



**RUGBY CLUB OF LUXEMBOURG**  
**INFORMATION HANDBOOK**  
**AND**  
**CODE OF CONDUCT**

Rugby Club de Luxembourg  
Siège social  
BP 1162  
L-1019  
Luxembourg  
RCS F5586  
[www.rcl.lu](http://www.rcl.lu)

Information Handbook and Code of Conduct



Updated: October 2017

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## 1. ADMINISTRATION

### Registered Address and Status

Rugby Club of Luxembourg ('RCL') is registered with the Luxembourg Chambre de Commerce with the status of a not for profit charity or asbl (Association sans but lucratif). The Club's full address and RCS number are as follows:

Rugby Club de Luxembourg, ASBL (RCS F5586)

Siège social  
BP 1162  
L-1019  
Luxembourg

Websites [www.rcl.lu](http://www.rcl.lu)  
[www.touch-luxembourg.lu](http://www.touch-luxembourg.lu)

Facebook Rugby Club Luxembourg / R.C. Luxembourg-Juniors / RCL Seniors Squad

Twitter @rcllux

### Articles of Association

The full Club Articles of Association are on file with the Chambre de Commerce and can be viewed at [www.legilux.lu](http://www.legilux.lu). Search under Societes et Associations for Rugby Club de Luxembourg.

### The Officers of the Club and the Club Board of Administration

The Club is formally run by a Board of Administration (the Board), which is composed of the following positions and full contact details are listed on the Club website. The Board meets monthly through the season. (\* these are mandatory requirement for an asbl)

President\* [president@rcl.lu](mailto:president@rcl.lu)

Vice President

Secretary\* [secretary@rcl.lu](mailto:secretary@rcl.lu)

Treasurer\* [treasurer@rcl.lu](mailto:treasurer@rcl.lu)

Administrator

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Membership Secretary [membership@rcl.lu](mailto:membership@rcl.lu)

Seniors Representative

Ecole de Rugby Representative

Touch Representative

Sponsorship Officer

Events & Social Secretary

WebMaster

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## 2. IMPORTANT INFORMATION

In applying for membership and throughout their membership of RCL all members and/or the parents or guardians of members/players under the age of 18 confirm their understanding, acceptance and consent to the following:

### Data Privacy Statement

RCL may process information about a member which may constitute personal data (including sensitive personal data) under the EU Data Protection Directive and implementing laws. The personal data may be processed for the purposes of administering membership and related services. The personal data may be disclosed to any organisation in order to obtain a licence or to enable the member to participate in RCL teams and competitions. This will include, but not limited to, providing personal information to the Rugby Federations in Luxembourg, Germany and Belgium. Members may request a copy of the personal data held in relation to them by RCL. If any personal data is found to be wrong, the Member concerned has the right to ask RCL to amend, update or delete it, as appropriate.

Club events, including training sessions and matches, held at Cessange may be recorded for the use of the coaching staff and Club publicity purposes.

### Insurance

Members are advised that Rugby Club Luxembourg (RCL) does not provide any insurance with respect to members playing any form of rugby. Only fully paid up and licensed members are entitled to the additional sport mutual cover provided through the CSMS, which pays for medical costs not covered by the social Security and the Individual Accident Insurance which is part of the State's sport insurance scheme.

When applying for membership all players, or their parents/guardians, should ensure that they are adequately covered by insurance at all times. This is particularly important if a member is not part of the Luxembourg centre commun de la sécurité sociale (CCSS) or entitled to the associated INS examen médico-sportif.

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### **Photograph Consent**

**By applying to join the RCL all members, or their parents/guardians cedes to Rugby Club Luxembourg all image rights when the image is reproduced in photos taken and/or video recorded during the Club's sporting activities and/or other events related to this activity. Consequently RCL and its representatives, are authorised to fix, reproduce, communicate and modify for all media the pictures and recorded videos under this consent.**

**All the photographs as well as videos may be reproduced in any medium and integrated in any material. Photos and videos can be used by Rugby Club Luxembourg, or transferred to a third party.**

**Authorises the use of images of minors in all contexts related to rugby and to any event held within the Club, even after the minor has left Rugby Club Luxembourg.**

**At any time, you can exercise your rights of access, cancellation, opposition and rectification by sending a registered letter to the President of Rugby Club Luxembourg.**

### **3. MEMBERSHIP FEES, PLAYING LICENCES AND MEDICAL INSURANCE COVER**

This section of the handbook details clearly the steps to be completed to properly register as a member of RCL, to pay the necessary fees, to get medical insurance cover and to get a playing licence.

- a. Register as a member online (this is required for all members and for the parent/guardians of players under the age of 18)
- b. Pay the appropriate annual membership fee to the Club's bank account based on the age and/or category of player/member
- c. Medical Insurance – visit the INS (see below) and obtain a certificate that you are fit to play
- d. Player Licence – complete an application for the required licence as advised by the team manager of your age/player group. You will not be able to play until you are properly licenced.

The Club website explains everything you need to know about how to become a member of RCL, the payment of membership and playing fees and how to make an appointment with the INS to arrange your medical cover.

The appropriate membership category applicable to any member/player is at the absolute discretion of the Board of RCL.

#### **Annual Membership and Membership Fees**

The Club Season runs from 1 September to the 31 August each year. All Membership Fees are due for payment on the 1<sup>st</sup> September for the season starting.

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Membership of RCL is mandatory for anyone wishing to play, coach or help in the running of the Club at any age and during any season. Membership is granted only after registration as a member and payment of the appropriate annual membership fee to the Club. The basic membership fee is the same for all members and is agreed each season and ratified by a vote at the Annual General Meeting (AGM) and is included in the annual fees published on the RCL website.

**Until payment of the fee has been received you are not a member of the Club. This means that; you are not entitled to take part in any Club activities, you cannot be licenced to play for the Club and any insurance coverage provided by the INS is NOT valid.**

#### Other Annual Fees

Fees are charged annually for each season. The amount varies for each age or playing group and is ratified by a vote at the AGM. These fees contribute to the overall financing of the Club, including the purchase of training materials, kit, administrative and licencing costs, travel and transport and other general Club expenses.

#### Mandatory medical check before you can play or train

Under the rules applied by the Federation of Luxembourg Rugby, the national governing and licencing body of Rugby in Luxembourg, all players regardless of their age, must obtain a medical certificate from the Luxembourg national sports institute, the INS (Institut National des Sports) before they are allowed to train or play for a Rugby Club, including RCL, in Luxembourg. Details of how to make an appointment, plus the form to complete in the event of an injury, can be found on the Club website or directly via the INS.

<http://www.rcl.lu/ins-medical-and-injuries>  
<http://www.sport.public.lu/fr/medico-sportif/Flyer2010.PDF>

#### Playing Licences and Registration

The final step for a player to complete is to obtain a valid playing licence. This can only be requested after a player has registered as a member, has paid the necessary fees and has obtained a certificate from the INS. The Club, through the Club Secretary, will licence the player as required for their age group and register the player with the relevant league authorities and with the Luxembourg Rugby Federation (FLR). The managers of each team / age group can explain what is required to get a licence.

Any player joining RCL who has previously been registered / licensed to play for a Club must obtain a completed player transfer / release form from that Club / Union and send to the RCL Secretary at [secretary@rcl.lu](mailto:secretary@rcl.lu)

#### Where we play and train

The Club uses playing and training facilities provided by the Ville de Luxembourg or sourced directly by the Club during the season. Details of training times can be found on the Club website on the pages for each section of the Club or from the Club coaches and team managers.

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### Seniors, Juniors and Ecole de Rugby

The Seniors, Juniors and Ecole de Rugby use the main playing grounds in Cessange to the south west of Luxembourg City. City Bus route 2 terminates at the grounds and route 4 stops in front of the grounds. Both routes run at regular intervals through the day. There is a large car park at the ground.

Terrains de Sport Boy Konen  
3, rue des Sports,  
L-2548, Luxembourg  
GPS Coordinates: 49.580376,6.094365

### Touch Luxembourg

Touch Luxembourg play in Weimerskirch to the north of the city centre. City bus route 13 runs past the ground in the direction Eich-Centre Culturel and the bus stop is 'Prince Félix'. Parking, changing rooms and showers are all on site.

Stade Michel Wagner.  
1, rue Saint-Vith,  
L-2673 Luxembourg

## **4. THE PLAYING SECTIONS OF THE CLUB**

The names and contact details of the representatives of each section are available on the Club website, [www.rcl.lu](http://www.rcl.lu).

### Ecole de Rugby and Junior Sections

The Ecole de Rugby covers all age groups from Under 6 (U6) to U12. Junior squads are run for the U14, U16 and U18 age groups Each team has allocated coaches and team managers who co-ordinate the relevant coaching and match day activities.

The Club website has a dedicated Ecole de Rugby and Junior section containing full information regarding the current team coaches and managers, training times and locations.

The Ecole de Rugby representative can be contacted at [juniors@rcl.lu](mailto:juniors@rcl.lu)

### Senior Section

The Senior section play in the German Bundesliga structure. The squad have allocated coaches and team managers who co-ordinate the relevant coaching and match day activities.

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The Club website has a dedicated Senior section containing full information regarding the current team coaches and managers, training times and locations.

The head coach can be contacted at [coach@rcl.lu](mailto:coach@rcl.lu)

The Senior Men's Board representative can be contacted at [seniors@rcl.lu](mailto:seniors@rcl.lu)

#### Touch Luxembourg

Touch Luxembourg currently play and train twice a week and enters mixed teams to various competitions.

The Touch Luxembourg representative can be contacted at either [touch@rcl.lu](mailto:touch@rcl.lu) or [luxembourgtouch@gmail.com](mailto:luxembourgtouch@gmail.com)

### **5. KIT GUIDLINES AND PURCHASING AND CLUB SHOP**

The Club's colours are sky blue and white shirts, navy blue shorts and red socks.

#### Purchasing of training equipment, playing kit or leisure wear

The Club Administrator is responsible for the co-ordinated purchasing of all training materials and kit wear or any other materials deemed necessary by the Club from approved suppliers. He will liaise with any Club sponsors to ensure that all logos or images are presented in line with the sponsor's requirements, as they may apply.

All orders for kit or other materials must be approved in advance by the Board of Administration.

The basic guidelines in place for the purchase of kit and supplies include the correct use of Club and sponsors logos, the use of approved suppliers to ensure consistency over the seasons and to ensure the Club can maximise its resources by placing large and repeat orders.

Players are required to purchase suitable kit for their personal use suitable to indoor and outdoor training and for the weather conditions throughout the year.

For most teams the Club has match shirts which are provided on match day and are returned to the team manager after each game.

Orders placed by any individual for any equipment, playing kit, leisure wear or any other materials which have not been approved in advance by the Board of Administration will not be paid for by the Club.

The Club has a retail shop presence at the Eirelux store at 40 Rue des Bruyères, L-1274 Howald. Tel +352 661 859 477 or [www.eirelux.com](http://www.eirelux.com)

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## 6. SOCIAL EVENTS

The Club aims to organise various events throughout the year and details are circulated to Club members and supporters via email, the Club website or via social media outlets. The main social event of the year is the annual gala ball and awards ceremony, held on the second Saturday in June.

Contact the Events and Social Secretary at [social@rcl.lu](mailto:social@rcl.lu)

## 7. SPONSORSHIP

The Club aims to attract sponsors to assist with the funding of the Club's activities. Sponsorship arrangements are co-ordinated by the Club's Sponsorship Officer and all sponsors are listed on the Club website. Sponsors may benefit from the following exposure depending on the details of their sponsorship agreement:

1. Brand exposure on the Club shirts and leisurewear.
2. Brand presence on the Club website and through a newsletter introduction to our members.
3. Invitations to attend Club events, including our annual 'black tie' Gala Ball and awards ceremony.
4. Brand exposure among the Club's membership, friends and supporters.
5. Brand exposure to the wider local community through match reports and articles in the local print media
6. A dedicated press release to the local media to advertise the start of a sponsorship arrangement with the Club.

Our sponsors are an invaluable help to the Club, their financial support enables the Club to undertake its full range of activities.

Contact the Sponsorship Officer at [sponsors@rcl.lu](mailto:sponsors@rcl.lu)

## 8. MEDIA AND WEBSITE

The Club has appointed a Webmaster to oversee the Club's website and related communications activities.

The Webmaster can be contacted at [web@rcl.lu](mailto:web@rcl.lu)

## 9. CODE OF CONDUCT FOR MEMBERS AND THE GUARDIANS OF MEMBERS UNDER 18

This code has been established based on the principles, which represents the essential essence of our sport. These are respect, fairness, responsibility and safety. This Code of Conduct aims to ensure that these core values and attitudes are maintained throughout the Club and that each member of Rugby Club Luxembourg or the guardians of junior players are aware of their legal and ethical rights and responsibilities.

The individual sections of the Club may enforce additional obligations on members, players or the parents or guardians of junior and youth players from time to time and these should be considered complimentary to this core Club code of conduct.

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### The Core Code of Conduct

- Always operate within the rules and spirit of our sport, above all in promoting fair play.
- Encourage and support opportunities for players of all ages to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the game.
- Display control and courtesy to all involved with our sport.
- Always treat the opposition and match officials with respect.
- Respect the rights and worth of every person regardless of their gender, age, ability, culture, orientation, religion or background.
- Respect the decisions of sporting officials, referees, coaches and administrators in the delivery and conduct of our sport.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people under the age of 18 years
- Adopt appropriate and responsible behaviour in all interactions, including responsible behaviour in relation to alcohol and other drugs.
- Act with integrity and objectivity, and undertake to accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a safe, harassment-free and enjoyable environment.
- Do not tolerate harmful or abusive behaviour and refrain from any behaviour that may bring the Club into disrepute.
- Exhibit exemplary sportsmanship at all times.

### Membership of the Club and Playing Fees

- Members must at all times ensure that the payment of their membership fees and any other payments due to the Club are up to date and paid in a timely manner.
- All membership fees must be paid as they fall due and within two months of the start of each new season. New players who join the Club during the course of a season must register and pay all necessary fees within two months of joining the Club.
- To allow the Club to track its membership, all members must register online on the Club website , informing the Club of their membership status within the Club's organisation, whether as a player, social member or other.
- Failure to register as a member, pay membership and other fees levied by the Club and obtain medical cover within two months of joining the Club or upon renewal each season thereafter will result in persons not being admitted as members, not being allowed to use the Club's facilities and not being allowed to train or to be selected to play for the Club.

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### Medical Insurance and Licences

- Any member not having the required medical certification and licence will not be allowed to train or play for the Club
- The Club will obtain and renew all playing licences required for each member annually.
- It is the responsibility of each member or their guardian to ensure that valid medical insurance cover is in place for each player and that a certificate of cover is held by the Club as evidence.

### Dress Code

- In the interests of morale and discipline, the Club may adopt a dress code for match days or other Club events and all members will be made aware accordingly. The Club will make all efforts to ensure that the costs for Club wear will be as reasonable as possible.
- Members and players will be expected to wear agreed Club wear as may be agreed and provided per season.
- Penalties for failure to wear match day attire may be imposed by the Club as deemed fit.

### Match Day

- Players must arrive on time at designated meeting areas. Should they be running late, the player or guardian must notify the designated manager or contact person immediately.
- Players will arrive in a suitable physical and mental state to play a game of rugby.
- Players must have a pair of Club socks, Club shorts and suitable playing boots for each game
- Failure to adhere to these rules will be dealt with severely by the disciplinary committee.

### Training, Match Availability and Team Selection

- To prepare properly individually, for each team to prepare properly and to allow coaches to choose the fairest and best team for each game, players must attend training to the best of their abilities.
- Players must be on the pitch to pre-warm up and be ready to start training on time.
- Players must have suitable training wear and footwear or playing boots for each training session.
- Players who will be late must notify the coaching staff in advance on the day of training.
- Players must notify the Club of their availability to play in advance of team selection. If they are unsure of their availability, they should still notify the Club.
- Players must commit to make themselves available for as many games as they can and plan their timetables accordingly. Inability for training or playing will result in members not being eligible for match day selection.
- A calendar of games will be made available to Club members and parents and guardians to the best of the Club's ability as soon as possible each season and as amended thereafter during each season.

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- Once committed to playing on a match day, the player or guardian must ensure that they do their utmost not to inconvenience a team by pulling out of playing the day before a match without good reason. This is highly disruptive and will be dealt with on case by case basis.
- Unless discussed with coaching staff and Club captain, repeated absences or tardiness or other breaches of the above may lead to disciplinary action and possible cessation of Club membership for that player.
- The coach and senior playing members will at all times pick the fairest and best team possible.
- Players must honour team selection and their fellow team players by turning up for each game they are selected to play in.
- Senior players not selected to play for the first team for any given weekend are expected to make themselves available for selection to play in the second team if that team has a match that weekend.
- Players not selected for any given game are an integral part of the Club and their presence on the sidelines on match days is highly encouraged.

#### Parents and Guardians

- Please ensure that children are on time for training and games.
- Please ensure that children have the proper gear and are suitably attired for the weather conditions.
- Children must not be left, as your presence may be required.
- Please ensure that your child understands any player code as may be in force.
- Disruptive behaviour spoils the experience for everyone and cannot be tolerated. Persistent disruption will lead to exclusion from the team and may lead to membership being terminated.
- Ensure children never leave the pitch or Club grounds without the coaches' knowledge and permission.
- Positively encourage your children at all times. Negative or demeaning behaviour by parents and guardians will be considered as a significant breach of the code of conduct and will be subject to disciplinary proceedings accordingly.
- Please ensure that you notify the Club of any medical condition, which could affect the safety of your child or others, or could impact on the ability of your child and/or others to participate.
- Please ensure that your child is covered by a valid medical certificate

#### Coaches and Administrators

- Respect the dignity, self esteem and rights of all members and players.
- Be punctual and organized for training/games.
- All playing members must be involved equally in training and games subject to the selection criteria noted previously.
- Positively encourage players only. Negative or demeaning behaviour will be considered as a significant breach of the code of conduct and will be subject to disciplinary proceedings accordingly.
- Ensure clear communication of fixtures to players, children and guardians.
- Bring any matters of concern quickly to the attention of players, parents or guardians.
- Act as ambassadors for the Club at all times.

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### Disciplinary Procedures in the case of Violation of the Code of Conduct

- It is expected that most violations of the Code of Conduct will be dealt with in a cooperative manner between the relevant Coaches, Managers and Member(s)/Player(s). If the matter cannot be brought to a satisfactory conclusion the matter will be escalated to the Board.
- The Club will establish and maintain a Disciplinary Committee to address allegations of breaches of the Code of Conduct.
- The Disciplinary Committee will consist of three members; a Chairperson, a member of the Club's Coaching Staff or Team Management and one other Club member.
- Both a Club member called before the Disciplinary Committee and a Club member raising a matter to the Disciplinary Committee will have the right, should they so wish, to designate another current Club member to represent them in any disciplinary hearings called by the Disciplinary Committee. To ensure fairness and to avoid any conflict of interest, a Club member requested to act as a representative to either party cannot already be a member of the Disciplinary Committee.
- To raise a matter with the Disciplinary Committee, a notification must be made in writing within 2 weeks of an alleged breach or offence being committed, detailing the nature of the alleged breach or offence, the name of the alleged offender(s), the date, place and time/s and any witnesses.
- The Disciplinary Committee will contact all parties and make an initial assessment of the complaint and ask the member whom the complaint is against to provide his or her version of events in writing. Once this is received, the Disciplinary Committee will call an initial hearing within two weeks. Subsequent hearings should follow at intervals no longer than two weeks, unless agreed by all parties.
- All reasonable steps must be taken by the Disciplinary Committee to arrange a hearing or subsequent hearings at a time and location suitable to all parties.
- In the event of a repeated refusal to attend a hearing by either the member making the allegation or by the member alleged to have acted in breach of the Code of Conduct, the Disciplinary Committee has the right to judge the matter based on the facts presented.
- The Disciplinary Committee should come to their decision in as transparent a manner as possible and formalise it in writing to all parties concerned.
- Members will behave respectfully towards each other at all times and will abide by any final decision arrived at by the Disciplinary Committee without further protest.

### Penalties: Dependent on severity of the breach of conduct.

- A verbal reprimand of the offender(s).
- Submission by the offender(s) of a verbal or written apology to the offended and/or Club.
- Suspension for 1,2 or more league matches at the discretion of the disciplinary committee.
- Suspension from specific RCL activities.
- Removal of certain RCL privileges.
- Other sanctions that are considered appropriate for the offence depending on the gravity of the offence including temporary or permanent removal of Club membership.

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### Contest and Right of Appeal

- The Club member/s found to be in breach of the Code of Conduct may appeal the decision to the Board and any disciplinary sanction within 1 month of a decision being made.
- Following any appeal, the Disciplinary Committee should reconsider the original information provided and any new information provided by both parties again arrive at a final judgement in a transparent manner and notify all related parties in writing.
- Members must abide by any final decision arrived at by the Disciplinary Committee without further protest.
- All members should expect that the Disciplinary Committee, Club officers, administrators and coaches shall endeavour to ensure that these rules are respected and adhered to by all members of the Club.

## **10. CLUB HISTORY**

### History and Values

Rugby Club Luxembourg was founded in 1973 and is Luxembourg's oldest and biggest rugby Club. Our goal is to promote what we truly believe to be the greatest of team sports and its core values of honesty, integrity, hard work and respect, both for your teammates and opponents. As Luxembourg is so small our senior, junior and touch sides play in a variety of leagues in Germany, Belgium and France. The RCL veterans play occasional friendly matches when and where possible. All of our teams reflect the growing popularity of Rugby Union as a team sport and as an outlet for personal achievement.

RCL celebrated its 40th anniversary in 2013 and the Club now boasts a growing and diverse membership from within the local community. RCL actively nurtures the development of the game in all its formats in the Grand Duchy and via its players, the success of the national representative teams.

The inaugural game was in September 1973 against US Castillonaise, at the old soccer pitch in Moutfort. Gilbert Courades founded a Rugby School in 1974 and it has now evolved into a separate Club (CSCE). In 1976, RCL led Luxembourg into the international scene through FIRA (La Fédération Internationale de Rugby Amateur). RCL has contributed many players to the Luxembourg national side and is proud of all its players, past and present, who have represented the country with such distinction.

The Club's colours are sky blue and white shirts, navy blue shorts and red socks.

### RCL Senior Men

Up to and including the 1994-95 season, the RCL senior side played in the French (Alsace-Lorraine) regional leagues. For a number of reasons, it was decided to leave France and, for the 1995-96 season, RCL entered its

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senior side in the Belgian league. The team effectively played in Division Two for the first three seasons winning the Division Two final at the Heysel Stadium in 1998. RCL competed in the Belgian First Division until the end of the 2000/2001 season.

From 2002 to 2009 RCL competed in the Alsace-Lorraine second division in France. The Club had a number of top four finishes, coming second in our first year back, and winning our division in 2008.

Following an invitation to join the league and subsequent play-off qualification, the RCL senior sides joined the German Bundesliga from the season 2009 – 2010.

#### RCL Ecole de Rugby and Junior Section

In the season 2000-2001, RCL launched its own Rugby School led by Greg Brittin and Gordon Mallaby, and we now have over 300 children from the ages of 4-18 playing regularly in matches and tournaments both at home and abroad. The juniors have flourished in recent years, participating in many high profile tournaments, notably winning the London-Irish event in 2007. In 2007 RCL established its own Juniors event, with the aim of making this a standard bearer for the Club. 6 teams competed in 2007, with Boyne RFC from Ireland winning the event. Since 2008 12 teams take part from all over Europe. It was appropriate in 2008 that the original rugby school, now the CSCE Club, were crowned champions. The tournament is held each year in April / May and we look forward to its continued success for many years to come.

#### Luxembourg Touch

Luxembourg touch is an affiliate section of the Club, which has developed since 2009 first among old RCL players and later with new recruits. Touch is a mixed male and female non contact variation on the classic game, which emphasises the use of space and intelligent running. Touch is still in its development stages as a sport internationally and in Luxembourg and we look forward to its continued growth and development in the years ahead.

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## Remembering where it all began

### RCL at Moutfort in 1973



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## 11. CLUB GUIDELINES

### **RCL Guideline on playing Age Groups**

Ecole de Rugby U6 - U12

Junior Section U14 - U18

- All matches in League, Competitive competition or Friendly Tournaments players are only permitted to play within their own Age Group.
- Players are permitted to train in mixed Age groups with the Age Group immediately above or below their Age group within the Ecole de Rugby u6 - u12, in a limited contact and controlled environment with experienced Coach or Coaches of the older Age Group.
- Players are permitted to train in mixed Age groups with the Age Group immediately above or below their Age group within the Juniors Section U14-U18 in a limited contact and controlled environment with experienced Coach or Coaches of the older Age Group.
- Ecole de Rugby U12 are permitted to train with Juniors Section U14 in no contact managed sessions; Senior U12 ( those progressing to U14 in next season) are permitted to train with U14 in a limited contact and controlled environment with experienced Coach or Coaches of the older Age Group, in the second half of the season at the discretion of the U14 Lead Coach and Club Technical Director of Rugby.

### **RCL Guidelines on Pitchside Technical Areas / Dugouts**

MATCH DAY - Parents and Supporters are NOT permitted in the areas around the dugouts - Technical Area during a Competitive match; All Parents and Supporters are requested to remain on the pitch side closest to the Club Shed / Football pitch;

Dugouts - Technical Areas : Team Coaches, Team Manager, player substitutes, medical aide, water carriers are only permitted in these areas.

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