



# OLD LEAMINGTONIANS RFC PRESENTS THE 6<sup>TH</sup> ANNUAL

RUGBY  
4HEROES 10's



COME AND JOIN US!  
SUPPORTING  
ARMED FORCES  
CHARITIES

# 4HEROES

FESTIVAL IN ASSOCIATION WITH



[www.unitemps.com](http://www.unitemps.com)

## 16<sup>TH</sup> - 18<sup>TH</sup> MAY 2014

Men's/Ladies/Veteran's 10's Rugby Tournament

Live Music Festival – Fri & Sat 7PM | Real Ale Festival – Fri 7PM

Royal British Legion Parade | Historic Flying Displays | RLS Cheerleaders

Street Food Vendors, Cocktail and Drink Stalls

Festival Campsite £10pp, Attractions and Charity Stalls and more!

**Early Bird Offer: Team Entry £100 to 15th Feb**

**- then increasing to £150 from Feb 16th!**

### Weekend pass £15

£10 Friday | £8 Saturday | £5 Sunday | Under 18s go free

[www.rugbyforheroes.org](http://www.rugbyforheroes.org)

Old Leamingtonians RFC  
The Crofts  
Bericote Road, Blackdown  
Leamington Spa  
Warwickshire CV32 6QP  
Tel: 01926 424991

Sponsored by



CHAPTER



In Support of



35£



16<sup>TH</sup>-18<sup>TH</sup> MAY 2014

**RUGBY  
4 HEROES**

# 10'S

IN ASSOCIATION WITH



[www.unitemps.com](http://www.unitemps.com)

# READY FOR THE CHALLENGE?

**ENTER YOUR TEAM TODAY!**  
MEN'S | LADIES | VETERAN'S  
CHARITY 10'S RUGBY TOURNAMENT  
SUPPORTING ARMED FORCES CHARITIES

To register your team, please email  
Mike Vallance on [trekmonkey46@aol.com](mailto:trekmonkey46@aol.com)



**Early Bird Offer: Team Entry £100 to 15th Feb - then increasing to £150 from Feb 16th!**

## OLRFC is proud to support 'RUGBY FOR HEROES'

Hosted at: Old Leamingtonians RFC, The Crofts, Bericote Road, Blackdown, Leamington Spa, Warwickshire CV32 6QP



IN ASSOCIATION WITH



## Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> May 2014

Old Leamingtonians RFC & Warwickshire WRFU would like to invite you to attend the 6th Annual Old Leamingtonians RFC Rugby4Heroes Festival on 17th & 18th May 2014, to compete in the Ladies 10's tournament. This is the eighth year the tournament has run and the sixth consecutive time OLRFC has played host.

This event will be a part of a big rugby and music festival weekend. In the last 5 years we have raised over £31,000 for Armed Forces charities; as before, all profits will be going to ABF The Soldiers Charity, The Royal British Legion and local charity 353.

The festival formally starts at 6pm on Friday 16th May. Live music, special attractions and a real ale festival all feature on the Friday and Saturday nights. Everyone will be entertained by live bands and in our charity festival village, following the Mens' & Ladies tournaments each day. We are aiming for an increased number of mens' and ladies' teams to compete in the 10's tournament including local teams and some from London, Warwickshire and of course representative sides from the Armed Forces. Our Festival patron and TV Marine Biology Star Monty Halls will also be making a comeback as special guest! There will be an allocated campsite open from Friday afternoon and teams can camp for £10 per person for the weekend - £20 per person in a campervan or caravan.

If your team would like to attend please complete the slip at the bottom of this letter and return with an entry cheque made payable to OLRFC for **£100 per team** of up to 20 players **before 15th February 2014** – if you register after 15th February the fee increases to **£150**. All teams must also register on arrival on the day by 10am (first matches start at 10.30am) and we will run the tournament over the Saturday and Sunday if there are enough teams registered. It is vital to the running of the day that all teams have arrived by these times. On arrival you will be required to register which will involve submitting a Squad Sheet (attached). You must also nominate a Team Manager for the day. Confirmation will be sent on receipt of your entry fee.

The Tournament will be group (or league) based. The precise structure will not be finalised until the week before the tournament when we know exactly how many teams are competing. Prizes will be supplied to the winning teams.

All games will be officiated by teams of three provided by the Warwickshire Society of Referees. Please note that a physio will be in attendance throughout the day to assist your own club physio/first aider with injuries that occur during the matches. All strapping of known injuries must be done by your own physio/first aider or squad member.

Player meal tickets will not be supplied but Food and drinks will be available to purchase on the day including breakfast. Changing areas will be open for your use, before during and after the tournament. We would like to state that we cannot take responsibility for any items damaged, lost or stolen while attending the tournament.

We are hoping to make the tournament a really enjoyable day and look forward to meeting you over the weekend.

Please find enclosed:

- Entry form
- Tournament Rules
- Squad sheet
- Club Details for Old Leamingtonians RFC

**All queries should be addressed to:**  
**Caroline Spence, OLRFC – cdsspence@hotmail.co.uk or 07790 847162**

### Club Reply slip

We ..... rugby club wish to attend the RUGBY4HEROES Ladies 10's Tournament. We wish to enter ..... team/s and have enclosed a cheque made payable to OLRFC for £ ..... (£100/£150 entry fee per team).

We also require space for ..... (enter approx no. of tents) camping. (£10/Tent £20/Camper per person will be collected upon arrival)

**Return to: Caroline Spence, Old Leamingtonians RFC, The Crofts, Blackdown, Leamington Spa, CV32 6QP by 31st March 2014.**

### Club Contact Details

Name: .....

Address: .....

Telephone Number: .....

Mobile Number: .....

Email Address: .....



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**Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> May 2014**

## Tournament Rules

1. All Teams must report to the Clubhouse by 10am on the day of the Tournament.  
**Please contact Caroline Spence OLRFC Ladies Captain on 07790 847162 should you have any queries on the day**

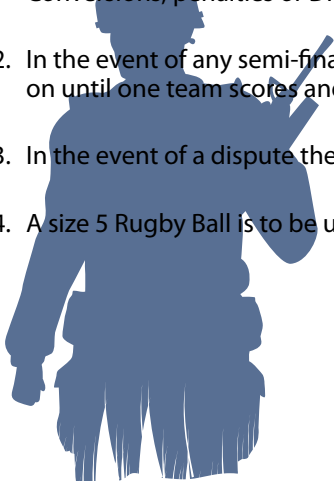
Squad Sheets (provided) must be given to the Tournament Organisers when the Teams report in along with the £100/£150 per team entry fee (preferably paid in advance - cheques made payable to OLRFC please).

A Team Manager must be named on the Squad Sheet - that person will represent the Team during the Tournament and be available to the organisers as required.

2. A team will consist of 10 players and 10 substitutes. Up to 5 substitutes may be used in any match. Once a player is substituted she may not return to the match.
3. Matches start at 10.30am on Saturday and Sunday - this is subject to change on the day.
4. Unless the Tournament Organiser believes that there is sufficient reason - any team more than 10 minutes late for the announced kick-off time will forfeit the match to the opposing team – who will be awarded a 10-0 win.
5. The rules of the RFUW will be adhered to unless stated below.
6. The duration of each match will be a maximum of 20 minutes with a 2 minute break for half-time.

The Finals of the Cup and the Plate competitions will be 25 minutes with a 2 minute break for half-time.

7. Scrums will consist of five players - Front Row and Second Row.
8. The ball is deemed to be in the scrum whilst in the control of either Second Row. The opposing scrum-half may advance beyond the tunnel whilst the ball is in the scrum as per normal IRB rules.
9. Any player receiving a 'Red Card' and consequently sent off will take no further part in the Tournament.
10. Minimum of 2 players, maximum of 5 players per team in a lineout.
11. For Group games, 3 points will be awarded for a win, 2 point for a draw and 1 for a loss. In the event of equal Group points, positions will be decided by points difference (points actually scored less points against), followed by tries scored, Conversions, penalties or Drop Goals.
12. In the event of any semi-final or final being level on scores at full-time, the teams will change ends and continue to play on until one team scores and thereby wins the match. Until a team scores, ends will be changed every 10 minutes.
13. In the event of a dispute the Tournament Organiser will be the final judge.
14. A size 5 Rugby Ball is to be used.





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# Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> May 2014

## Squad Sheet

Club : .....

Team Manager : .....

Squad Members :

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

7 .....

8 .....

9 .....

10 .....

11 .....

12 .....

13 .....

14 .....

15 .....

16 .....

17 .....

18 .....

19 .....

Team colours : .....

