



GHK RUGBY MINIS TOURNAMENT 2023



SUNDAY 19TH MARCH
OLD ANNIESLAND | 11AM - 1.30PM

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Welcome to GHK

Everyone at GHK Mini Rugby Section is delighted to welcome you to Old Anniesland for our 2023 Tournament. After a tumultuous few years, our minis section and this tournament provides a great opportunity for children to connect, compete, and be part of a wider rugby community, all contributing to improved mental health and wellbeing, which is a key priority for GHK. We hope that you have a really enjoyable day being part of an event with over 400 mini rugby players displaying their skills and enthusiasm for rugby.

We are extremely grateful to the many people who have made today possible: our tournament sponsors; the many family members and friends who have volunteered; Davy Miller and his ground staff at Old Anniesland; St Andrews medical team; players and officials of GHK RFC; The High School of Glasgow; the bar staff in the pavilion and of course today's referees – without them all our tournament simply wouldn't happen.

If you're here as a spectator, you'll probably have your own team to cheer on, but do take a minute to read the GHK Code for Spectators printed below and go even further than this by encouraging the efforts of players from both sides as well as showing appreciation for the referees.

Lastly, I would like to take this opportunity to thank all of our coaches here at GHK for their time, commitment and enthusiasm during the season.

Have a great day at Old Anniesland!

Andy Martin
Minis Convenor
GHK Mini Rugby Section
Based at High School of Glasgow,
Old Anniesland, 689 Crow Road, G13 1PB





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GHK

Mini Rugby Section

We promise to:

- Listen to the coaches
- Respect everyone and be a good sportsperson
- Support each other
- Try your hardest
- Stay safe
- Have fun!





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Code for Spectators

- Help the players to enjoy themselves by lending positive support.
They are just kids!
- The abuse of players, coaches or officials is unacceptable. We are all volunteers. Be positive and support your team.
- Acknowledge and respect good performance by both teams.
- The running of the game is the remit of the match officials.
- Remember that the children are playing for FUN. The game they play belongs to them, not to the adults. They are not professional or international gladiators.
- No dogs are allowed on the grass pitches at Old Anniesland (no matter how well-trained they are).

Mental Health and Wellbeing

GHK recognises the important role sport can play in providing support around mental health and wellbeing and is working closely with See Me on a range of initiatives.

See Me is Scotland's programme to tackle mental health stigma and discrimination



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GHK RFC



at the of our community

OUR AIM:

- Develop our knowledge and understanding of **Mental Health** as: players, coaches, parents and partners
- As a **rugby club** and a **community**, develop the necessary mental and emotional strategies, to not only cope but flourish in society
- Demolish the **Stigma** and **Discrimination** that surrounds Mental Health
- Be the leading rugby club in Scotland for Mental Health awareness, understanding and support



Person before the Player

Family before the Field

WHAT MAKES US DIFFERENT:

- We have a proactive approach to coach education - our qualified rugby coaches and senior players will be undertaking specific Mental Health training
- We have a supportive and considerate approach to **physical**, **emotional** and **mental** wellbeing
- We are more than a rugby club - we are here to help you develop yourself on and off the field and in turn, support those closest to you
- Now more than ever we recognise the important of physical and mental wellbeing

#GHKHEARSYOU
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P2/3 Match Schedule (Pitch 1A & 1B)

For the P2/3 age group the tournament has a participation focus, maximising game play for all, encouraging fun, with no winners and losers. No scoring will take place. All participants will receive a medal.

Squads: Each club to have max of 10 players with 6 on pitch at any time

Pitch size: 40x30m

Game time: 10 minutes one way

Referees: The 2 playing clubs to decide a referee between them for each match

Rules: As per age grade law variation

Huge thanks to our match ball sponsors



Pool A (Pitch A)	Pool B (Pitch B)
GHK	West of Scotland
Strathendrick	Birkmyre
Glasgow Accies	Edinburgh Accies
GHA	Dumfries

P2/3 Match Schedule (Pitch 1A & 1B)

Kick Off	Pool A (Pitch A)	Pool B (Pitch B)
11am	GHK v Strathendrick	Edinburgh Accies v West
11.10am	GHA v Glasgow Accies	Birkmyre v Dumfries
11.20am	GHA v Strathendrick	West v Birkmyre
11.30am	Glasgow Accies v GHK	Dumfries v Edinburgh Accies
11.40am	Strathendrick v Glasgow Accies	West v Dumfries
11.50am	GHA v GHK	Birkmyre v Edinburgh Accies

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P4 Match Schedule (Pitch 1C & 1D)

P4 is a competitive format with the winners of each pool going through to a final to be played at 12.30pm.

Squads: Each club to have max of 10 players with 6 on pitch at any time

Pitch size: 40x30m

Game time: 10 minutes one way

Referees: The 2 playing clubs to decide a referee between them for each match

Rules: As per age grade law variation

Huge thanks to our match ball sponsors



Pool A (Pitch A)	Pool B (Pitch B)
GHK	GHA
Strathendrick	Birkmyre
Glasgow Accies	Edinburgh Accies
West	Dumfries

P4 Match Schedule (Pitch 1C&1D)

Kick Off	Pool A (Pitch 1C)	Pool B (Pitch 1D)
11am	GHK v Glasgow Accies	GHA v Birkmyre
11.15am	Strathendrick v West	Dumfries v Edinburgh Accies
11.30am	GHK v Strathendrick	GHA v Dumfries
11.45am	West v Glasgow Accies	Edinburgh Accies v Birkmyre
12noon	GHK v West	GHA v Edinburgh Accies
12.15pm	Strathendrick v Glasgow Accies	Dumfries v Birkmyre

FINAL

Winner of Pool A and winner of Pool B will play in the final at 12.30pm.

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Sunday 20th March 2022
a great day of rugby.**

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In union with grassroots sports.

Like you, we are proud rugby supporters who feel privileged to be part of a successful team.

We share the same values of creating a positive culture to support our clients, and the communities in which we live and work. Coming together through sport can create long-lasting relationships.

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Good luck to all the teams taking part in today's GHK annual mini-rugby tournament.

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P5 Match Schedule (Pitch 2)

P5 is a competitive format with the winners of each pool going through to a final to be played at 12.30pm.

Squads: Each club to have max of 10 players with 6 on pitch at any time

Pitch size: 40x30m

Game time: 10 minutes one way

Referees: The 2 playing clubs to decide a referee between them for each match

Rules: As per age grade law variation

Huge thanks to our match ball sponsors



Pool A (Pitch A)	Pool B (Pitch B)
GHK	West of Scotland
Dumfries	Birkmyre
Glasgow Accies	Strathendrick
Edinburgh Accies	GHA

P5 Match Schedule (Pitch 2)

Kick Off	Pool A (Pitch A)	Pool B (Pitch B)
11am	GHK v Dumfries	West v Birkmyre
11.15am	Glasgow Accies vs Edinburgh Accies	Strathendrick v GHA
11.30am	GHK v Edinburgh Accies	West v GHA
11.45am	Dumfries v Glasgow Accies	Strathendrick v Birkmyre
12noon	GHK v Glasgow Accies	West v Strathendrick
12.15pm	Dumfries v Edinburgh Accies	Birkmyre v GHA

FINAL

Winner of Pool A and winner of Pool B will play in the
final at 12.30pm



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GHK Midis

Welcome to GHK from the Midi Rugby Section



It is great to see the GHK Mini Rugby Tournament at Old Anniesland this year arriving hot on the heels of the Men's 6 Nations Tournament and ahead of the Women's 6 Nations Tournament which kicks off next weekend. Now is the time for the younger ones to show the adults how this game is really played.

The tournament arrives towards the end of the season and is usually the last time some of the older GHK players will turn-out at Old Anniesland as Mini-rugby players. After the P7 age-group our players move-up to our U13 age-group team and stop playing round-robin games at tournaments and festivals, concentrating more on playing longer matches each weekend against 13 and 15-a-side teams. They also have to get used to playing their matches in the afternoon after the Minis have used the pitches in the morning – an adjustment that most parents and coaches don't seem to mind!

This season our U13 and U14 squads have enjoyed varying degrees of success playing matches in the West Regional Programme and our U15/16 squad have contributed a healthy number of players to the Glasgow & West Pathway Programme with a handful on their way to representative age-grade rugby. None of that would be possible without the solid foundations laid by the GHK Mini Rugby section and I've no doubt this year's tournament will be the cornerstone of future Midis teams in years to come.

I'm often asked what it's like for players and coaches stepping-up from mini-rugby to midi-rugby and the answer is usually the same. The players are bigger, the matches longer, and the coaches look even more ancient, but the fundamental principles are the same in the Midis as they are in the Minis – play rugby and have fun.

Rod MacLeod

GHK-RFC Midi Rugby Convenor 2022/23

P6 Match Schedule (Pitch 5)

P6 is a competitive format with the winners of each pool going through to a final to be played at 12.40pm.

Squads: Each club to have max of 12 players with 8 on pitch at any time

Pitch size: 60mx40m

Game time: 12 minutes one way

Referees: The 2 playing clubs to decide a referee between them for each match

Rules: As per age grade law variation

Huge thanks to our match ball sponsors



Pool A (Pitch A)	Pool B (Pitch B)
GHK	Edinburgh Accies
Strathendrick	West of Scotland
Glasgow Accies	Dumfries
Birkmyre	GHA

P6 Match Schedule (Pitch 5)

Kick Off	Pool A (Pitch A)	Pool B (Pitch B)
11am	GHK v Strathendrick	GHA v West
11.15am	Glasgow Accies v Birkmyre	Edinburgh Accies v Dumfries
11.30am	GHK v Birkmyre	GHA v Dumfries
11.45am	Strathendrick v Glasgow Accies	West v Edinburgh Accies
12noon	GHK v Glasgow Accies	GHA v Edinburgh Accies
12.15pm	Strathendrick v Birkmyre	West v Dumfries

FINAL

Winner of Pool A and winner of Pool B will play in the
final at 12.40pm



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P7 Match Schedule (Pitches 3 & 4)

P7 is a competitive format with the winners of each pool going through to a final to be played at 12.40pm.

Squads: Each club to have a squad of 14 players with 10 on pitch at any time.

Pitch size: 60mx40m

Game time: 13 minutes one way

Referees: The 2 playing clubs to decide a referee between them for each match

Rules: As per age grade law variation

Huge thanks to our match ball sponsors



Group 1	Group 2
GHK Bulls	Edinburgh Accies
Strathendrick	Glasgow Accies
Ayr	GHA
Dumfries	GHK Lions
Birkmyre	West

P7 Match Schedule (Pitch 3&4)

Kick Off	Group 1 Pitch 3A	Group 1 Pitch 3B	Bye
11am	GHK Bulls v Dumfries	Strathendrick v Ayr	Birkmyre
11.20am	GHK Bulls v Ayr	Dumfries v Birkmyre	Strathendrick
11.40am	GHK Bulls v Strathendrick	Birkmyre v Ayr	Dumfries
12noon	Strathendrick v Birkmyre	Ayr v Dumfries	GHK Bulls
12.20pm	GHK Bulls v Birkmyre	Dumfries v Strathendrick	Ayr

Kick Off	Group 2 Pitch 4A	Group 2 Pitch 4B	Bye
11am	GHK Lions v Edinburgh Accies	Glasgow Accies v GHA	West
11.20am	GHK Lions v West	GHA v Edinburgh Accies	Glasgow Accies
11.40am	West v GHA	Edinburgh Accies v Glasgow Accies	GHK Lions
12noon	GHK Lions v GHA	Glasgow Accies v West	Edinburgh Accies
12.20pm	GHK Lions v Glasgow Accies	West v Edinburgh Accies	GHA

FINAL

Winner of Group 1 and Group 2 will play in final at 12.40pm

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Match Scoring Guidance

1. In the pool matches points will be awarded in the following way:

Win...2 points

Draw...1 point

Loss...0 points

2. Where there is a tie for the teams finishing first in the pool matches then the higher position will be awarded in the following way/priority:

a. Winner of head-to-head between tying teams.

b. Greater try differential (total tries scored less total tries conceded).

c. Greater number of tries scored (total tries scored).

d. Toss of a coin.

3. Where there is a draw at the end of a final or play-off match, then there will be up to 5 minutes of sudden death extra time: with the team which scores first during extra time being the winners of that game. In the event of neither team scoring in extra time, then the team which scored the first try of the match will be the winners of that game.

4. If required, any decision will be referred to the GHK Mini Rugby Section Convener or his appointed representative for a final ruling.





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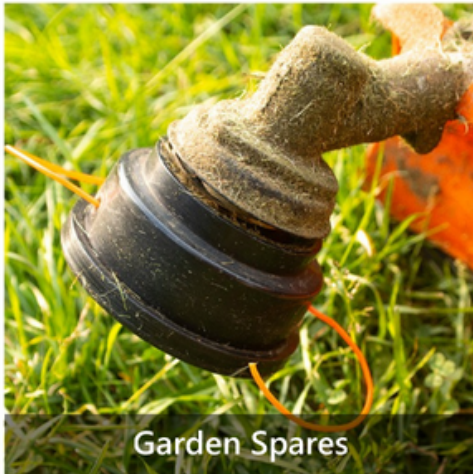
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GHK GHK Juniors (Minis and Midis)

GHK RFC is committed to supporting junior rugby development in the north of Glasgow, providing rugby training and fixtures for Minis (P2/3 to P7) and Midis (S1, S2, S3, U16) and U18 year groups. The club also holds a Junior Rugby Summer Camp in August at Old Anniesland, which has been very well attended in previous years.

GHK aim to provide an opportunity for all players to have fun, learn new skills and develop their playing and understanding of the game. Coaching will continue to focus on providing a structured environment for players in all attributes of the game. Any parents/guardians who are interested in coaching or helping with the support activities are very welcome to join our existing group of volunteers. Our Coaches attend Scottish Rugby training courses and are RugbyReady qualified with many progressing to UKCC certification. Sessions take place on Sundays at Old Anniesland Minis (P2/3 – P7) 10:00 – 12:00 & Midis (S1, S2, S3, U16 & U18) 12:00 – 14:00. Various fixtures are played on Sundays throughout the season.

Should you wish further information on junior rugby at GHK please contact one of our group rugby convenors who will be happy to help. Before any matches can be played a player must be fully registered with Scottish Rugby. We provide the registration forms and will deal with the administration – all the player has to do is come and enjoy the fun. For more information go to www.ghkrfc.com

Andy Martin

Mini Rugby Convenor GHK RFC

E: andy.martin@martinplanthire.co.uk

Mob: 07715 499 699



JUNIOR RUGBY

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