

## Finnish rugby community, Welcome to Jyväskylä 7s

Independence Day is coming and men's 7s series 2015 starts in Jyväskylä.

### Few free tips for the Team Manager

We want to favour good rugby spirit in this tournament! Schedule is really tight but solid if we work for it together. So, teams need be ready to play early and need to come of immediately after final whistle like it is the nature in the 7s rugby tournaments.

#### Before your arrival

- Make sure that all players have **valid license** for the competition and they have understood **the anti doping rules and Concussion guidance** (in the bottom of this page)
- All players have valid **IRB Rugby Ready pass** (no need to bring).
- Players understand that they need **warm and dry clothes** between and after the games. Temperature is more or less the same than outside but not windy or rainy.
- Everyone have a bit of **pocket money** for small homemade snack next to the pitch. Closest ATM is 3km away in the K-Market ruokavinkki
- **Metal studs are NOT allowed.**
- **Pick up the address** for your GPS, Follow it until you see the signs to lead your way to the bubble (Astroturf pitch)  
**Killerin palloiluhalli**  
Sykeraitti 8  
40630 Jyväskylä

#### When you arrive

- **Lead players** to change their equipment in the changing room tent **OUTSIDE** of the bubble. You can choose to go to Killerin Kuntoilukeskus for the change as well. Then you can pay the after game food to the desk at the same time.
- **Pick up the team sheet** form the tournament INFO for filling and leave it in there.
- **Contact with the tournament organizer** about the safety procedure

#### During the tournament

- Bring your team for the **warm up** in the nearest in goal area (small warm up area) during the earlier game or prepare yourself in the parking lot. EXEPTION! The warm up for the very 1<sup>st</sup> game of the tournament need to be done outside.
- Presentative from the team need to be in the **coin toss** in the closest corner flag from the entrance in the half time of the earlier game.
- Players need to come straight away from the pitch to avoid delays in the schedule. **Hand shakes and compliments** will be made in the small warm up area away from the field of play.
- If you have a need to move between the bubble and Killerin Kuntokeskus **Please clean your shoes and clothes** from the rubber what comes off from the pitch.
- **Favour good rugby spirit and enjoy the tournament.**

#### In the end of the tournament

- Lead your team to the **Showers and food** to the Killerin Kuntokeskus. Pay your food and shower to the desk
- **Pick up MVP and MDP** (Most valuable player and developed player) from your team and text it to Hene 040 841 7992 for the ceremony
- Take part to the **tournament ceremony** in the Killerin Kuntokeskuse cafeteria **at 18.30.**
- **Safe ride home or enjoy the night in Jyväskylä!**

## After the tournament

- **The bill** will be sent to your club e-mail (@rugby.fi) Pay it as soon as possible.
- **Give feedback** for the future tournaments [htyvainen@gmail.com](mailto:htyvainen@gmail.com)
- **Take part in the next 7s tournaments in Vaasa and Porvoo**



### \* IRB Recognise and Remove concussion guidance

All players and coaches are required to have read the new guidance (A) and/or done at least one of the two test modules in "IRB Player Welfare - Putting Players First: Concussion management" (B) before the tournament in Jyväskylä 6.12.2014. This IRB guidance is also to be followed in practice.

A) [www.irb.com/mm/document/newsmedia/mediazone/02/07/09/46/140404irbconcussionguidanceeng.pdf](http://www.irb.com/mm/document/newsmedia/mediazone/02/07/09/46/140404irbconcussionguidanceeng.pdf)

B) <http://irbplayerwelfare.com/?documentid=module&module=1>

Concussion facts:

- A concussion is a brain injury.
- All concussions are serious.
- Concussions can occur without loss of consciousness.
- All athletes with any symptoms following a head injury must be removed from playing or training and must not return to activity until all symptoms have cleared.
- Specifically, return to play on the day of any suspected concussion is forbidden.
- Recognise and remove to help prevent further injury or even death.
- Concussion can be fatal.
- Most concussions recover with physical and mental rest.

### \* Anti-doping

It is very important that all the players are aware of anti-doping issues:

- 1) All participants in 7's-series must be ready for doping control. Finnish Anti-Doping Agency has rights to perform doping tests in the tournaments.
  - 2) There's a lot of very good information in the Finnish Anti-Doping Agency's website (in Finnish only): [www.antidoping.fi/](http://www.antidoping.fi/)
  - 3) If athlete needs to use prohibited substances or methods due to medical reasons, he/she may apply for a therapeutic use exemption (TUE) from the Finnish Anti-doping Agency. AS 7's-series belongs within level determination, all the possible TUE's must be applied BEFOREHAND the tournament. More info (in Finnish only): [www.antidoping.fi/erivapaus-urheilijan-laakityksessa](http://www.antidoping.fi/erivapaus-urheilijan-laakityksessa)
- Questions -> [antidoping@rugby.fi](mailto:antidoping@rugby.fi)

### \* Contact

[Jyvaskyla@rugby.fi](mailto:Jyvaskyla@rugby.fi), [htyvainen@gmail.com](mailto:htyvainen@gmail.com) 040 841 7992

### \* Web

Facebook <https://www.facebook.com/Finlandsevens>  
Hosting club: [jklrugby.fi](http://jklrugby.fi)



Looking forward to see you all in Jyväskylä!

Best regards

Hene