



The

2010-11

Hong Kong Mini Rugby Football Union

(HKMRFU)

Handbook

An Overview of Youth Rugby in Hong Kong

Mission Statement:

- To maximize participation in Youth Rugby in Hong Kong
- To maximize the opportunities for participants to play the sport and enhance/expand their knowledge of the game
- To increase representative opportunities for Youth players
- To provide as safe an environment as is possible for players in a contact sport

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1. Youth Rugby Overview (Clubs [Mini & Colts], Schools, Tertiary)

The Hong Kong Rugby Football Union's vision is to be recognized by the local and international communities as a leader and innovator in the development of the sport of rugby. Development and support of youth rugby is a key component of this, through the infrastructure of Clubs, Schools and Tertiary institutions.

The HKRFU employs a permanent Executive Director who has a fulltime team dedicated to work solely for the betterment of Hong Kong rugby.

The Board of the HKRFU comprises 8 Directors who are each volunteers, a Secretary and a Chairperson. The Board oversees the professional staff. Each Director is elected for a two-year term with each of the directors overseeing a specific facet of HK rugby. This includes youth rugby and the Director of Youth oversees all rugby related to children aged 4 up to young adults.

Youth rugby is organized around the three main groups of rugby activity in Hong Kong: Schools, Clubs and Tertiary. The Club group promotes rugby from the ages of 4 through to 18 and is further split into two groups:

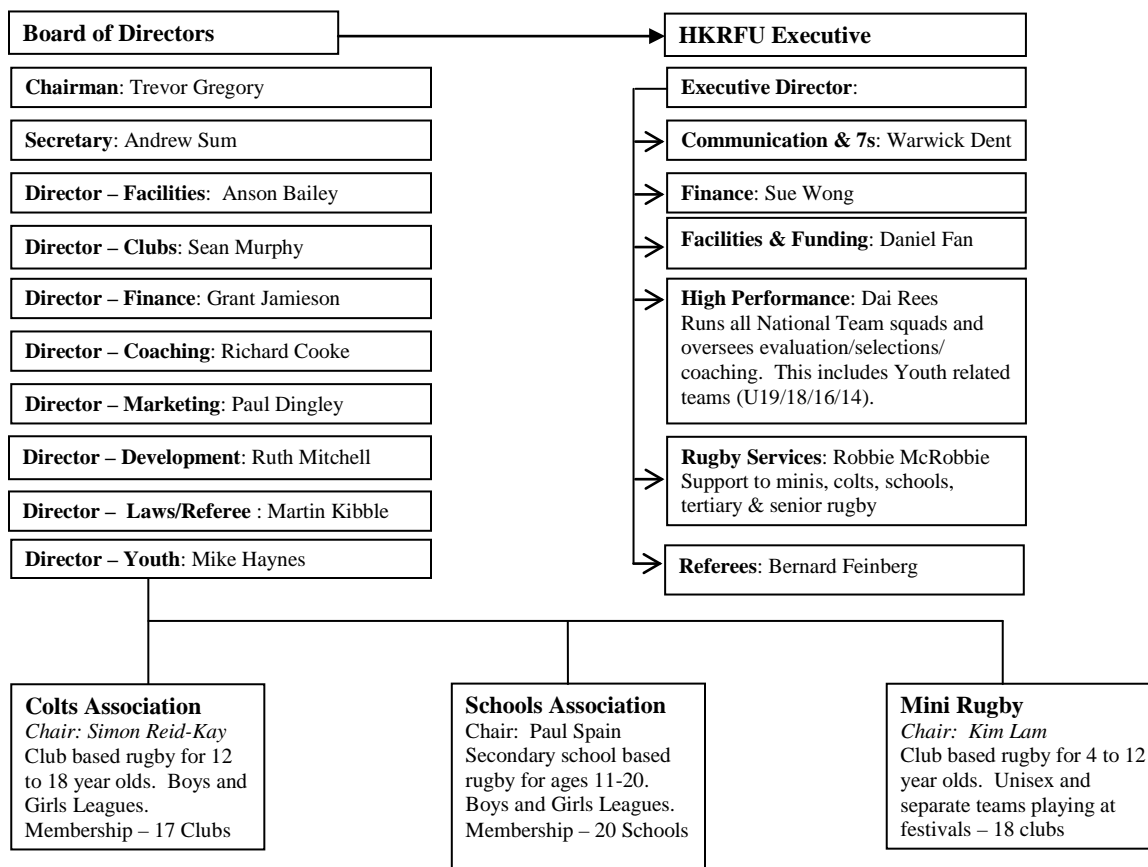
Mini Rugby Ages U6 – U12 (split into individual year age bands)

Colts Rugby Ages 12 – 18 (split into three 2-year age bands)

During the 2009/10 season the HKRFU Youth section had the following membership levels:

| Section/Association | Constituents | Players |
|----------------------------|---------------------|----------------|
| Schools | 20 | 800 |
| Clubs – Mini Rugby | 18 | 3093 |
| Clubs – Colts Rugby | 17 | 720 |
| Tertiary | 21 | 250 |

The HKRFU is organized as follows:



The HKMRFU (herein known as the Mini RFU) is a constituent Member of the HKRFU and the holder of one of the 17 votes in the HKRFU. It represents member clubs that offer rugby playing opportunities to boys or girls between the ages of 4 to 12. At the end of the 2009/10 season there were 18 clubs represented on the Mini RFU Committee as listed below. A representative of the HKRFU Community Rugby Services also sits on the Mini RFU Committee.

Teams: The Mini RFU comprised of 18 member clubs by the end of the 2009/10 and was as follows:

| Club | Location | Training Ground/Times (Sundays) |
|-----------------------|-----------------|--|
| Aberdeen | Island | Aberdeen Sports Ground 9:30am-12:00pm |
| DeA Tigers | Kowloon | Kings Park 8:30am-11:00am |
| Discovery Bay Pirates | Lantau | DBIS/Beach 09:30am-2:00pm |

| | | |
|-----------------------|--------------|---|
| East Kowloon | Kowloon | Kowloon Bay Park 9:30am-11:30am |
| Flying Kukris | NT | Hong Kong Institute of Education Sport Ground 9:30am-12:30pm |
| HK Football Club | Island | HKFC and Happy Valley 08:00am-11:00am |
| HK East | Island | Lei Yue Mun Playground 8:00am-11:00am |
| HKU/Sandy Bay | Island | Stanley Ho Stadium, Pok Fu Lam 8:00am-11:00am |
| Monkeys | Island | Causeway Bay Playground 9:30am-11:00am |
| Sai Kung Stingrays | NT | Sai Kung Stadium 9:30am-11:00am |
| Shatin Shapei | NT | Shatin Hin Tin Playground 9:30am-11:00am |
| South Lantau Buffalos | South Lantau | Tong Fuk Community Field 09:30am – 11am |
| Tai Po | NT | Kwong Fuk Park Playground 9:30am-1:00pm |
| Tuen Mun Sharks | NT | Tuen Mun Tang Siu Kin Sportsground / Siu Lun Sportsground / Wu Shan Sportsground 09:30am-12:30pm |
| Tai Hang Tung | Kowloon | Tai Hang Tung |
| Tin Shui Wai Eagles | NT | Tin Shui Wai Sports Ground 9:30am-12:30pm |
| Tsuen Wan Rhinos | NT | Riviera Gardens, Tsuen Wan 9:30am-12:30pm |
| Valley Fort | Island | Stanley Fort 10:00am-12:00pm |

Officers: The Mini RFU is staffed by volunteers from each club. Its function is purely advisory. It makes recommendations to the Youth Committee who in turn forward these for acceptance by the HKRFU. The constituent Clubs in turn elect a Chairperson, Secretary and Treasurer from amongst the members or the members of the constituent clubs. Vice chairs can also be nominated and elected based on the requirements of the Chairperson. Responsibilities include:

- *Chairperson* – To Chair meetings and act as the Mini RFU representative on the Youth Committee which is chaired by the HKRFU Director of Youth;
- *Secretary* – To keep the minutes of the Committee's deliberations and ensure the Mini RFU acts in accordance to its by-laws and constitution;
- *Treasurer* – To manage the Mini RFU Finances and HK Sevens ticket allocation.

Currently the Chairman and Treasurer are elected annually.

Committee Meetings: These are:

- Regular – The Minis Association meets once per month between August and April/May

- AGM – Mini RFU officer elections are held at the end of the rugby Season, typically May-June at its Annual General Meeting (AGM). Each Club has a single vote. Any nominee with over 50% of the eligible vote is elected to serve for a single year.

2. League Structure for Boys and Girls Youth Rugby

Eligibility: Any age eligible player (see below) registered with a club can play Minis rugby in Hong Kong. This includes: current residents, students who are at boarding school outside Hong Kong and visiting friends.

Age Groups: Minis competitions are organised on an age (not weight) basis. Unisex teams are organised in single year bands from the age of 4 onwards with combined U9/U10 and U11/U12 teams for girls. A player's playing age group is determined by year of birth. For the [2010/2011](#) season this is as follows:

Under 6s – players who were born in 2005 or 2006

Under 7s – players who were born in 2004

Under 8s – players who were born in 2003

Under 9s – players who were born in 2002

Under 10s – players who were born in 2001

Under 11s – players who were born in 2000

Under 12s – players who were born in 1999

Age groups from U8 and under play non-contact rugby, i.e. full tackling is not permitted, and instead a tackle is effected by placing two hands on the shorts of the ball carrier.

Season: The HK rugby season typically starts at end August/early September and runs through to the HK Sevens in late March/early April. Club rugby is, with limited exceptions, played on weekends. Senior players play on Saturdays and Minis and Colts on Sundays. Most Mini Rugby clubs train on Sundays, but Youth may train on Sundays and one evening per week.

Festivals:

Mini Rugby clubs participate in a number of large scale festivals every year. This year there are seven full festivals involving all Mini Rugby clubs and several regional festivals in which a reduced number of Mini Rugby clubs are invited to participate. At the festivals every team is organised to play 3 to 4 games on age appropriate sized pitches. The festivals provide the main opportunity for children to practise the skills they have learnt during the year although some clubs may also organise joint training sessions and visits to other teams on an ad-hoc basis.

Key events:

| Event | Timing |
|---------------------------------------|---|
| U12 NYD Tournament* | New Years Day |
| Mini rugby 7s Show Case | End March |
| U6-U12 All Girls Rugby Day | April |
| U12 HK International Youth Tens (IYT) | Thursday prior to the Hong Kong Sevens |
| Club festivals | Throughout the season, details available on: http://www.hkrugby.com/en/node/556 |

* See later section on representative rugby for team selection for the HK Island and Peninsula (Kowloon and New Territories) teams. Eligibility is decided by where the player lives (i.e. HK island based players vs. all others)

3. Registration

Each Mini Rugby club is required to maintain an up to date register of their players and to provide this information to the Mini RFU committee as and when requested. The information is held confidentially and used for several purposes – HK Sevens ticket allocation, budgeting, resource planning, membership tracking. Membership listings are required to be submitted to the Mini RFU committee using an Excel spreadsheet format and contain the following information:

- Club
- First Name
- Last Name
- Date of Birth
- Gender
- School
- E-Mail Address
- Contact Phone Number
- Home Address

4. Finances

Accounts are handled by the treasurer who is responsible for maintaining and presenting updates during the year, as well as producing an end of year report. The bank used by the Mini RFU is HSBC.

5. Mini Club Sponsorship Activities

Individual mini club sponsorship activities are required to follow four guiding principles:

1. Only the club may benefit from any financial reward resulting from sponsorship activity. Any rugby related sponsorship revenue must be deposited into the club accounts. It is strictly prohibited for any individual associated with either the Mini Rugby club or the Mini RFU to gain any personal, financial, or capital gain from Mini Rugby sponsored events or activities.
2. A sponsor is not to directly benefit from any activity involving the club. They are entitled to benefit from publicity, or increased brand awareness.
3. Any games, festivals or tournaments involving mini clubs must be registered and sanctioned by the Mini RFU and must strictly adhere to Mini RFU guidelines and laws of the game.
4. To ensure compliance, all accounts related to sponsorships must be made available for scrutiny by the Mini RFU or HKRFU if requested.

Any club wishing to conduct rugby activities in partnership with any commercial entity or group should seek approval from the Mini RFU through a written proposal.

A standard authorisation form must be completed containing detailed information regarding the intended sponsorship package and accompanied with a financial breakdown and projection. It must also contain information about the proposed activities/events including an event description and detailed program.

Once approved by the Mini RFU, the proposal will be sent to the HKRFU – Community Rugby desk for their reference and review. The HKRFU will then provide formal support of the event including, if necessary, booking of facilities.

6. Play Up/Down Process & Evaluation (for Mini Rugby)

The HKMRFU allows but does not actively encourage players to train or play outside their age group, i.e. play down unless **there are significant safety concerns**. Players can play up if of exceptional ability. The HKMRFU have established Play Up/Play Down guidelines for festivals as a means to provide Mini Rugby clubs, coaches and parents some clarification of the decision making process to show due diligence and encourage a safety first approach. However, the HKMRFU and HKRFU recognise that this approach relies heavily on trust and commitment from the participants and is difficult to enforce to ensure it is carried out to the letter.

Introduction – Why permit it at all?

- The Minis competitions are organised on an age (not weight) basis. The age group of the player is determined by year of birth – see earlier section on age groups.
- The objectives of the HKMRFU are to encourage maximum participation in the sport and to promote safe, competitive and enjoyable rugby at all times. The purpose of the Play Up/Play down process is to facilitate these objectives for exceptional circumstances.
- Mini Rugby is a transition step for boys/girls to move to Colts Rugby, should they desire. To manage this transition the HKMRFU and HKRFU have created a detailed process based on those used elsewhere in the world.
- A list of all players approved to play up or down is maintained by the HKMRFU committee and is available to any Mini Rugby club immediately after monthly meetings.

Guidelines – Play Down

1. Generally, players should play in their correct age band. However it is recognised that different levels of maturity and physical development, size and other factors may mean that it is appropriate for players to play in a different age band.
2. A number of factors will be taken into consideration to any decision to allow a player to Play Up or Down. These factors will vary with each individual, but they will include:
 - a. Age – only players in the adjoining year are allowed to play down
 - b. Safety – of the player and of other players on the pitch. This is a paramount consideration.
 - c. Size – height, weight. The HKMRFU has no set criteria on this but in general the approval for playing down is for significantly undersized players only.
 - d. The player’s circumstances – based on low skills and/or special needs.
 - e. Play Ups – children of exceptional skills for their own age group.
3. A player’s circumstances may change in the course of the season, and the HKMRFU Committee have the right to reconsider an approval during the course of the season.
4. No player playing down is permitted to play any form of representative rugby including NYD or IYT tournaments.

Procedure – Play Down

1. All Play Downs are to be made on the prescribed form (see Appendix I).

2. The form should be completed in full with all required information and photograph provided, and be approved (through signature) by: a parent of the player, the team coach and the respective Mini Club's Chairperson or other responsible club official.
3. The player should not Play Down in any festival until his or her application has been approved.
4. The application will be considered by the HKMRFU Committee as soon as possible after the application is submitted. Usually, this will be at the next scheduled Committee meeting.
5. For approved Play Down players, the following steps should be taken prior to each festival game:
 - a. The coach or manager of the team fielding the Play Down player should inform the opposing team's coach and the referee prior to the commencement of play, and should visually identify each Play Down who will be playing in the game. Coaches/managers and referees are encouraged (but are under no obligation) to enquire about Play Down players prior to each game.
6. If the opposing team's coach or the referee considers that the child playing out of age group should not play for any reason, then the child will not be allowed to play.
7. In the event of such an objection being lodged, or if, having regard to the factors referred to in paragraph 6 above, a Club considers the approval of any particular Play Down of another Club should be reconsidered by the HKMRFU Committee, it may request that the Committee reconsider the application.
8. The Minis Committee may reconsider the approval of a Play Down in response to such a request, or at any time, again having regard to the factors referred to in paragraph 6 and any change in circumstances since its initial approval of the Play Up or Down.

Guidelines – Play Up

1. The Play Up procedure is intended only for boys or girls looking for more playing time and/or a greater challenge from their Mini Rugby than what is achievable in their current age grouping.
2. Safety will be considered paramount in evaluating a participant's request to play up.

Procedures – Play up

- Play Up procedures are exactly the same as with Play Down procedures noted above.

Other points

- If other reasons indicate that the approval of Play Down should be reconsidered on a wider basis, then this procedure permits that reconsideration by the HKMRFU Committee.

7. Hong Kong Sevens Tickets

The HKMRFU is given the right to source tickets to the Hong Kong 7s directly from the HKRFU. While traditionally Mini Rugby clubs have been allocated two adult tickets and a child's ticket per player, there are no guarantees due to the increasing popularity of the event and the growth in size of the Mini Rugby playing population. We expect changes will be made to the ticket allocation process from year to year.

8. HKRFU Website

The HKRFU website can be found at www.hkrugby.com and there is also a separate Sevens website at www.hksevens.com

On the Union website there is a Minis section which can be found at: <http://www.hkrugby.com/en/Minis>

There is a weekly HKRFU e-newsletter "Rugby Update" which contains information on all levels of rugby – contact the HKRFU Rugby Services staff for more details. There is also "Rugby Talk" magazine which is published 6 times per year; it is distributed free to registered senior players and Rugby Union Club members, and can be purchased from all good bookstalls.

9. Representative Rugby

The HKRFU provides a number of opportunities for local players to enhance their skill set and represent sub-parts of Hong Kong (e.g. Island or Peninsula select teams).

Key Representative Events:

| <i>Event</i> | <i>Description</i> |
|---------------------|--|
| New Years Day | Since 1967 the HKRFU has hosted an all day event showcasing the best of HK rugby from ages 11 – 18. This includes HK versus Overseas Schoolboys (i.e. children of HK residents who attend school outside HK) games at the U16/18/20 level. In addition inter-HK teams will play competitive matches. For HKMRFU this includes the U12 age band and also, girls only team at youth level. |
| In Coming Tours | The HKRFU encourages and supports incoming touring sides to allow the best of HK or development sides to play, as well as against individual clubs. |
| Showcase 7s | The IRB Hong Kong Sevens is the premier IRB Sevens event. Prior to the matches on each day the Youth Sections conduct a series of games featuring HK mini and youth rugby players in inter-club games. |

Selection Policy:

Today the HKMRFU and the HKRFU are committed to a number of clear objectives to ensure that HK can continually enhance local rugby. Each year a chairman from the various clubs are entitled to nominate a head coach for their regional team and selection is done by popular vote at a chairman's committee if more than one nomination is received. Clubs are also encouraged to nominate assistant coaches and team managers through their club chairs.

Selection Process:

Selection for the representative games is completely at the discretion of the head coach who shall in turn be guided by the recommendations of the assistant coaches. Normally the key selection criteria will include performance and skills demonstrated in training sessions and trial games however the coaches may, at their discretion, consider other factors including attendance at training session and sportsmanship or attitude of players.

10. Health and Safety in Rugby

The following is adapted from The HKRFU website but is equally applicable to older players.

Whilst everyone associated with Mini Rugby wants the players to have fun, the need for safety in play is paramount.

All players MUST wear mouthguards. The use of iRB approved headgear and shoulder pads is allowed, as well as any other IRB approved accessories.

The coaches also have an important role in safety through structured and age appropriate training. Teams are required to adopt age appropriate rules for their games but coaches and referees are empowered to change some areas of play (e.g. non-contest scrums) if they consider any danger of injury exists and are encouraged to discuss with coaches strategies to balance one sided games to ensure more equal and enjoyable games.

At all times, players should be coached to a suitable standard for safe and enjoyable rugby. The risk of injury is lowered when children learn rugby skills in a structured way. Coaches, managers and parents should strive to avoid physical mismatch. Players should not be pushed beyond their reasonable capability. In addition, the HKRFU and HKMRFU actively provide regular age-specific, coaching courses and refereeing courses for individuals throughout the season to improve the safety aspect of the game.

11. First Aid

Each and every club should ensure that there are adequately trained first aiders present at all training and match events.

12. Disciplinary Procedures and Guidelines

A “Code of Conduct” and a “Disciplinary Procedure” exist specifically for youth rugby. The Code of Conduct is published on the HKRFU website under the Youth Section (<http://www.hkrugby.com/en/node/552>), and is reproduced below – all coaches, parents and players should be encouraged to read the Code. The Disciplinary Procedure is also on the website under the Youth Section: <http://www.hkrugby.com/en/Refereeing/youth-disciplinary-regulations.html>

CODE FOR PLAYERS

- Play to enjoy rugby, not just to please you parents or coach
- Always try your best to improve your skills and play well
- Play within the rules and laws of the game
- Never argue with referees or coaches – their decision is final, even if you think that they are wrong. Let your coach or your captain ask match officials any questions
- Control your temper – do not ‘mouth off’
- Treat everyone as you yourself would like to be treated. Don’t bully or take unfair advantage of any player
- Rugby is a team game – do your best for yourself and your team. Your team’s performance will benefit and so will your own
- If you lose, accept it with good grace and try harder next time
- Be a good sport. Applaud all good play, whether by your team or your opponents’ team
- Cooperate with your coach, team mates, referee and opponents, for without them you don’t have a game.

CODE FOR COACHES

- You have the responsibility for your team and supporters – EXERCISE IT!
- Remember that young players play for fun and enjoyment. Don't overload them with technical information and tactics
- Be reasonable in your demands on young players' time, energy and enthusiasm. Remember that they have other interests and demands on their time
- Ensure that all players get a game. The 'just average' players need and deserve equal time
- Players develop at different times and in different ways – make allowances for their physical, emotional and mental maturity and development
- Winning isn't everything – teach your players to enjoy taking part and performing to the best of their ability. Encourage each player to reach his or her potential
- Never abuse, yell, criticise or ridicule children for making mistakes or losing a game
- Remember that young people need a coach that they can respect. Be generous with praise when it is deserved and set a good example
- Teach young players that the laws of the game are mutual agreements that no one should evade or break
- Create opportunities to teach sportsmanship, just as you would in teaching the basic skills
- INSIST ON FAIR PLAY. Do not tolerate foul play, fighting, or foul language. Be prepared to take off an offending player
- Develop team respect for the ability of opponents, as well as for the judgement of referees and opposing coaches

CODE FOR PARENTS

- Do not force an unwilling child to participate – young people are involved for their enjoyment, not yours
- Encourage your child to understand and play within the rules
- Teach your child that taking part and trying their best is more important than winning
- Focus your child on practising skills, sportsmanship and being part of a team. Winning isn't everything and not everyone can score the winning try
- Support and encourage your child – never criticise them for making mistakes. Console them for losing, but encourage them to try harder next time
- Turn defeat into victory by helping your child work towards skill improvement and good sportsmanship
- Do not publicly question the referee's judgement and never his/her honesty. There is no place for 'touchline rage' in Youth Rugby
- Support all efforts to remove verbal and physical abuse from Youth Rugby
- Young people learn best by example. Applaud good play by your team and by members of the opposing team
- Recognise the value and importance of volunteer coaches, referees and administrators. They give their time and resources to provide recreational activities for your child

13. Insurance

The Union has insurance cover for HK rugby:

- Mini Rugby club players
- School children
- Colts
- Coaches
- Referees
- Supervisors

Territorial limits are:

- Hong Kong
- Overseas – for Hong Kong representative teams only
- Age group limits: 4 to 20 years for players
- The actual maximum coverage provided by the Union is as follows:

| | |
|--------------------------|-------------|
| a. Death | - \$100,000 |
| b. Permanent Disablement | - \$100,000 |
| c. Medical Expenses | - \$ 50,000 |
| d. Dental Expenses | - \$ 12,000 |
- Eligibility – anyone aged 4 - 20 taking part in training or playing in matches organised for or by the HKMRFU. This includes returning Overseas children playing in HKRFU approved games (e.g. New Year's Day)

It should be also noted that all HK residents have access to low cost health care through the Public Hospital System where care typically costs HK\$100 per treatment and includes emergency care. Please note that HK residents (or the parent of a minor) need to provide a HK ID card to receive treatment at any of Hong Kong's public hospitals.

14. Incoming Tours

It is the intention of the HKRFU and the School and Youth Associations to increase the number of Touring teams coming to Hong Kong and Playing HK teams (whether Schools, Clubs or Representative). The success of the 10-a-side International Youth Tournament (IYT) is testament to the popularity of HK as a destination for International teams.

15. Equipment

All equipment used for Mini Rugby must be iRB approved. Molded studded boots are recommended. iRB approved protective headwear is allowed.

16. Training Courses

The HKRFU provides a number of specialized training events aimed at very specific audiences including: players, coaches, parents, potential referees, etc:

1. Coaching Clinics:
 - a. U8 Modified Game
 - b. Rugby Ready
 - c. Level 1 & 2 Coaching Qualifications
2. Health Day/First Aid – This is typically held at the start of each season, i.e. September. For more info please contact Robbie@hkrugby.com
3. Referee Courses – the HKRFU Referees' Development Officer, Bernard Fienberg, runs a range of referee and TJ courses throughout the year. To find out details and dates of upcoming courses, contact him on Bernard.fienberg@hkrugby.com

17. Ethical Consideration for Coaches

Coaches must coach within the laws of the land. This means paying attention to health and safety, violent and abusive conduct, and discriminatory behaviour.

Child protection is an important legal and moral concern for coaches. They need to protect their players from child abuse and, in turn, protect themselves from potential accusations of wrongful behaviour.

Coaches should be mindful and cognisant for the potential signs of abuse. Signs to be aware of include neglect, emotional abuse, sexual abuse, verbal abuse, and physical abuse. Remember that physical abuse can also be present in children who are being physical pushed too hard in terms of their rugby –over training for example. Coaches should also avoid putting themselves in difficult situations such as one-on-one training unless there is another adult present.

If a child approaches a coach, team manager or club official with information, the following procedures should be followed:

1. The adult should listen without prejudice.
2. They should tell the child they were right to tell someone.
3. The child should be informed that the issue will be taken further.
4. Written notes of everything that was said and the action as a response to the child's allegation should be made.
5. Immediately inform the club's officials and thereafter the HKRFU about the allegation.

If child abuse is suspected, the individual should:

1. Share their concerns with their club management or committee to decide on the best procedure and then act on it.
2. Any action to obtain further information should only be conducted if it will not put the child at risk.

18. Club Governance

Corporate or Club governance is the system by which a club is managed and controlled. It is about how a club manages its resources to good effect for both members and stakeholders that includes both the HKMRFU and the HKRFU.

Good governance is about:

- Planning - developing goals and objectives, and determining how these can be achieved.
- Organisational performance - monitoring the performance of the club against targets to ensure the goals and objectives are achieved.
- Leadership - ensuring the club is governed responsibly with the best interests of its members and stakeholders at the core of any decision making.

Benefits - good governance allows:

- Better management by encouraging a better managed and more efficiently organised club.
- Improved communication - a well-run club facilitates better informed members and volunteers.
- Sustainability and growth - careful business planning and implementation of policies and procedures helps sustain and develop clubs and the sport.
- Attracting sponsors - sponsors are more likely to link up with efficiently run organisations.
- Increased membership - parents are more likely to enrol children in a club that is being well managed.
- Enhanced reputation - through satisfied members the profile and reputation of your club can be raised.

Club Committee Members/Directors have responsibilities:

- They are usually any person who is elected by the club members or appointed to the club committee or board
- Have legal responsibility for the club
- Are responsible for dealing with the club's money and assets
- Deal with members' and stakeholders' rights and expectations
- Organise and running events
- Owe certain duties to the club and members by virtue of the position of trust (fiduciary duty)
- Are required to comply with common law duties and statutory duties

- Must act for proper purpose and must exercise powers under the club constitution for the purposes for which they are given
- Must act in good faith and honestly

Conflicts of interest – Committee members:

- Must avoid potential or actual conflicts of interest
- Should disclose to the club committee any personal interests that may give rise to conflict of interest
- Maintain confidentiality

In the interest of promoting good governance, the HKMRFU committee requests that each club chairpersons provides full cooperation in facilitating potential requests for information on matters concerning governance. Such requests may include the following examples:

- Details of their club's Executive committee and structure
- Demonstrate independent accountability amongst the club's elected committee