NATIONAL SMALL COLLEGE RUGBY ORGANIZATION

COWBOY CUP

23-24 March 2019 - Regis University, Denver, CO
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Dear Competitor,

Congratulations on earning the right to participate in the NSCRO playoffs. Regis University, the Rocky Mountain Rugby Football Union and NSCRO would like to welcome you to the 2019 NSCRO Cowboy Cup. This event will take place on March 23 & 24, 2019 on the campus of Regis University in Denver, CO. The winner and runner up of the Champions Cowboy Cup will qualify for the PacWest Region Championship on April 6-7 in Denver, CO on the campus of University of Denver. The Region Champion will qualify for the National Championship on April 26 & 28 at Siena College in Loudonville, NY.

The NSCRO Representative – in charge of the event for NSCRO – is Bob Lesnansky. Be sure to coordinate the day, time and location for your Team Check-In with Bob. His contact info is bobo72050@gmail.com and 720-271-5511.

Tents will be provided for each team and a medical tent will be centrally located. We request all teams bring own medical supplies for preventative taping, jumper materials, etc.

If your team wants to arrange Friday practice at Regis or has facility questions, please contact Jennifer Wink at jwink@regis.edu, 303-964-6065.

All participants and fans are to abide by the following regulations:

- Please follow the signage directions placed at the facility at all times, i.e. Field Closed, etc.
- **T-shirts** – A limited number of event t-shirts will be available for purchase at $15 (short-sleeve) and $20 (long-sleeve). Cash, check, and credit cards are all accepted.
- **Food and Beverages** – Concessions selling hot dogs, beverages, etc. will be available. Water jugs will be available to provide teams access to drinking water.
  - No outside food/beverage delivery or catering allowed.
  - No grills or cooking allowed in the complex other than those provided by Regis University.
- **Vehicles/Parking** – Bus parking is available.
  - No unauthorized vehicles are allowed on emergency roadways and pathways.
  - No parking in unauthorized areas due to emergency vehicle access.
  - Please park oversized vehicles in Lot 6, located at the corner of Federal Boulevard and 50th Avenue (Regis Boulevard). Parking is free Friday at 4pm until Sunday at 11:59am. Please follow all signage directions regarding parking.
- **Field**
  - No dogs or other animals are allowed on the field or in spectator areas. Exceptions: Emotional Support Animals and Service Animals.
  - No entry onto the playing fields by persons not authorized. This includes cutting across and warming up on closed fields. In order to maintain the highest standard for play, fields must be given time to recover. This policy will be strictly enforced and your cooperation is appreciated.
  - No fires of any kind, including fuel heaters.

- **Scoreboard**
  - A Regis University Wellness and Recreation staff operator must always be present for use.

- **Behavior** – refer to the enclosed NSCRO Conduct requirements.
  - No profanity, vulgar language or fighting.
  - No alcohol – refer to the enclosed NSCRO Alcohol Policy.
  - No drugs.
  - No climbing on fences, trees, goals, stadium, etc.
  - No weapons of any kind.
  - No solicitation of any type.
  - No littering and please pick up after use.
  - No destruction or damage to property including climbing over the fence.
  - No unauthorized fireworks or other explosive devices.

NSCRO thanks the Rocky Mountain Rugby Referee Society for support in providing match officials. Have a great rugby experience!

Jennifer Wink  
Intramural and Club Sports Coordinator, Regis University, jwink@regis.edu, 303-964-6065

Allan Wilson,  
Frontier League Coordinator, Rocky Mountain RFU, allan.wilson@du.edu

Steve Cohen,  
President, NSCRO, president@nscro.org
Event Location

Venue – West Field
Regis University
3333 Regis Boulevard
Denver, CO 80221
Google Maps location: https://goo.gl/maps/SEt8GgC4Yyq

Schedule
All times shown are Mountain Time Zone

Saturday – March 23, 2019
11 AM – Semi-Final
Angelo State University (Lonestar #1) vs. New Mexico Highlands University (Rocky Mountain #2)

1 PM – Semi-Final
Regis University (Rocky Mountain #1) vs. St. Edward’s University (Lonestar #2)

Sunday – March 24, 2019
10 AM – 3rd Place
12 PM – Final followed by the NSCRO Awards Ceremony
Directions and Campus Map

From North Denver
- Take I-25 south toward Colorado Springs.
- Take I-70 West.
- Take the Federal Boulevard Exit.
- Turn right onto Federal Boulevard and drive north approximately 0.3 miles and turn left on 50th Avenue (Regis Boulevard).

From South Denver
- Take I-25 north toward Thornton.
- Take I-70 West.
- Take the Federal Boulevard Exit.
- Turn right onto Federal Boulevard and drive north approximately 0.3 miles and turn left on 50th Avenue (Regis Boulevard).
Directions (cont’d)

From East Denver
- Take I-70 West.
- Take the Federal Boulevard Exit.
- Turn right onto Federal Boulevard and drive north approximately 0.3 miles and turn left on 50th Avenue (Regis Boulevard).

From West Denver
- Take I-70 East.
- Take the Federal Boulevard Exit.
- Turn left onto Federal Boulevard and drive north approximately 0.4 miles and turn left on 50th Avenue (Regis Boulevard).

Parking

Bus and oversized vehicle parking will be in Lot 6, which is located at the corner of Federal Boulevard and 50th Avenue (Regis Boulevard). All other vehicles can park in any parking lots on campus. The closest parking lots to West Field are lots 1 and 2, which will be at Entrance 1 off of 50th Avenue (Regis Boulevard). Parking is FREE to all vehicles beginning Friday, March 23rd at 4pm until Sunday, March 24th at 11:59pm. Please follow all signage directions in parking lots.

Locker Rooms & Ice Machine

Each team will have a designated locker room.
An ice machine and ice bags will also be available for use.
The locker rooms and ice machine are located in the Coors Life Directions Center in the Fitness Center.
Emergency Action Plan

Location: West Field, 3333 Regis Boulevard, Denver, CO 80221

Event Director: Jennifer Wink, 303.964.6065

Medical Staff:
Saturday, March 23: 9:30am-3:30pm
   Jill Descoteaux, PhD, AT
   Cell: 603-714-9480
   Nicole Brashears, ATC
   Cell: 714-980-0729
Sunday, March 24: 8:30am-2:30pm
   Sarah Davis-Hanover, ATC
   Cell: 303-746-4380
   Nicole Brashears, ATC
   Cell: 714-980-0729

Medical Equipment: Tables, tent coverage, basic splinting materials, first aid. We request all teams bring own medical supplies for preventative taping, jumper materials, etc. There will be supplies available for in game medical needs provided by the Athletic Trainers. AED (Automated External Defibrillator) is available in the Coors Life Directions Center. Other equipment will be supplied by local EMS.

The Event Director and/or Field Supervisor will follow the below protocol:
1. Ensure the scene is safe
2. Dial 911 and begin providing care
3. Instruct EMS to Regis West Field at 3333 Regis Blvd. Have them “meet a coach or the student employee supervisor at the southwest corner of the Regis Field House.”

Coming from I-70 W and I-70 E (East or South side access to campus)
1. Take Federal Blvd Exit to Regis Blvd (50th Ave)
2. Turn left on Regis Blvd (50th Ave)
3. Take your second right at Entrance 1 to Regis University Campus
4. Go straight and the road will curve around in front of the Field House
5. On your right is a green access gate to the West practice field
6. Someone will be there to hold open this gate so you can drive onto the field
Coming from Lowell Blvd. (West or North side access to campus)

1. Take Lowell Blvd. South to Regis Blvd (50th Ave)
2. Turn left on Regis Blvd (50th Ave)
3. Take Regis Blvd (50th Ave) to Entrance 1 to Regis University Campus
4. Turn left at Entrance 1 to Regis University Campus
5. On your right is a green access gate to the West practice field
6. Someone will be there to hold open this gate so you can drive onto the field

Provide the following information:

1. Name, location and phone number of caller
2. Number of victims and the condition of victim(s)
3. Type of suspected injury
4. Assistance being provided (if any)
5. Directions on how to enter West Field (off Regis Blvd to Southwest corner of Field House).

1. Call Regis University Campus Safety at (303) 458-4122 to help with crown control, guide EMS, etc.
2. Provide appropriate emergency care until arrival of EMS personnel: on arrival the first responder will provide EMS with pertinent patient information (method of injury, vital signs, treatment rendered, and medical history) and assist with emergency care as instructed by the EMS personnel.
3. Advise the coach of the player’s team to assign someone to accompany the athlete to the hospital as well as bring pertinent medical history of the player and their personal belongings, including medical insurance card and ID.
4. The injured player's club contacts parents/guardians/family as necessary.
5. The Coach or team representative is to complete the appropriate injury report as required by the player's school or organization.
6. If a player is diagnosed by a qualified healthcare professional that they sustained a concussion, the Event Director reminds the player's coach of the USA Rugby Policy regarding Concussions which includes the 5 Rs shown below as well as compliance with the World Rugby Concussion Guidelines.

It is imperative that the athlete does not return to play until he or she is symptom-free and has been cleared for return to play by a qualified healthcare professional. USA Rugby strongly recommends that the player complete the GRTP (Graduated Return to Play) procedure prior to return to full play and competition.
USA Rugby’s policy requires that ALL rugby players, staff, parents, referees, volunteers, and even fans follow these five basic steps when dealing with suspected concussions:

1. **Recognize** — Learn the signs and symptoms of a concussion so you understand when an athlete might have a suspected concussion.

2. **Remove** — If an athlete has a concussion or even a suspected concussion he or she must be removed from play immediately.

3. **Refer** — Once removed from play, the player should be referred immediately to a qualified healthcare professional who is trained in evaluating and treating concussions.

4. **Recover** — Full recovery from the concussion is required before return to play is authorized. This includes being symptom-free. Rest and some specific treatment options are critical for the health of the injured participant.

5. **Return** — In order for safe return to play in rugby, the athlete must be symptom-free and cleared in writing by a qualified healthcare professional who is trained in evaluating and treating concussions. USA Rugby strongly recommends that the athlete complete the GRTP (Graduated Return to Play) protocol.

**Nearest Emergency Room**
Lutheran Medical Center Emergency Room – **303.425.2087**
8300 W 38th Ave, Wheat Ridge, CO 80033

**Directions:**
1. Start out going east on 50th Avenue (Regis Boulevard) toward Federal Boulevard.
2. Turn right onto Federal Boulevard.
3. Turn right onto the I-70 West ramp.
4. Take exit 269A for State Route 121 toward Wadsworth Boulevard.
5. Keep left at the fork, follow signs for CO-121 S/Wadsworth Boulevard.
6. Turn left onto CO-121 S/Wadsworth Boulevard.
7. Turn right onto W 38th Avenue.
8. Turn left onto Lutheran Parkway W.
9. The emergency room will be on your left.

**Emergency Telephone Numbers**
Denver Fire Department – 303.964.1117
Regis University Campus Safety – 303.458.4122
Coordinator of Intramural and Club Sports (Jennifer Wink) – 303.964.6065
Accommodations

Your club and its fans are encouraged and welcome to stay at the event hotel.

**Hampton Inn by Hilton Denver West/Federal Center**
137 Union Boulevard
Lakewood, Colorado 80228
720.962.5504
Contact: Jean Kim, Area Sales Manager
Email: Jean.Kim@sagehospitality.onmicrosoft.com

Experience a hotel that meets both your recreational and business needs while staying at the newly updated Hampton Inn Denver West Federal Center hotel in Lakewood. Conveniently located across from the Denver Federal Center, our hotel is minutes away from downtown. Close to major highways and adjacent to the Denver Light Rail station, our location offers easy access to all of metropolitan Denver. Red Rocks Amphitheatre and Bandimere Speedway, two premier Denver entertainment venues, are minutes away. Enjoy our free shuttle service within a five-mile radius of the hotel, Monday through Friday from 7:00am until 5:00pm, excluding Red Rocks Amphitheater.

**Included in Every Stay**
- Free hot breakfast
- Clean and fresh Hampton bed®
- Free WiFi in every room
- Gym/fitness center use

** When you make your reservation, please say it is with “NSCRO Cowboy Cup” and share that you are making a group booking. They will provide a discount for both and offer best pricing. **
Local Restaurants

Many restaurants are available in the surrounding area of the hotel. TripAdvisor makes the following recommendations at:
https://www.tripadvisor.com/Restaurants-g33388-zfn29422-Denver_Colorado.html

**Nearest Grocery Store:** Safeway, 3800 W 44th Ave, Denver, CO 80211
**Nearest Target:** 1985 Sheridan Boulevard, Edgewater, CO 80214

**Lunch Options in Walking Distance to Campus:**
- Dubbel Dutch: 4974 Lowell Blvd, Denver, CO 80221
- Brooklyn’s Finest Pizza: 5007 Lowell Blvd, Denver, CO 80221
- Subway: 5115 N Federal Blvd #2, Denver, CO 80221
- The Noshery: 4994 Lowell Blvd, Denver, CO 80221

**Dinner Near Recommended Hotel:**
- Las Fuentes: 85 S Union Blvd, Lakewood, CO 80228, (303) 989-5877
- The Calzone Factory: 85 S Union Blvd, Ste F, Lakewood, CO 80228, (303) 980-6432
- Old Chicago: 145 Union Blvd, Ste 101, Lakewood, CO
Conduct of Players, Coaches and Spectators

All players and coaches must abide by the following Code of Conduct:
Collegiate rugby players and coaches represent their colleges and are ambassadors of collegiate rugby in the United States. As such, collegiate rugby players and coaches are expected to behave with dignity both on and off the field. Collegiate rugby players and coaches should not tolerate rude or anti-social behavior of any sort which would reflect negatively on the image of rugby, NSCRO, USA Rugby or the student athlete's college/university, or the image of collegiate rugby as a serious and disciplined athletic endeavor.

Players, coaches and spectators are not to use foul language or make threatening remarks before, during or after the match. Such behavior whether directed at a teammates, opponents, match officials, spectator or even part of a pre-match “chant” or play call (such as for a line out) is unacceptable. Doing so will be considered a violation of the Code of Conduct. Any breach of this Code of Conduct will be addressed by the NSCRO Disciplinarian and forwarded to the rugby organization having jurisdiction and school as appropriate.

The disciplinary actions of any club/player in question of violation will first be investigated by the NSCRO Disciplinarian. If the NSCRO Disciplinarian deems it necessary, the report will then be sent to the organization that has direct jurisdiction for the club/player (such as its Conference/Union). Based on their findings, if warranted, the registered player's school should be advised.

Alcohol Policy

Possession and/or consumption of alcoholic beverages is not allowed by anyone (players, coaches, spectators, etc.) in attendance at an NSCRO-sanctioned match or event. The onus of responsibility for compliance is on the individual club they are associated with. League matches played under the jurisdiction of a local Union or Conference are not considered sanctioned by NSCRO with regard to this policy.

If NSCRO enters into a written agreement that allows the facility owner to serve alcoholic beverages, the facility owner shall be required to enforce any and all applicable laws relating to the provision, sale and consumption of alcoholic beverages, including the prohibition of consumption of alcohol by minors.

Teams are requested to refrain from evening gatherings involving consumption of alcohol during attendance at an NSCRO playoff match or event.

Failure to comply with this Policy as well as applicable laws may result in team and/or player disqualification and/or enforcement by either college/university or city police. Any breach of this Policy at this event, as witnessed and reported by any individual will be forwarded to the appropriate disciplinary committee for action as well as possible disqualification from future NSCRO playoff matches.
USA Rugby Technical Zone & Sideline Management Guidelines

The #4 Official, with the support of the NSCRO Staff, shall enforce the below guidelines:

- Technical zone (TZ) defined as space in front of the rope/barrier between the 10m line and 22m line*
- Technical zone ends 2m from the touch line to give room for ARs and touch judges
- Coaches may not cross into the other team’s TZ or leave their own TZ
- No more than 2 coaches are allowed in the TZ
- Coaches should not stand in/near the try zone or anywhere on the field of play
- Uncertified coaches should not be in the TZ
- #4 (Fourth Official) or Match Manager (data tracker) occupies the space between the 10m lines (Administrative Area)
- Chairs may be set up in the Administrative Area for disciplinary/sin bin purposes
- No coach or player is allowed in the Administrative Area except when petitioning for a substitution
- Teams may have two medical professionals “in front of the rope”*
- Medical professionals may roam either sideline and are not confined to the TZ*
- Only one (1) medical professional per team is allowed per side of the field*
- Second medical professional must be across from the first medical professional on opposite sideline*
- Coaches are not allowed onto the field with medical personnel unless explicitly allowed by the match official
- Medical personnel should always introduce themselves to the match official(s) before the match begins
- Team benches should also be between the 10m line and 22m line* but “behind the rope” and not in the TZ
- Spectators should be on the opposite sideline from the teams unless a second rope is present to prevent mixing of spectators with players/staff/administrators
- Water carriers should stay “behind the rope”* unless the match official signals that they may enter the playing field
- Water carriers should endeavor to wear a top that clashes with the players on the field
- Coaches may not serve as water carriers
- Water carriers should not be in the TZ*
- Coaches should not huddle with teams on the field after scores
- Teams must warm up in the end they are attacking into, not the end they are defending
- Players warming up must wear a contrasting top to the players on the field (e.g., a penny)
- Teams should not warm up with balls, cones or other equipment (e.g., ruck pads)
- Teams should not warm up within 5m of the field of play
- If space demands it, teams may warm up in the try zone but only if they access the try zone by staying “behind the rope” to and from

*Variance specific to USA Rugby that differs from the World Rugby standard.