



2010 LAPIN KULTA STOCKHOLM TENS Practical instructions for the matches

Introduction

All of the rules, laws and practical instructions concerning the tournaments have been dealt with in detail in information in English on our homepage before the tournament and will also be handed out to the managers. It is your responsibility to know the rules and the laws. Teams, which fail to follow the rules, may lose individual matches by a walkover or may even be excluded from the tournament. With nearly 50 teams involved, the organisers simply don't have time to repeatedly answer questions dealt with in the documentation. If everyone plays a part we will once again have only positive experiences of one of the highlights of the Swedish rugby season!

Here are some practical matters and laws you absolutely must know:

1. Make sure that your fifteen nominated players are reported to the tournament secretary at the admin tent at least twenty minutes before your first match on each day.
2. Make sure the players are prepared to go on the field at least a couple of minutes before the kick-off time. Delays can mean that the match begins with a free kick to the opposition.
3. The "home team", i.e. the team placed first in the playing schedule, will always start on the side closest to the changing rooms and will always take the kick-off. The team captains should not greet each other or the referee in the centre of the pitch before the match but should begin the match in accordance with the instructions as soon as the referee gives the signal.
4. When the game is over, the players should leave the pitch immediately. The normal polite exchanges should take place off the pitch.
5. The programme allows 25 minutes for each match and they take at least 22 minutes to complete. It is therefore very important that everyone involved keeps to these rules, otherwise there will be gradual delays which disturb everyone; players, referees, organisers and the spectators.

1. **Laws which differ from normal 15-a-side rugby**
 - (a) Always five players in the scrum formed as a tight five.
 - (b) Incorrect kick-offs give a free kick to the opponents.
 - (c) The scoring team restarts the game with a kick-off.
 - (d) All conversions (and penalty kicks at goal) must be drop-kicks.
 - (e) You do not have to line up behind the goal-line when the opponents take conversions.
2. We use **wristbands as player passes**. They must be worn at all times. In the unlikely event that a player loses his/her band during a game the player must go to the admin tent and receive a new one immediately after the game. Please instruct your players to fasten the bands as tightly as possible with comfort.
3. You will receive two bands per player. **White** bands for day one and **Pink** bands for day two. **If you do not have your wristband you must pay the entry fee!!!** Every team will receive 18 bands for each day.
4. There is plenty of free tap water on location. It is some of the best water in the world. Bring your own bottles.
5. On day 2 it is a knock out competition for the Men. The women however continue playing even if they lose their first game on day 2.

Scheduling:

On Day 1 - Saturday - we play from 10.00 – 19.00 and on Day 2 – Sunday – from 10.00 – 18.00 on all four pitches. Old Boys are played only on the Sunday.