



NATIONAL SENIOR MEN'S 7s Team Athlete Assistance Program Carding Criteria 2020 - 2021

1. INTRODUCTION

The aim of this document is to describe the criteria that will be used by Rugby Canada for nominating athletes competing in the Men Rugby Program for Sport Canada's Athlete Assistance Program (AAP).

Rugby Canada is allocated the equivalent of 16 (\$338,880) Senior Cards for the Men's program. However, the cards allocated are subject to change by Sport Canada.

The carding cycle begins on August 1st, 2020 and ends on July 31st, 2021. AAP monthly living and training allowances for:

- Senior National (SR) cards are \$1,765 per month; and
- 1st year Senior National (C1) cards and Development (D) cards are \$1,060 per month.

The number of months of support offered at all card levels can vary between 4 and 12 months.

Sport Canada also provides tuition support to eligible athletes able to attend school and meeting high-performance training and competition requirements.

The Sport Canada policy and procedures which govern the AAP and the establishment and application of criteria can be found on the Sport Canada website at <http://www.pch.gc.ca/eng/1267374509734>

2. ELIGIBILITY

Rugby Sevens is considered an Olympic sport by Sport Canada. Therefore, players must have the ability to play Rugby Sevens to be eligible for the AAP support. In order to qualify for AAP carding support, an athlete must meet the following eligibility criteria

- i. The athlete must be a Canadian citizen, permanent resident of Canada on the date of the beginning of the carding cycle, or the athlete shall have been a legal resident in Canada (student status, refugee status, work visa or permanent resident) for a minimum period of 3 years before being considered for AAP support and be eligible for the WRSS.
- ii. The athlete must be a Canadian citizen to be eligible for the 2020 Olympic Games.
- iii. The athlete must sign an Athlete Agreement, abide by all Rugby Canada regulations and protocols regarding conduct, anti-doping, and other standards, and complete the Athlete Assistance Program application form for the year in question.
- iv. For players to remain eligible for direct funding through the AAP they will be required to maintain ongoing compliance with the requirements of the AAP and the Rugby Canada Athlete Agreement during the carding cycle.

- v. The player must commit to be available for all National Senior Men's Sevens camps and competitions during the carding cycle.
- vi. Carded athletes must commit to train full time and be part of the National Senior Men's program based in Langford. This means they commit to be available between the hours of 7am to 4pm every weekday and weekend (or for a different, equivalent time period as may be determined by the head coach, in consultation with the players). This includes a commitment to undertake training, nutritional and medical programs as put in place by Rugby Canada National Senior Men's Seven's (NSMs 7s) team coaching and support staff.
- vii. Carded athletes, at the discretion of the head coach, may have the option of staying in their home province to train. This will be determined on a case-by-case basis and depend on:
 - a) The athletes age;
 - b) The athlete's education situation;
 - c) Coaching and training resources available to them in their home province/city and at the Canadian Rugby Centre of Excellence.

3. DECISION MAKING

Selection decisions for AAP are the responsibility of the national coaching staff and high-performance staff, where ultimate authority for selection decisions rests with the NSM7s Head Coach and Director of Rugby.

4. CRITERIA

Carding level and number of carding months will be given in the following order of priority;

- i. Senior athletes committed to full time training and availability to participate in major international competitions,
- ii. Senior athletes committed to training periods and availability to participate in major international competitions,
- iii. NextGen athletes, and
- iv. Junior National program athletes

Carding levels are also based on an athlete's overall position in the National Team depth chart, as determined by the athlete's current performance and expertise in the criteria areas as outlined below (Off Field Attributes, On Field Attributes, Personal Attributes & Physical Attributes).

Athletes will be selected to the National Program and rated within the athlete depth chart by the NSM 7s Head Coach in conjunction with the Director of Rugby (with input where required from the National Academy Head Coach) based on present expertise and/or demonstrated potential in the following areas:

OFF FIELD ATTRIBUTES:

- Demonstrates commitment to a lifestyle conducive to high performance and a positive culture. (Manages their off field risk management plus their responsibilities of rest and recovery, nutrition and analysis)
- Demonstrates punctuality including when travelling and all activities, commitments, functions related to the national team and the NSM 7s high-performance program.
- Demonstrates a commitment to wear appropriate clothing featuring relevant sponsors during all activities, commitments, functions related to the national team

and the NSM 7s high-performance program.

- Demonstrates respect and positive attitudes towards the public, their teammates, national team representatives and all Rugby Canada employees.

ON FIELD ATTRIBUTES:

- Demonstrates athletic and physical ability - aerobic capacity, speed, speed endurance, strength and power.
- Demonstrates effective rugby sevens skillsets and techniques under pressure - passing, catching, running, tackling, contact, kicking and unit skills (scrum, line out, kick-off).
- Demonstrates effective rugby seven's tactical and strategic understanding. Also exhibits the ability and willingness to implement and execute the agreed game plan.
- Demonstrates the ability to play within a team environment, contributes and enhances team performance.
- Demonstrates in game situational adaptiveness, decision-making abilities, aggressive/assertive play and mental toughness.

PERSONAL ATTRIBUTES:

- Demonstrates a positive attitude with the ability to contribute to overall team cohesiveness and positive team culture.
- Communicates effectively with teammates and coaching staff both on and off the field.
- Athletes are coachable, can listen to feedback and also take instruction.
- Demonstrate co-operation in the team environment with a desire to improve their interpersonal skills.
- Demonstrates flexibility and adaptability to change, self-motivation, confidence, determination, high standards and a goals-oriented nature.

PHYSICAL ATTRIBUTES:

- The player aims as listed below:
 - 40m time: < 5.5s min,
 - 5s target Bronco: < 5:10 min, < 4:30 target
 - Bench Press: > 110kg min, > 140kg target

Where a player is injured or rehabilitating from injury at the time of card allocation, a card may be offered between 4 and 12 months. In the event that a player is offered less than twelve months carding, he will be notified no later than one month prior to the expiry of his carding period whether or not he will have his card extended to the full twelve months.

5. SPECIAL SITUATION – ILLNESS & INJURY (Sport Canada policy)

5.1 Short-term Curtailment of Training and Competition for Health-related Reasons

Health-related circumstances that limit training and competition for relatively short periods (i.e., less than four months) are a matter strictly between the NSO and the athlete and do not fall under AAP policy.

5.2 Long-term Curtailment of Training and Competition for Health-related Reasons

Carded athletes who are unable to maintain full training and competition commitments for periods longer than four months because of injury, or illness will continue to receive 100% of the AAP financial support to which they would otherwise be entitled, provided the following

conditions are met:

The athlete undertakes in writing to train or rehabilitate or both under the supervision of the NSO (or its designate)

- 1) for the period of time for which the athlete is unable to fulfil the training and competition commitments that are part of the normal Athlete/NSO Agreement and
- 2) at a level that minimizes risk to the athlete's personal health and ensures optimal return to full training and competition at the earliest possible date.
- 3) The athlete signifies in writing his intention to return to full high-performance training and competition at the earliest date possible following the illness or injury.
- 4) In the case of injured or ill athletes, a positive prognosis for the athlete's return to training and competition at the carded-athlete level in the sport within 8 to 12 months is required from an NSO team physician or equivalent.

5.3 Failure to Meet Renewal Criteria for Health-related Reasons

At the end of a carding cycle during which an athlete has, for strictly health-related reasons, not achieved the standards required for renewal of carded status, he may be considered for re-nomination for the upcoming carding period under the following conditions, provided the NSO has a method to prioritize and card injured or ill athletes:

- The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of his injury or illness and, despite making every reasonable effort to attain the applicable carding standards during the year in which the injury or illness occurred, has failed to do so, in the view of the NSO, for reasons strictly related to the injury or illness.
- The NSO, based on its technical judgment and that of an NSO team physician or equivalent, indicates in writing the expectation that the athlete will achieve at least the minimum standards required for carding during the upcoming carding period.
- The athlete has demonstrated and continues to demonstrate his long-term commitment to high- performance training and competition goals, as well as his intention to pursue full high- performance training and competition throughout the carding period for which he wishes to be renewed despite not having met the carding criteria.

5.4 Voluntary Withdrawal from Carded-Athlete Training and Competition for Health-related Reasons

If an athlete wants, for reasons related to injury, illness or pregnancy, to voluntarily withdraw temporarily or permanently from normal carded-athlete training and competition requirements, the usual rules for voluntary withdrawal from the AAP apply. The athlete will no longer be eligible for the monthly living and training allowance but will be eligible, if qualified, for deferred tuition support or special-needs assistance.

6. APPEALS

Appeals of Rugby Canada AAP nomination/re-nomination decision or of a Rugby Canada's recommendation to withdraw carding may be pursued only through the Rugby Canada's review process, which includes an application to the Sport Dispute Resolution Centre of Canada (SDRCC). Appeals of AAP Decision made under Section 6 (Application for and Approval of Cards) or Section 11 (Withdrawal of Carding Status) may be pursued through Section 13 of the AAP Policies, Procedures and Guidelines