

NSWJRU 7's & XV's Female Representative Pathways 2023



The Rugby Club
Foundation



NSW RUGBY
SCHOOLS



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Girls 'Roadmaps'

This document aims to provide a level of transparency and clarity around the different pathways, NSW Juniors, NSW Schools and NSWRU have worked closely together to simplify and align all these pathways to ensure that all elements of rugby within NSW have a vibrant and inclusive pathway to higher levels of rugby.

To clarify these pathways for the different age groups we have put together some simple 'Roadmaps' which hopefully clearly state the stages for each age group along the pathways.

There will be a series of specific female training camps held over the April school holidays which will be open to all girls looking to learn and build their rugby skills for both 7s and XV formats.



U10 & U11 Development Pathway

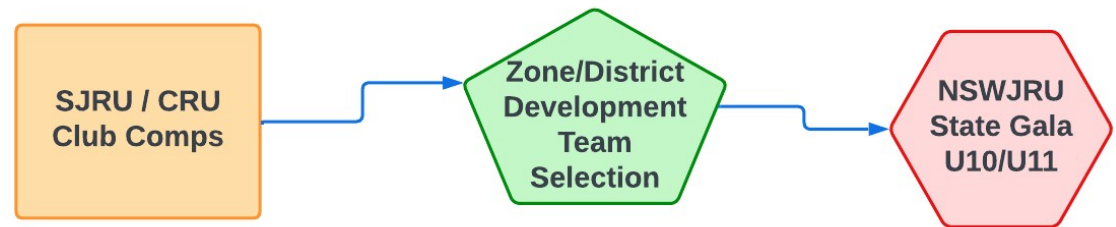
In the U10 and U11 age groups young females have several options available to them.

In the XV's format can choose to play amongst the boys in mixed teams across the SJRU & CRU competitions (played as 12 per side under Rugby AU pathways). Or where available they can play in a dedicated Female competition such as the SJRU U12 XV's wave (12 per side) which runs from Apr 30th till Jun 26th – this female only club competition is played on a Sunday in amongst the regular SJRU Competitions.

For further 'Rep' pathway options NSW Juniors hosts The Rugby Club Foundation NSW Junior State Gala for these ages, which in 2023 will be held at the Eric Tweeddale Fields in Granville. Our

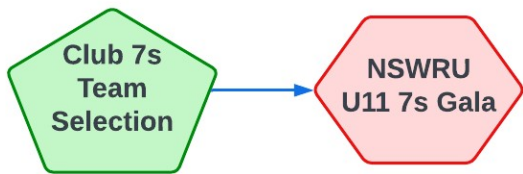
tournament hosts will be Western Sydney Two Blues and will be held on the weekend of 15th-16th July.

This tournament has no finals - it is purely a round robin where all teams will play 3 games on each day. The essence of this tournament is about fun and the enjoyment of the game, whilst still providing an entry level experience to Rep rugby. Zones and Districts are invited to enter two teams of up to 18 players in each squad and we do ask that they be graded into A & B levels so that we can match like-for-like teams and avoid potential blow-outs by mismatching teams. The atmosphere is all about fun and includes relay races and novelty events to add to the experience. This is already an iconic event in our calendar and well worth the trip. There are no further teams selected from this tournament.



U10 & U11 Development Pathway XV's





NSWRU U11 7s Pathway

For the 7s format there are several ages specific designated 7s carnivals which are run all throughout the year. SJRU runs a wave of Sizzling 7s (5th Mar – 1st Apr), Frosty 7s (23rd Jul – 27th Aug) & Spring 7s (15th Oct – 26th Nov).

SJRU will be running an U10 'Training Squad' across their 7s waves as an entry point for girls aged 8-10. This will involve a skills and training component before splitting into games – open to all clubs and they can send just 1 or 2 girls or an entire team. This is for the younger girls who are not quite ready to mix it in the U11 competitions.

There is also a Club State 7s Gala for mixed teams in U11 age group which is held at Forster Tuncurry from the 23rd-25th September.



U12 Development Pathway

For U12 girls in the XV's format can choose to play amongst the boys in mixed teams across the SJRU & CRU competitions (played as 15 per side under Rugby AU pathways). Or where available they can play in a dedicated Girls competitions such as the SJRU U12 XV's wave (12 per side) which runs from Apr 30th till Jun 26th – this female only club competition is played on a Sunday in amongst the regular SJRU Competitions.

Following the Girls XV's wave SJRU will be running an U12 Girls Development Gala on 8th/9th July, during school holidays. This is a chance for District teams to select U12 Girls Development teams, and experience what Rep rugby is all about in a fun, carnival atmosphere.

This Tournament will see teams play several round robin games but there are no finals. This Carnival is also open to any of the Country Zones who have an U12 Girls Zone team they wish to enter.

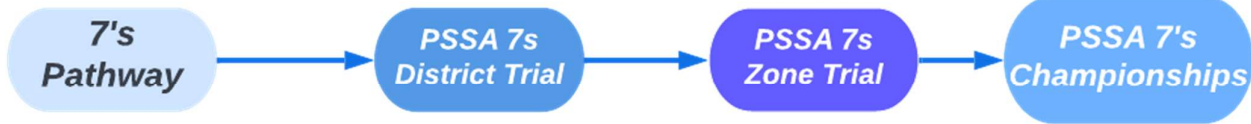
There are no further U12 Girls Rep teams selected beyond this carnival.

In the 7s format there are several designated U12 7s carnivals which are run all throughout the year. SJRU runs a wave of Sizzling 7s (5th Mar – 1st Apr), Frosty 7s (23rd Jul – 27th Aug) & Spring 7s (15th Oct – 26th Nov).

There is also a NSWRU State 7s Gala for District teams in U13 age group which is held at Forster Tuncurry from the 23rd-25th September.



**U12's
School Pathway**



**U12's
Club Pathway**



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U13 Representative Pathway

For U13 girls in the XV's format can choose to play amongst the U13 boys (with Mixed Gender Dispensation) in mixed teams across the SJRU & CRU competitions (played as 15 per side under Rugby AU pathways).

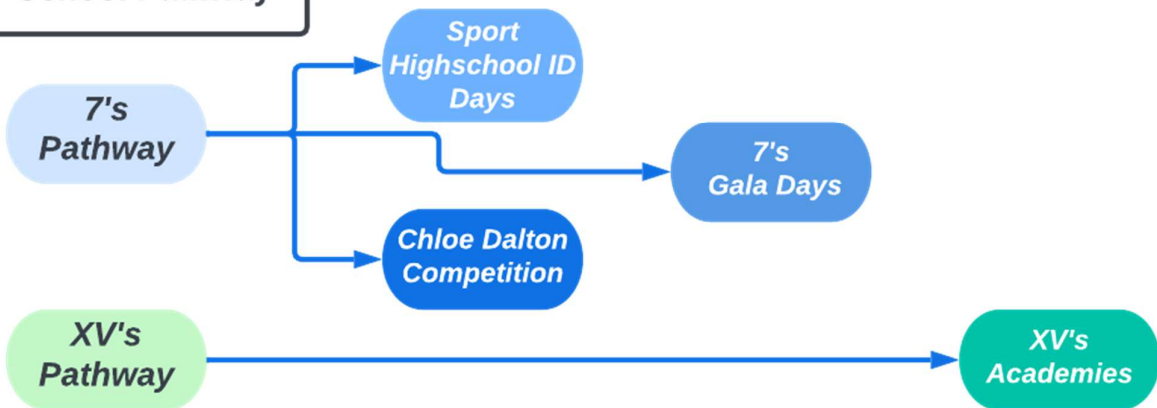
Or where available they can play in a dedicated Female competition such as the SJRU U14 XV's wave (12 per side) which runs from Apr 30th till Jun 26th – this female only club competition is played on a Sunday in amongst the regular SJRU Competitions. Their further Rep opportunities come via the U14 Age group here.

In the 7s format there are several designated U13 7s carnivals which are run all throughout the year. SJRU runs a wave of Sizzling 7s (5th Mar – 1st Apr), Frosty 7s (23rd Jul – 27th Aug) & Spring 7s (15th Oct – 26th Nov).

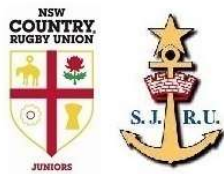
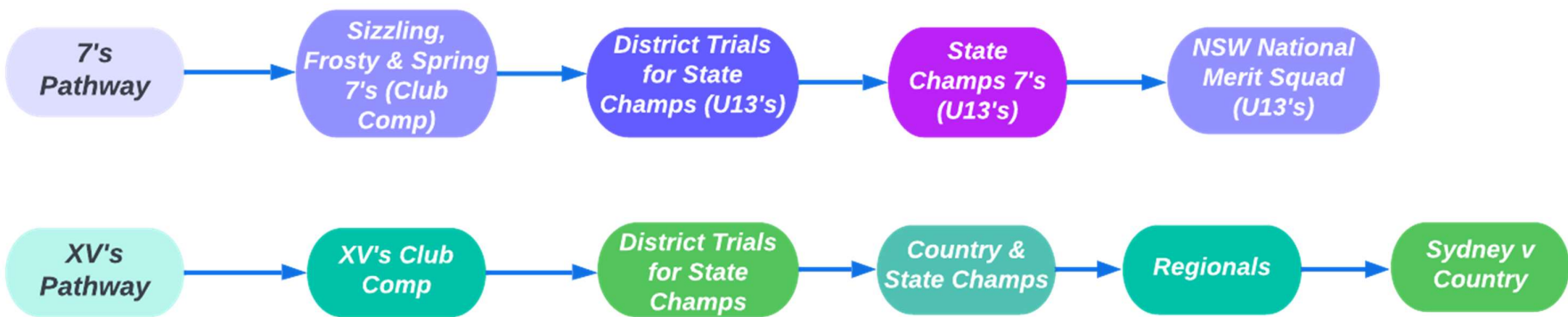
The 7s format does have a Representative pathway via the U13 NSWRU State 7s which are held at Forster Tuncurry from the 23rd-25th September. These U13 7s sides are selected as Zone/District Rep teams for this tournament followed by NSW Merit Squad selection.



U13's School Pathway



U13's Club Pathway



U14 Representative Pathway

For U14 girls in the XV's format can choose to play amongst the U14 boys (with Mixed Gender Dispensation) in mixed teams across the SJRU & CRU competitions (played as 15 per side under Rugby AU pathways).

Or where available they can play in a dedicated Female competition such as the SJRU U14 XV's wave (12 per side) which runs from Apr 30th till Jun 26th – this female only club competition is played on a Sunday in amongst the regular SJRU Competitions.

From these club comps, we move onto Representative opportunities with *The Rugby Club Foundation NSW Junior State Championships*, where the girls will compete for the 'Phil Warner Trophy'.

These Champs will be held in Dubbo over the June long weekend (10th-12th June) alongside the boys U14 State Champs. Our 2022 host club is Dubbo Roos Rugby Club with Apex Oval Fields as the venue.

The under 14 age group is the first step in the pathway where further individual selection from the State Champs (Incl Sydney Cups & Country Champs) will go onto play in higher level fixtures.

NSW Country (CRU) & Sydney Junior Rugby Union (SJRU) will each select a squad of 35-40 from the State Championships. They will then train squads up until the NSWJRU Regionals (1st-2nd July at Grantham Oval, Seven Hills hosted by Blacktown Scorpions Junior Rugby) where they will be split into teams and play selection trial games.

From here final selection of Sydney & NSW Country U14 teams.

The NSW Country U14 and Sydney U14 teams will then compete at the NSWJRU City vs Country Carnival on Sunday 23rd July (Maitland) for the 'NSWJRU Sponsors Plate'.



The Sydney U14 Girls will also compete in an annual SJRU vs BJRU fixture on the 17th Sept. In 2023 this fixture will be hosted in Sydney.

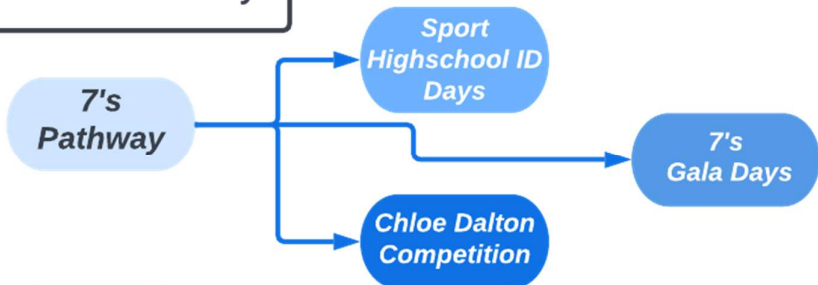
In the 7s format there are several designated U14 7s carnivals which are run all throughout the year. SJRU runs a wave of Sizzling 7s (5th Mar – 1st Apr), Frosty 7s (23rd Jul – 27th Aug) & Spring 7s (15th Oct – 26th Nov).

The 7s format does have a Representative pathway via the U15 NSWRU State 7s which are held at Forster Tuncurry from the 23rd-25th September.

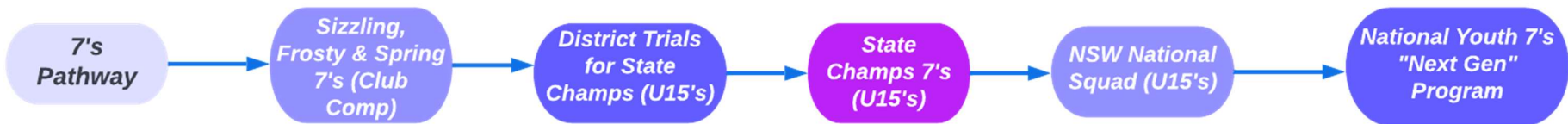
These U15 7s sides are selected as Zone/District Rep teams for this tournament, followed by NSW squads' selection.



U14's School Pathway



U14's Club Pathway



U15 Representative Pathway

U15 girls in XV's format can choose to play amongst the U15 boys (with Mixed Gender Dispensation) in mixed teams across the SJRU & CRU competitions (played as 15 per side under Rugby AU pathways).

Or where available they can play in a dedicated Female competition such as the SJRU U16 XV's wave which runs from Apr 30th till Jun 26th – this female only club competition is played on a Sunday in amongst the regular SJRU Competitions.

From these club XV's comps, girls can move onto Representative opportunities with *The Rugby Club Foundation U16 NSW Junior State Championships*.

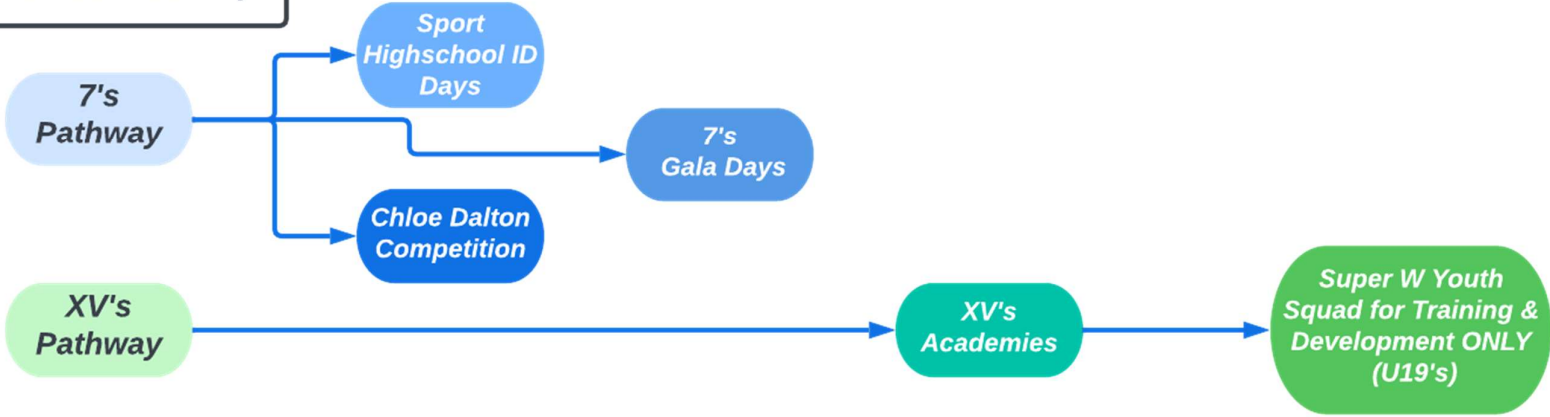
In the 7s format there are several designated U15 7s carnivals which are run all throughout the year. SJRU runs a wave of Sizzling 7s (5th Mar – 1st Apr), Frosty 7s (23rd Jul – 27th Aug) & Spring 7s (15th Oct – 26th Nov).

The 7s format does have a Representative pathway via the U15 NSWRU State 7s which are held at Forster Tuncurry from the 23rd-25th September.

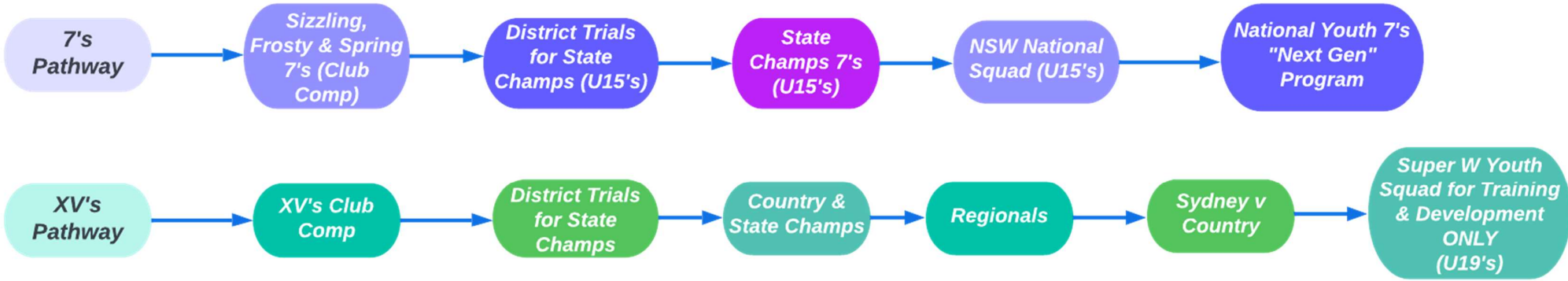
These U15 7s sides are selected as Zone/District Rep teams for this tournament and followed by NSW squads' selection.



**U15's
School Pathway**



**U15's
Club Pathway**



U16 Representative Pathway

U16 girls in XV's format can play in a dedicated Girls competitions such as the SJRU U16 XV's wave which runs from Apr 30th till Jun 26th – this female only club competition is played on a Sunday in amongst the regular SJRU Competitions.

From these club XV's comps, girls can move onto Representative opportunities with *The Rugby Club Foundation U16 NSW Junior State Championships*, where the girls will compete for the 'Kerry Brady Shield'.

These Championships will be held in over the June long weekend (10th-12th June) alongside the boys U16 State Champs. Our 2023 host club TBA as the venue.

NSW Country (CRU) & Sydney Junior Rugby Union (SJRU) will each select a squad of 35-40 from the State Championships.

Training occurs for these squads up until the NSWJRU Regionals (1st-2nd July at Grantham Oval, Seven Hills hosted by Blacktown Scorpions Junior Rugby) where they will be split into teams and play selection trial games.

From here the final selection for Sydney & NSW Country U16 teams.

The NSW Country U16 and Sydney U16 teams will then compete at the NSWJRU City vs Country Carnival on Sunday 23rd July (Maitland) for the 'Mahalia Murphy Shield'.

The Sydney U16 Girls will also compete in an annual SJRU vs BJRU fixture on the 17th Sept. In 2023 this fixture will be hosted in Sydney.



In the 7s format there are several designated U16 7s carnivals which are run all throughout the year. SJRU runs a wave of Sizzling 7s (5th Mar – 1st Apr), Frosty 7s (23rd Jul – 27th Aug) & Spring 7s (15th Oct – 26th Nov).

The 7s format does have a Representative pathway via the U17 NSWRU State 7s which are held at Forster Tuncurry from the 23rd-25th September.

These U17 7s sides are selected as Zone/District Rep teams for this tournament and followed by NSW squads' selection.



U18 Representative Pathway

The U18 age group many of the girls are playing in Senior Women's Rugby competitions such as 'Jack Scott Cup' or 'Shute Shield 7's'.

SJRU does run a dedicated Girls competitions such as the SJRU U18 XV's wave which runs from Apr 30th till Jun 26th – this girl's only club competition is played on a Sunday in amongst the regular SJRU Competitions.

From these Club XV's comps, girls can move onto Representative opportunities with *The Rugby Club Foundation U18 NSW Junior State Championships* where the girls will compete for the '*J.B.Carroll Shield*'.

These Champs will be held at Eric Tweedale Oval, Granville over the June long weekend (10th-12th June) alongside the boys U18 State Champs. Our 2022 host club will be the Western Sydney Two Blues.

NSW Country (CRU) & Sydney Junior Rugby Union (SJRU) will each select a squad from the State Championships.

Training occurs for these squads up until the NSWJRU Regionals (1st–2nd July at Grantham Oval, Seven Hills hosted by Blacktown Scorpions Junior Rugby) where they will play some selection trial games.

From here final selection of Sydney & NSW Country U18 teams.

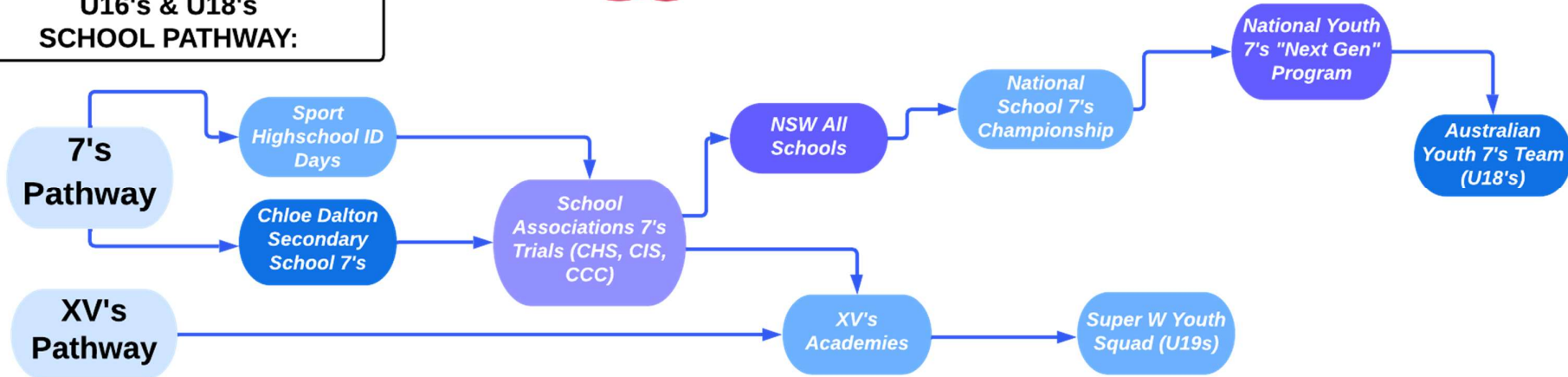
These games will also be part of the initial selection trials for the NSW Super W Youth teams.

The NSW Country U18 and Sydney U18 teams will then compete at the NSWJRU City vs Country Carnival on Sunday 23rd July (Maitland) for the '*Grace Hamilton Shield*'.





U16's & U18's SCHOOL PATHWAY:



U16's & U18's CLUB PATHWAY:

