



16 Hours of Daylights
30 Teams. 3 Nations
1 Rucking Weekend

www.AlaskaRugbyUnion.org

23rd RUGBY



TOURNAMENT June 6 - 8 @MidnightSun7s

Manager's Manual



Team Manager's Manual Content

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FROM THE TOURNAMENT DIRECTOR



Welcome to the first step in preparing your team for the Last Frontier experience at the Alaska Midnight Sun 7s tournament in Anchorage, 2019.

The purpose of this document is to give you an initial heads up as to who we are, what to expect and things to look out for so you can hopefully answer most of the questions potential team mates may ask. Having done this for many years we like to think we know just about all the pitfalls.

Thanks for taking the time to read this Manager's Manual we hope it is useful.

If you have any questions at all contact us right away - we're here to help and we look forward to seeing you in Anchorage.

Tournament Director
Tran D Phu
AlaskaRugbyFestival@gmail.com

Assistant Director

WELCOME TO AMERICA'S LAST FRONTIER

The 23rd Alaska Midnight Sun 7s Rugby Tournament is built around a spirit of Adventure.

The Alaska Midnight Sun 7s is an annual competition between Alaska Clubs and international and domestic travel sides, whose fastest and smartest rugby players compete against each other to win the Last Frontier title.

Beginning in 2016, the tournament welcomed professional teams from Canada, Australia, California, Hawaii, St Louis, and New Zealand, bringing it a step closer to the elite stage. Alaska Midnight Sun 7s is sanctioned by USA Rugby. Featuring over 19 hours of daylight, the emphasis is on getting the maximum amount of fun from it.

Alaska Midnight Sun 7's started in 1996. Since then the tournament has given hundreds of people the opportunity to play the sport they love, experience the salmon runs as well as Alaska cultures and make new friends.

2019 may welcome over 30 teams and participants will find themselves mixing and meeting with some of life's most unforgettable characters. The tournament is to take place in Anchorage, Alaska from Friday June 7th 2019, to Saturday June 8th 2019.

Please have a representative of your team carefully read the manual thoroughly.

WHAT TO EXPECT AT THE ALASKA MIDNIGHT SUN 7s

Team Managers and Referees Briefings

The first event at every Alaska Midnight Sun 7s is the briefing for Team Managers and Referees. They are held prior to the first game on Friday @ 5pm and the timing may depend upon the expected arrival of teams into the host city on that day. Team Managers will be advised in advance of the time and venue.

Two Match Days

Regardless of which Alaska Tournament event you are attending, there will be 2 match days during the week. In most cases they will be Friday and Saturday.

Friday—Day 1

First Kick Off is at 5 pm and will take place at 2 locations: Davis Park Fields and Alaska Mountain Rugby Grounds. Check in is from 4:30 pm to 6pm at the control station. All game playing at Davis park will be played on 2 pitches. Medical and Match control is located in between both pitches. Food truck will be present at Davis Park. Please note that the weather in Alaska ranges from the low 60's to high 80's .

Playing Equipment

All balls will be provided. Your team is required to provide all other playing gear needed for your members.

Referees

If you or someone in your team would like to play and also officiate we will welcome you with open arms. Maybe you know someone who would like to be part of the fun in Anchorage but only as a referee - bring them along. 2019 welcomes 3 national panel, 3 elite level, 3 development level, and a group of officials volunteers. The referee briefings will take place on the Alaska Mountain Rugby Grounds on June 5th. Time will be advised at later date. *Please contact Richard Piraino for more details rkjpiraino@yahoo.com 907-782-8997*

Camping & Food Plan

Some teams in the early bird category may be eligible to stay onsite at the Alaska Mountain Rugby Grounds apartments and cabins as well as having a food plan worked out. RVs and tent camping are also available on site. *Please contact David Delozier for availability delozierd@yahoo.com 907-390-0014*

Hello, Hola, Bonjour , God dag



Head Referee: Richard Piraino (R)

Registration

All teams will be required to register before playing their first games

Player Waiver

Everyone who takes the field in the Alaska Mountain Rugby Ground is required to accept the terms and conditions by signing the 'Player Waiver' prior to taking the field. Everyone who registers on-line will have done this already. For the teams registering offline, you will all individually need to sign a player waiver that will be supplied to you prior to the tournament first kick off.



Final Days—Saturday

On Saturday, June 8th, all teams and spectators are invited to the legendary Alaska Mountain Rugby Grounds. Built on the dream and hopes of Justin Green, the owner, the venue will brace itself to the over 1,000 spectators and fans. We have lined up a list of events to expose everyone to the Alaska cultures.

Parking—Saturday

Please take note, limited parking at the AMRG so please car pool. There is a fee of \$15 per vehicle.

Warm Up Area—Saturday

Due to limited grass space available on the field, the warm up area is located in the hangar next to the main club house. The space will be dedicated specifically for players, and coaches. The in-goal area is open only for second half of the match for team drill. Please bring Sport Shoes/ Sneakers. The hangar floor is concrete .

Semi Finalist Ceremony—Saturday—Only Semifinalist—More information on Page 11

Things kick off with the Semi Finalist Ceremony on day 2; Teams get to show off their character, history and home country culture. We have seen teams in full Japanese ceremonial dress, Roman Centurions with chest shields and swords and undertakers complete with coffin! There are those with colourful wigs and others in beautiful South Pacific or Asian traditional dress. It is a sea of colourful creativity! The Parade is lead by Alaska Sled Dog Team from the tunnel to the other end of the Rugby Fields. Teams will line up along the try line to sing the National Anthems.

TryDive Competition—Saturdays

Started in 2015, the Alaska Mountain Rugby Grounds hosts a TryDive Challenge to raise money for youth rugby. The event first saw a group of elite women rugby players, representing USA, diving into the freezing water of Alaska to win the best TryDive Post!! All teams will have the opportunity to elect one of their favorite candidates to jump in with the team of their choice. Towel and dry clothes will be provided. Each jumper will donate \$20 to the Alaska Rugby Foundation.

Mascot Stealing Game—Saturdays

Each Team will have a mascot that is unique to their origin. Most Teams have a stuffed animal or something similar. The Mascot has to be stolen and brought to the Eagle Nest. Bail of \$50 will go directly to Alaska Youth Rugby.

Beer Tap— Saturdays

Our sponsors Matanuska brewery have kindly donated an unlimited amount of beer to us. All players participating in the tournament will have the chance to purchase player beer pass before the tournaments at the price of \$30. The beer pass come with our very own customized beer mug and 10 drinks. A link will be sent out a month in advance and will close one week before the tournament.

Bring Cash— Final Days

Cash is King at the Alaska Mountain Rugby Ground. Many of our vendors are made up of volunteers and they do not make a profit from the event. They do not intend to pay the 5% credit card and transaction fee, so please prepare about \$50– 60. There will be activities , merchandise, and food to purchase.

Pop Up Tent—Final Days

Pop up tents can be brought to all locations, as long as they are staked with SMALL, 5" SPIKES, OR SANDBAGS. It is extremely cost efficient to purchase these cheap 10 x 10 tents at the nearest Walmart, etc, and discard after the tournament. We prefer the Pop Up tent to be White. Please note, AMRG is located on a windy hill. Please anchor your tent.



TOURNAMENT LOCATION

Alaska Mountain Rugby Grounds

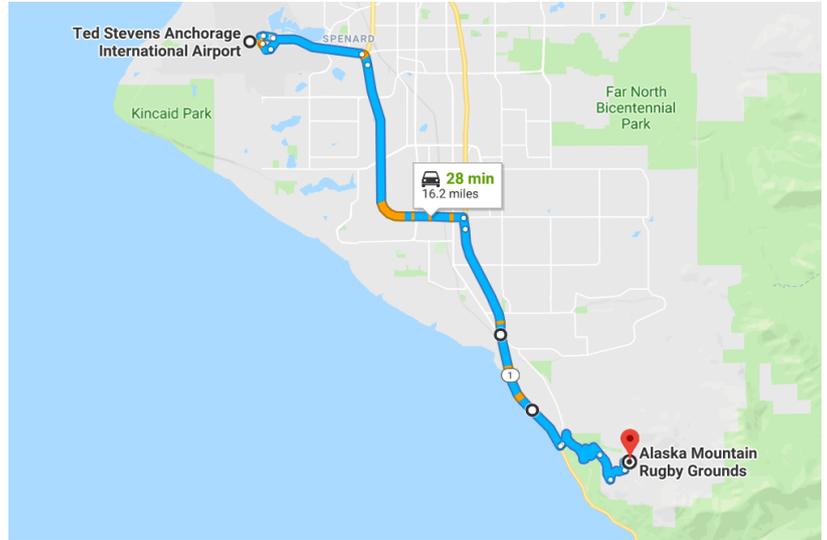
19001 Finland St. Anchorage, AK 99516

- Pool play Friday (5 p.m. start)
- Quarters, Semi and Finals Saturday (9:40 a.m. start)



Direction—From Ted Steven

- 1) Get on Minnesota Dr/Walter J. Hickel Pkwy from W International Airport Rd
- 2) Follow Walter J. Hickel Pkwy and AK-1 S to New Seward Hwy
- 3) Drive Pass Potter Marsh Wildlife Viewing Board Walk
- 4) Turn left on Old Seward Follow Potter Valley Rd and Potter Heights Dr to Finland St



Please do not take the rabbit creek road. The road is only for local traffic and you may get lost.

Davis Park / Mountain View Lions Park

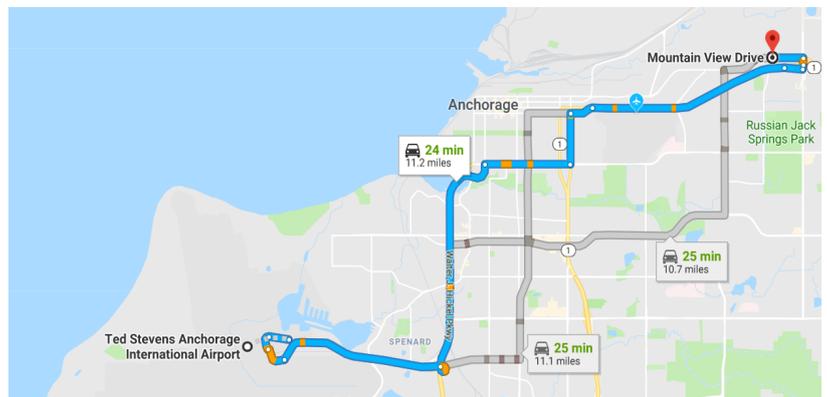
5081 Mountain View Dr, Anchorage, AK 99508

- Pool play Friday (5 p.m. start)

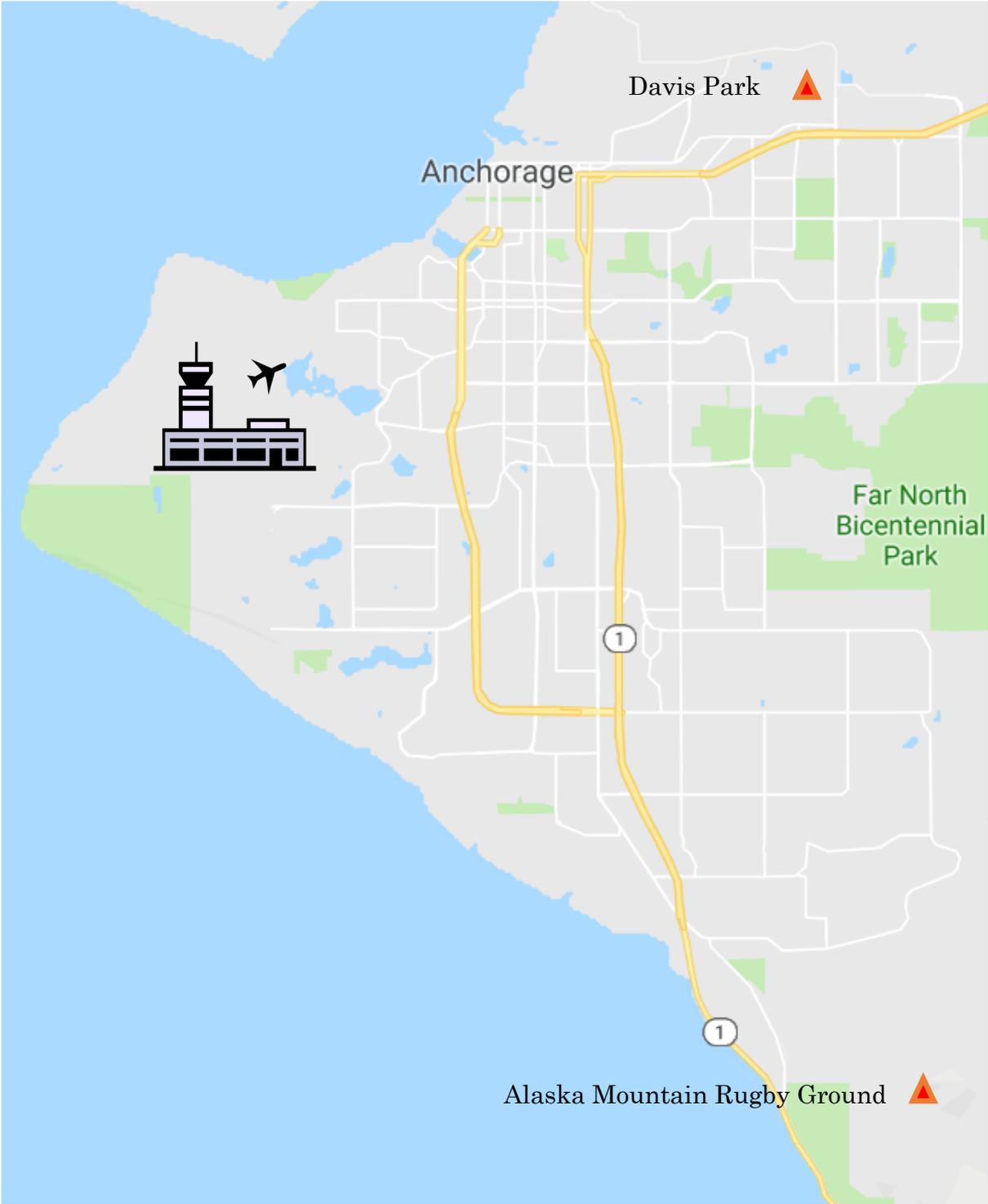


Direction—From Ted Steven

- 1) Get on Minnesota Dr/Walter J. Hickel Pkwy from W International Airport Rd—Right Turn
- 2) Left Turn on A St
- 3) Continue onto AK-1 N/E 5th Ave
- 4) Take Boniface Exit
- 5) Left on Boniface and then left on Mountain View



ANCHORAGE MAP FOR REFERENCE





TRANSPORT

Car/Van Rentals

Getting around Alaska can be challenging. We have partnered with local vendors to make your transition as smoothly as possible. Mention Alaska Rugby Union to get competitive rate/ discount.

Enterprise Rent-A-Car: 907-248-5526

Alamo Rent A Car: 907-243-3255

Thrifty Car Rental: 907-276-2855

Hertz: 907-243-4118

Avis Alaska: 907-249-8260

Budget Car Rental: 907-243-0150

Midnight Sun Car & Van Rental: 907-243-8806

UBER and LYFT are also available

Hello, Hola, Bonjour , God dag



2018 Director : David Delozier (R)

HOSPITALITY

Ramada Inn

The Alaska Rugby Union has a partnership with the Ramada Inn; we get a summer rugby rate equal to the winter rate and discounted food in adjacent Slippery Salmon bar and grill.

Location: 115 E 3rd Ave, Anchorage, Alaska 99501

Point of contact

Lawayne Meader 907-268-1536

<https://www.wyndhamhotels.com/>



Regina's Hotel Anchorage Alaska

The Alaska Rugby Union has a partnership with the Regina's Hotel Anchorage; we get a summer rugby rate equal to the winter rate. This bed and breakfast is run by our very own Rugby players. Your support will be very much appreciated.

Location: 1118 East 10th Ave.

99501 Anchorage, Alaska
(In Downtown Anchorage)

Point of contact Regina
(907) 830-0302





RATES STARTING AT \$229*
PER NIGHT FROM
WEDNESDAY, JUNE 5TH -
MONDAY, JUNE 10TH

AMENITIES INCLUDE:

- COMPLIMENTARY HIGH SPEED WIFI
- COMPLIMENTARY PARKING
- COMPLIMENTARY FULL, HOT BREAKFAST BUFFET
- FITNESS CENTER AND POOL
- CHILDREN'S VIDEO RENTAL
- LOCAL AREA TRANSPORTATION
- MULTI-LINGUAL STAFF
- COMPLIMENTARY BUSINESS CENTER
- PET-FRIENDLY (NON-REFUNDABLE PET FEE APPLIES)
- COIN-OPERATED LAUNDRY FACILITIES ON-SITE

**CONTACT LARENA AT LGRAY@SBCOS.COM
OR (907) 257-2412 TO BOOK YOUR
ROOMS TODAY!**

*BASED UPON AVAILABILITY

4700 UNION SQUARE DRIVE ANCHORAGE, AK 99503
907.561.5618

WWW.HOME2SUITES3.HILTON.COM

MEDICAL ADVICE

Some important tips before you start your trip

- Make sure you're healthy before your travel starts.
- If you wear glasses take a copy of your prescription along. If you happen to lose your glasses they can be quickly replaced.
- If you are on any medication take an adequate supply with you as the particular brand you take may not be available locally. Ask your doctor to give you a list of the drugs you take with the generic name rather than the brand.

On-Site Medical

Our friends at Orthopedic Physicians Alaska will be stationed throughout the tournaments. They are here to evaluate injuries and course of action for those injuries; **they are not here for taping.** Please look for the medical tent before play to familiarize yourself with the layout, in case of injury.



On-Site Hydration

If you are drinking too much and still want to have a good time. Our friends at Hydrate Alaska are offering IV bags and compression machine for recovery. The IV bags are going at cost. Additionally, we have masseuses station on the Final days to release any unwanted muscle tension.



Hospitals

The closest hospital is Providence Hospital

3200 Providence Dr, Anchorage, AK 99508
(907) 562-2211



30 Mins away from Alaska Mountain Rugby Ground

10 Mins away from Davis Park



FANS

This year we have a whole new line up of performance, merchandise and food trucks waiting for you. You will expect to be pumped up by indigenous performance from a local Polynesian group and participate in the Alaska native dance. The fun does not stop here; We have Adam Petterson playing live on stage. We also have Yoga and Beer in the woods.



There will be a merchandise table for Alaska Rugby Union and Midnight Sun 7's on top of the pitch (Eagle



Parking Lots) for purchase of merchandise.

TEAM MEETING

Day 1—Friday

Manager meetings will take place Friday
June 7th @ 5 p.m at AMRG—Hangar Bar
June 7th @ 6 p.m at Davis Park—Check in Area

Check list:

1. Team CIPP
2. Substitute Rule
3. Match Schedule
4. Referee Expectation
5. Emergency Procedure
6. Saturday Plan—team areas
7. Logistic FAQ
8. Team Beer Pass and Parking Pass Package

Day 2—Saturday

Manager meetings will take place Saturday
June 8th @ 10:30 a.m at AMRG in the Hangar Bar
Participants are : Men Cup Quarter and Women Semi . Men Bowl Quarter do not need to attend.
Contact: Chelsea

Check list:

1. Team Waiver
2. Semi Finalist Ceremony
3. Emergency Procedure
4. Logistic FAQ
5. Match Schedule
6. Substitute system
7. Venue Map—Warm Up Area
8. QnA

MATCH SCHEDULE

The match schedules will be posted once registration is closed.

Teams are required to be on the pitch, ready for kickoff within two minutes of published kickoff time. Teams failing to field a team within two minutes of published start time are subject to a forfeit loss by a score of 14-0. In the event of delay (due to injury, weather, etc.) the Tournament director has sole discretion on changes to match times and cancel/reschedule matches when necessary.

* Culture Challenges:

If one or both team(s) decide to do a culture challenge, they have to let the tournament director and head referee know 2 games in advance or 30 mins before the kickoff.

Where only one team is performing a challenge, no player from the team performing the challenge may cross their own 10m line and no player from the team receiving the challenge may cross the halfway line. It is not mandatory for the team receiving the challenge to face it.

Where both teams are performing challenges, one team may not cross half way and the other team may not cross their own 10m line - so the teams are always separated by at least ten metres.

** Referee Note:

The coin toss will decide the position for each team. The winner of the coin toss will be allowed to move until the halfway line and the other team will have to remain behind their own 10 metre line.

For the cultural challenges, teams must be positioned on the same halves of the field as for the kickoff of the match.

SATURDAY TOURNAMENT PROGRAMME

9:40

First Kick off—Men Bowl Quarter

11:00

First Kick off—Men Bowl Quarter

12:20

High School Rugby

13:00

Live Band #1

14:00

Yoga and Beer in the Woods

14:10

Polynesian Cultural Performance

14: 50

High School Finals / Live Band #2

16:30

Mariachi Band

17:00

Mens Cup Semi

18:20

Women Cup Finals

18:40

Men Cup Finals

19:10

Award Ceremony

Important Time to Keep Note

10:30 Team Manager Meeting— Men Bowl, Men Cup Semi and Women Bowl Finalist and Cup Semi Finalist

12:00 Beer and Yoga Registration - 20 Slots

14:20 Semi Finalist Walk of Nation— Team that are in Bowl Finalist, Plate Semi Finalist, and Cup Semi Finalist.— Please go to staging area and wait for the cue

14:40 Semi Finalist Walk of Nation—Walk, National Anthem, and Para-gliders

15:30 Post Festival Registration

17:40 Men & Women Semi

18:40 Men Cup Finals

21:00 After Party Pick Up

TOURNAMENT RULE

Advancement in 7's Play

Points will be awarded to teams based on their results in their preliminary rounds

3 points for a win, 2 points for a draw, 1 point for a loss, 0 points for a forfeit.

Ties remain standing in preliminary matches; there is no overtime.

If at the completion of the preliminary rounds, two teams have the same number of points, the following procedure will be used to determine the leading team:

- i. The winner of the match between the teams, if one occurred, shall be deemed the leading team.
- ii. If the match in (i) is drawn, then the team with the highest point differential (points scored for less point scored against) shall be deemed the leading team. If the tie remains unresolved then,
- iii. The team with the highest margin of tries scored for and against shall be deemed the leading team. If the tie remains unresolved then,
- iv. The team that has scored the highest number of points shall be deemed the leading team. If the tie remains unresolved, then
- v. The team that has scored the highest number of tries shall be deemed the leading team.
- vi. If more than two teams are tied, then rules ii, iii, iv and v from above apply.
- vii. If teams are still tied after consideration of above, the winner will be decided by the toss of a coin.

Laws and Variation

All matches shall be played according to the World Rugby Sevens Regulations and Laws of the Game with Seven-a-side variations. All teams will be entitled to have the following members in attendance:

up to 12 players; up to 3 managers; teams will be entitled to also bring a doctor or physiotherapist at their discretion.

Time

The game shall be play with 7 minutes half and 1 minute half time. The referee will blow the whistle at 30s mark as an indication to the begin of second half. **Sanction: Penalty or kickoff without defending team.**

Disciplinary Issues

Red Card: Any player ejected from a match with a red card is barred from tournament play for the remainder of the tournament. An accumulation of 2 yellow cards in one match. Team manager may petition if the second was not in accordance of Law 9: foul play.

Yellow Card: 2-minute interval. Only allow to return play on Assistant Referee discretion. Any accumulation of 3 yellow card for foul-play offenses (Law 9: Foul Play) will result to tournament ejection.

Referee Abuse: The tournament have **Zero** tolerant for referee abuse. Any attempt or action intend to harm the referee or disrespect the referee will result to an award of a yellow card and a team warning. The Tournament Director have the right to eject the team from the tournament if the team fail to defend the Rugby's Values (Integrity, Passion, Solidarity, and Respect).

For contest and feedback: please direct it to the disciplinary chair, Ted Snider. The director will seek consul from the disciplinary chair. Note: the disciplinary chair do not have the power to over a try even if a foul play is involved.

Substitution—Law 3: Team

1. Each team has no more than seven players in the playing area during play
2. A team may nominate and use up to five replacements
3. Replacements are made only when the ball is dead and only with the permission of the referee.

*A team roster must be provided a game or 15 mins before kick off.

This is to allow presenter and administrator time to prepare.

** 5 reserve and 3 managers must be identified with non playing jersey. Swapping of jersey is not allowed. Only players are allowed in the technical area.

TryDive

The pond located behind the in-goal area, south side of the pitch, is part of the In-goal area. Any players decide to ground the ball in the pond is a TRY. Additionally, there is a donation of \$10 for every dives to raise money for the Alaska Rugby Foundation.



ALASKA MOUNTAIN RUGBY GROUND—RULE

Shower Facility

Please contact the Alaska Mountain Rugby Ground for more information.

Email: DavidD@akrugby.com

Alaska Mountain Rugby Grounds Manager

Waste Management

You'll feel an amazing sense of community by working together to leave no trace and will save money by reusing items. It's clear that what you bring with you and leave behind can have a big impact on people's experience at the festival and on the planet. Abandoning your tents, sleeping bags, chairs, gazebos, clothes, cooler boxes, tables, alcohol, food, and excess packaging is not cool.

There will be trash station available around the venue.

Camp Fire

Camp fire are allowed at designated area. Bare in mind that the Alaska Mountain Rugby Ground survive the 2017 forest fire, please do not be the one who start. Practice safe burning and avoid burning napkin, plastic, paper or any combustibile that may emit hot ashes. Please do not dump any burned charcoal in the forest.

Nudity

This is Justin Green home. The ground was built with hard work and determination. It is the dream for rugby players. Please respect the venue and the owner. Any nudity by the players will result to team ejection from the 2020 tournament/ festival and will not be invited to stay at the Alaska Mountain Rugby Ground in future events.

Quiet Hour

Yes!! We have neighbors. Please keep volume to minimal or indoor during your stay at the Alaska Mountain Rugby Ground.

We enforce the 10 pm quiet hours through out the festival.

Alcohol—Special change this year

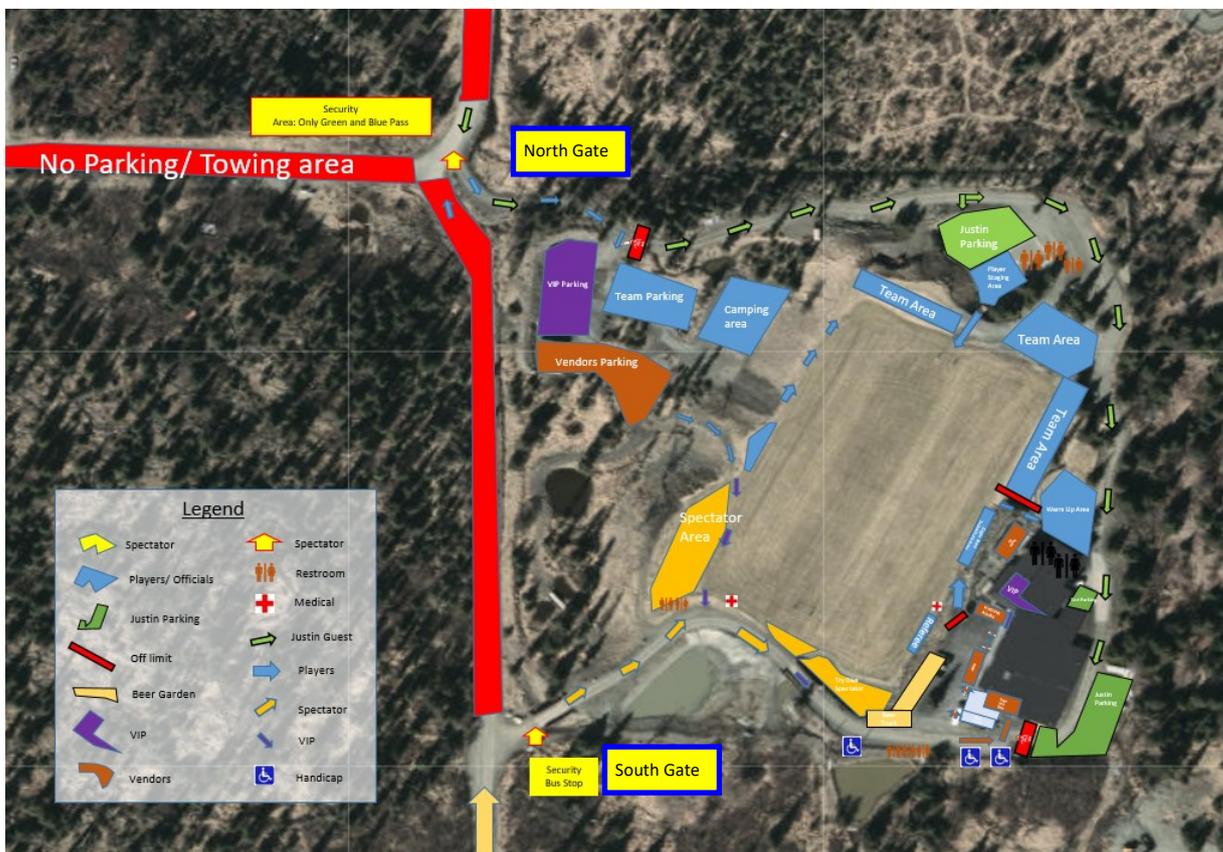
No outside food or alcohol allow on Friday and Saturday at the festival area. Our security will be doing bags check at player's and spectator's entrance area. The festival have two food vendors and one beer garden area set up. Unlike any other festival, we serve beer at discount to all our players and coaches. You will receive \$5 discount when purchase the beer token when you shown your players card.



FESTIVAL LAYOUT

Please have your team familiarize with the festival map. Take note of the red color zone. This is our emergency vehicle access road. The neighbors are enforcing the no parking policy along Finland St and England St. Vehicle who park along this road will be towed by Vulcan Towing Co.

Referee, Players, volunteers and Justin guest are to enter from the North Gate
 Family and Spectators are to enter from the South Gate (Main Gate).



East West View



POST TOURNAMENT TOUR—SUNDAY

Make the most of your trip to the Last Frontier with a pre or post tournament tour. If you are a fisher man or women, why not charter a boat out to Seward or Whitter for some Halibut fishing. Or stay in town to hike the glorious Chugach mountain at Alyeska Resort and visit the Alaska Wildlife Center. Even more, grab a rental fishing pole from Alaska Adventure gear and fish right in the heart of Downtown Anchorage at the Ship creek run.

Hello, Hola, Bonjour , God dag



Adventurer: Ariana Yambaw

The opportunities are endless. Let us know what your preference is and let us put together an itinerary for just you or the whole team to really make this the rugby trip of a lifetime.

Contact our tournament planner Ariana—ayambaw@gmail.com

FINAL MESSAGE

The Alaska Rugby Union and The Alaska Rugby Mountain Grounds are happy to have you and your team here as part of this amazing event in the rugby community. Please enjoy everything that Anchorage, Alaska has to offer!!!!

Oh and do not forget to bring your inflatable tube. See you here!

Assistant Director





[www. Alaska Rugby Festival.com](http://www.AlaskaRugbyFestival.com)

delozierd@yahoo.com

907-390-0014

