Summer league after this one, shorts will be available for you to purchase.

11. Can I play Summer after this?

- a. Yes! The best sort is that your insurance covers you for the year, so you just have to pay \$20 extra to pay for the Summer.