

## **Griffith University Women's Rugby 7s**

### **Selection Policy**

#### **Background**

The Griffith University Women's Rugby Sevens (WR7s) program is a representative program designed to compete at Rugby Australia's high performance pathway series, the National Sevens University Series (NSUS).

Griffith are proud to be successfully selected as one of only few Universities in Australia to compete in the National Women's Sevens University Series.

This series provides an elite pathway for female student athletes to get involved in Rugby 7s at a National level. Rugby Australia state that "the competition will fill a much needed gap in the national women's Sevens pathway, offering the nation's best up-and-coming talent the opportunity to train and play in a high performance environment to stake their claims for national selection".

The delivery of the program may be in collaboration with partner clubs based in Gold Coast and/or Brisbane. Partner clubs will act as feeder programs to the Griffith NSUS squad, provide geographical options for training venues while assisting with coaching and other resources. The Griffith WR7s program is underpinned by the partner clubs whereby players may move in and out of the Griffith program and the clubs - based on performances, injuries and other reasons deemed appropriate by the coaching staff.

#### **Selection criteria**

When selecting players, the following will be considered:

- Must be insured under the Rugby Australia insurance scheme
- Performance and progress as a player
- Physical capacity, including speed, strength and agility
- Technical competence, core skills and position specific skills
- Ability to contribute to the development of 'team play' in a game situation, including reading the play and to put into action instructions from coaching staff
- Attitude and application in training and competition
- Future potential for improvement of an athlete
- Behaviour including team relationships, communication skills and general conduct.

The Griffith University WR7s program commit to clear communication through any team selection process and fairness in dealing with all players eligible for selection.

Detailed characteristics for some of the above considerations are provided below.

#### **Conditioning:**

- Physical/conditioning characteristics
- Strength competencies and benchmarking

- Speed
- Aerobic/Anaerobic capacity
- Flexibility
- Endurance

### **Rugby Competencies:**

- Catching and passing
- Shoot arms
- Tackling and tackle assist
- 'Ruck' and 'Breakdown' skills
- Body alignment
- Agility
- Reloading

### **Team play:**

- Ability to work effectively with the team
- Ability to cooperate within the team
- Ability to communicate with other players and coach during the game on and off the field
- Ability to adhere to the game strategies and coach and/or captain instructions
- Personal characteristics of upholding Griffith values including but not limited to integrity, sportsmanship, respect and teamwork
- Coachability
- Committed/ Self motivated
- Goal oriented
- Hard worker
- Team player
- Leadership qualities.

### **Selection Authority**

The coaching staff have the following selection authority:

- In consultation with partner clubs, move players up into the Griffith NSUS squad
- Move players back to the partner clubs for further development or 'return to play' training/readiness due to injury or disciplinary reasons
- Pre-season squad size may change at any time at the coaches discretion
- Selection of players to compete in regional tournaments, development tournaments or other throughout the season (excluding the NSUS) is at the discretion of the coach
- Final Griffith NSUS squad will be selected at the discretion of the coaching staff for ratification by the Griffith NSUS committee