



ELTHAM
RUGBY

HANDBOOK 2026



Welcome to ERUFC

A Message from the Club President – Tim Adams

Welcome to the 2026 season at Eltham Rugby Union Football Club. It is a privilege to lead our club into another important year.

2025 was a standout season. Our senior team returned after a year's absence and won the Conference Championship Grand Final. Our juniors competed strongly, with our U12s reaching the semi-finals and our combined Melton-Eltham U16 side finishing as minor premiers and Grand Final runners-up.

We launched Rugby Australia's Get Into Rugby program for 4-7 year olds and saw growing interest in our Girls' Rugby Program.

In 2026 we build on that momentum. We start the year renovating our change rooms to provide modern, inclusive facilities, and then will end the year with a planned ground redevelopment. These two things will further strengthen our home. Rugby Victoria is also investing in the future, including piloting the junior law review and introducing new game-recording technology for clubs.

Rugby remains a small sport in Victoria, and that means our strength comes from community. Every family and every player has a role to play. Whether it is coaching, managing, helping at training, running touch, cooking on the BBQ, selling Christmas trees, or sweeping the change rooms, no job is too small. Our club only succeeds when we share the responsibility.

This year also marks a personal milestone. After 18 years on the committee, including 13 as President and 2 as Vice President, I have announced that 2026 will be my final year as President. My focus is on ensuring a strong transition and leaving ERUFC well positioned for the future.

Thank you for your commitment to our club. Let's make 2026 another proud year for ERUFC.

See you on - or off - the field at Eltham!

**Tim Adams President,
Eltham Rugby Union Football Club**



1 OUR CLUB



Club History

Eltham Rugby Union Football Club (ERUFC) has a proud history dating back to 1970, when the club was originally formed as Yarra Valley RUFC. With support from the local council and the Victorian Rugby Union, the club was established to grow the game in Melbourne's northeast. In 1977, the club was officially renamed Eltham Rugby Union Football Club Inc.

Over the decades, ERUFC has grown into a vibrant and successful club, producing strong senior and junior teams while maintaining a deep connection to its community. The club has won multiple competitions, with titles in 1980, 1986 (U14), 1987 (U12), 1988 (U14), 1990, 1992, 1994, 2000, 2007, 2010, 2014, 2018, 2019, and most recently our triumphant 2025 Conference Championship. The ceiling and walls of our clubhouse proudly display the pennants of these victories, symbolising the club's enduring legacy.

We are ERUFC – a club where friendships are formed, traditions are honoured, and the love of rugby thrives, where players from all backgrounds come together to enjoy the game, develop lifelong friendships, and be part of something bigger than themselves.





1 OUR CLUB

Our Mission & Values

ERUFC is committed to fostering a positive rugby experience by upholding the values of Passion, Integrity, Discipline, Respect, and Teamwork, in alignment with Rugby Australia's core principles. These values shape our club culture and define how we play and engage as a community:



These values guide everything we do at ERUFC, ensuring that our club remains a welcoming, inclusive, and high-standard environment for all members. Our commitment extends beyond the game, promoting lifelong friendships, resilience, and personal growth within our community.



2 OUR COMMITTEE

The ERUFC Committee is responsible for the overall governance, strategic direction, and operational management of the club. The committee ensures the club runs smoothly, upholds its values, meets its regulatory obligations, and continues to provide a positive experience for all members.

In 2026, we welcomed four new committee members, strengthening our leadership and capacity. However, we are still seeking a Vice President and are actively planning for the future as the club prepares for a new President to lead Eltham beyond this season. If you are interested in contributing at a governance level, please contact the Secretary to discuss how you can be involved.

Quite simply, without a functioning committee, we do not have a club. The committee is responsible for compliance, finances, insurance, facilities, competitions, safety, fundraising, and strategic planning. These responsibilities cannot be met by one or two individuals. A sustainable club requires shared leadership and active participation from its community.

For more information about our committee members, please visit: eltham.rugby/who-we-are/committee/





3 MEMBERSHIP & REGISTRATION

3.1 Membership Categories & Fees

ERUFC offers a range of membership categories including junior players, senior players, Get Into Rugby participants, girls rugby players, and social members.

All players must be registered to participate in training or competition.

Under Rugby Victoria regulations, players must hold either a **full registration** or a **training-only registration** to train. Registration ensures that players are insured and eligible to participate in club activities.

Membership fees help cover essential costs that ensure the smooth operation of the club and provide a high-quality rugby experience for all members. These fees contribute to:

- **Rugby Australia (RA) Affiliation Fee**
Supports national rugby administration and governance.
- **Rugby Victoria (RV) Affiliation Fee**
Covers state-level rugby operations and development.
- **RA/Gallagher Insurance**
Provides injury and liability coverage for registered players.
- **Club Operational Costs**
Equipment, facility hire, utilities, administration, compliance, and development initiatives.

2026 Season Fees

Juniors

Ages 8–12: **\$205**
 Ages 13–18: **\$225**
 Get Into Rugby (Under 7s): **\$140**
 Girls Rugby: **\$130**

Seniors

Ages 18–20: **\$265**
 Ages 21+: **\$325**

What's Included in Full Registration

Juniors & Seniors: Club shorts, socks, and training T-shirt

Get Into Rugby: Training T-shirt **ONLY**
Players are responsible for boots, mouthguards, and any additional protective equipment.

Training-Only

If you are new to rugby or would like to try training before committing to the full season:

Juniors: **\$20**
 Seniors: **\$30**

Training-only registration allows you to try rugby through participating in training sessions and ensures you are fully insured while doing so.

If you are unsure which registration type is right for you, please contact your Team Manager or the Club Secretary for guidance.



3 MEMBERSHIP & REGISTRATION

3.2 How to Register

All players and volunteers must register via the **Rugby Xplorer App**, selecting Eltham Junior Rugby Union Football Club or ERUFC (or both).

For assistance, visit [Rugby Xplorer Help](#) or contact your team manager for further support.

3.3 Fee Assistance

Financial constraints should not be a barrier to participation. ERUFC offers fee assistance options for players and families in need. For confidential enquiries, please contact secretary@eltham.rugby.

3.4 Player Dispersations

ERUFC follows **Rugby Australia and Rugby Victoria's Player Dispensation Guidelines**, ensuring fair and safe participation in competitions.

Player dispensations allow for adjustments in player eligibility based on factors such as age, weight, and experience. This ensures that all players compete in a safe and appropriate environment that matches their skill level and physical ability.

A player may apply for dispensation to:

- Play **in a younger age group** if they are smaller in size or lack experience.
- **Play in an older age group** if they demonstrate the necessary skills and physicality.
- Be placed in a **modified competition** that better suits their development needs.

For detailed guidelines and application forms, visit the **Rugby Australia Player Dispensation page: [Player Dispensation | Rugby Australia](#)**

ERUFC is committed to providing a safe and inclusive playing experience for all members. If you have any questions about player dispensation, please speak to your coach.



4 INTEGRITY

ERUFC is committed to maintaining the highest standards of conduct both on and off the field. All those involved in rugby agree by virtue of their membership and participation to be bound by all World Rugby Regulations, Bye-Laws and Laws of the Game and to all Rugby AU's codes, policies and guidance.

Players, coaches, referees, and spectators are expected to demonstrate respect, sportsmanship, and integrity at all times.

The club's management continually reviews and updates guidelines for member conduct to ensure a positive and inclusive rugby environment. ERUFC also adheres to all national guidelines for the game, as set out by Rugby Australia. The [Rugby Australia Code of Conduct](#) provides a set of standards for everyone involved in Rugby to ensure it is played in a safe, fair and inclusive environment. It also outlines the procedures for reporting, complaint handling and investigations of alleged breaches.

For the latest policies and codes, visit: [Code of Conduct | Rugby Australia](#)





4 INTEGRITY

4.1 Player Code of Conduct

As a player at ERUFC, I pledge to:

- Play for **enjoyment**, striving to improve my skills and respect the **spirit of the game**.
- Follow the **laws of rugby** and play with **integrity**.
- Accept the **decisions of referees** with respect.
- Applaud **good play** from both teams.
- Treat **teammates, opponents, coaches, and referees** with dignity and respect.
- Never engage in **bullying, harassment, or discrimination**.
- Conduct myself respectfully and **uphold the reputation** of my team and club.
- Follow all **ERUFC, RV, and RA** policies on player behaviour.

By adhering to this code, I acknowledge my role in fostering respect and teamwork at ERUFC.

4.2 Parent Code of Conduct

As a parent/guardian of a junior player, I pledge to:

- Encourage my child to play for **fun, skill development, and teamwork**.
- Teach my child to **respect the rules, officials, and opponents**.
- Set a **positive example** by applauding good play from both teams.
- Engage with players, officials and other spectators in a way that promotes a **safe, respectful and enjoyable environment** for all.
- Support my child's team and club by using my skills and talents to assist with **volunteer activities**.

Active Parental Involvement

Parents are expected to be active participants in their child's rugby experience.

For players in **Under 10 and below**, a parent or responsible adult must remain at the field during training and matches and be ready to support their child and assist coaches if required. Young players require supervision, encouragement and practical assistance, and our junior program relies on parental involvement to operate safely and effectively.

In the **Get Into Rugby program**, parents are strongly encouraged to become "activators" — learning the basics of rugby alongside their child. This program is designed not only to introduce children to the game, but also to create a shared experience between parent and child. It is a special opportunity to build confidence, connection and community together.

By following this code, I commit to fostering a supportive, respectful and positive rugby environment and to playing an active role in my child's rugby journey.



4 INTEGRITY

4.3 Coach & Manager Code of Conduct

As a coach, manager, or team official, I pledge to:

- Teach my players the **laws of the game** and encourage them to play fairly.
- Ensure all players get **equal opportunity** to participate.
- Display **professionalism**, high standards, and responsibility.
- Foster **respect for referees, opponents, and fellow coaches**.
- Follow all **ERUFC policies** regarding conduct.

4.4 Supporter Code of Conduct

As a supporter of ERUFC, I pledge to:

- **Respect** all players and officials.
- **Applaud** good play from both teams.
- **Refrain** from verbal abuse and sledging.
- **Encourage** players to follow the laws of rugby.
- **Show respect** for referees' decisions.
- **Volunteer and participate** where you can to keep the club running smoothly.

By adhering to these codes, all members of ERUFC contribute to a safe, fair, and enjoyable rugby environment.



4 INTEGRITY

4.5 Child & Young Person Safety

ERUFC is committed to providing a safe and inclusive environment for all children and young people involved in our club. We follow Rugby Australia's Child & Young Person Safeguarding Policy, ensuring best practices in player safety, recruitment, and conduct.

- All volunteers in the junior club undergo working with children checks in accordance with our child safety policy.
- We promote a culture of respect, inclusion, and protection for all young players.
- Clear reporting procedures are in place to handle any concerns regarding child safety.
- Parents and guardians of players in Under 10 and below are required to remain present at training and matches to support supervision, assist coaches where needed, and ensure the wellbeing of their child.

Concerns can be reported via Rugby Australia's Speak Up Integrity Hotline, managed independently for confidentiality. Reports can be made anonymously if needed.

For more details, visit: [RA Report a Concern](#).

If you have any concerns or need more information, please contact secretary@eltham.rugby.

At ERUFC, we are committed to ensuring the safety, welfare, and wellbeing of all children and young people involved in our club. We recognise our responsibility to create a safe and inclusive environment for all participants and uphold [Rugby Australia's Child & Young Person Safeguarding Policy](#).





4 INTEGRITY

Three Strike Policy

The Three Strike Policy is a National Policy which was implemented during the 2024 season. It is designed to complement the Code of Conduct, and to drive Clubs' responsibility for the conduct of its members and supporters. The aim of the Three Strike Policy is to:

- Promote safe and supportive environments for everyone who is involved or attending community rugby events and matches
- Deter and eliminate poor and abusive behaviours
- Ensure Clubs are driving a culture which aligns with our Rugby Values, and ensure behaviours that are unacceptable are not tolerated.

ERFUC is committed to taking all steps necessary to manage and prevent poor behaviour and protect the wellbeing and safety of all rugby participants.

For more information on this policy go to: [3 Strike Policy | Rugby Australia](#)

Disciplinary Rules

ERUFC is committed to upholding the integrity and fairness of the game by adhering to Rugby Australia's Disciplinary Rules. These rules ensure a consistent approach to managing foul play, citing, and judicial hearings across all competitions.

Players have an obligation to play safely and within the laws of the game. Any conduct that breaches World Rugby Law 9 (Foul Play) is subject to sanction under Rugby Australia's Disciplinary Rules.

The rules exist to:

- Maintain and promote **fair play** and integrity in the game.
- Protect the **safety and welfare** of all players.
- Ensure acts of **foul play** are dealt with fairly and efficiently.
- Provide consistent disciplinary processes across all levels of the game.

The Disciplinary Rules outline procedures for:

- **Red Cards** – Players sent off must follow the disciplinary process.
- **Yellow Card Accumulation** – Repeated offences may result in sanctions.
- **Citing & Citing Referrals** – A player may be cited for foul play even if the referee did not issue a sanction during the match.
- **Judicial Process & Sanctions** – All disciplinary matters are handled by an independent panel in line with World Rugby Regulation 17.

For further details, visit: [Rugby Australia Disciplinary Rules](#).



5 STAYING CONNECTED

Effective communication is essential for keeping members informed and engaged. ERUFC shares important updates through multiple channels to ensure everyone is up to date with training, matches, events, and club initiatives.

5.1 Team Communication

Each team uses WhatsApp groups for real-time updates on training sessions, match schedules, and last-minute changes. Coaches and team managers are responsible for maintaining these groups to ensure clear, respectful and timely communication.

All team and club-related WhatsApp groups must be created within, or formally linked to, the official **Eltham Rugby Union Football Club** WhatsApp Community. This ensures appropriate oversight, safeguarding, and continuity of communication across the club.

The purpose of this structure is to:

- Maintain transparency and consistency in messaging
- Support coaches and managers with accurate club information
- Ensure safeguarding standards are upheld
- Protect volunteers and members through appropriate communication channels

To request access to the community please click on this [link](#).

5.2 Club Announcements

Important club announcements, including fixture changes and upcoming events, are shared via email and social media. Members are encouraged to follow ERUFC on **Facebook and Instagram** to stay connected.

We are mindful of the volume of communication our members receive and aim to keep messaging clear, relevant and purposeful. At times, important operational, compliance or volunteer-related updates need to be shared promptly to ensure the club runs smoothly. We appreciate members taking the time to read and respond where required.

Engagement with our social media channels also plays an important role in supporting the club. Liking, commenting on and sharing posts helps increase visibility through social media algorithms and allows us to reach new players, families and sponsors. Your engagement directly supports the growth of ERUFC.

5.3 The Wattle – Club Newsletter

ERUFC publishes **The Wattle**, a digital newsletter that provides insights into club news, player achievements, and important club updates. The newsletter is distributed via email and available on the club's website.

To subscribe to the newsletter, please go to <https://eltham.rugby/newsletter/>



5 STAYING CONNECTED

5.4 Website & Online Resources

The ERUFC website (<https://eltham.rugby>) serves as a key hub for information, including events, policies, training schedules, and committee contacts. Members are encouraged to check the website regularly.

5.5 Enquiries & Feedback

General enquiries can be directed to secretary@eltham.rugby, while team-specific queries should be addressed to coaches or team managers.





6 VOLUNTEERS

ERUFC is a community club and, like all community rugby clubs in Victoria, we rely entirely on volunteers to operate effectively and provide a safe, enjoyable and successful experience for all members.

Participation in this club comes with a shared responsibility to contribute.

Every junior family and every senior player plays a role in the functioning of our club. This is part of belonging to ERUFC and part of what allows us to offer rugby in a state where the sport faces significant challenges.

Without volunteers, we do not have a club.

Minimum Volunteering Expectations

To ensure the club operates fairly and sustainably, each family and senior player is expected to complete at least:

- 1–2 BBQ or canteen shifts during the season
- Participation in the Christmas Tree Fundraiser in December (our most important annual fundraiser)

These are minimum expectations. When responsibility is shared broadly, the club thrives. When it is not, the burden falls unfairly on a small group and becomes unsustainable.

If You Cannot Volunteer

We understand that some members may have circumstances that limit their availability.

If this applies to you, please speak with your Junior Coordinator, Senior Coordinator or Team Manager so that alternative arrangements can be considered.

Open communication is essential. We are committed to supporting families — but we need proactive conversations.



6 VOLUNTEERS

6.1 Junior Rugby Volunteers

Junior teams thrive on parental involvement.

Every family is encouraged to contribute in ways that suit their skills and availability. Examples include:

- Coaching or assistant coaching (including supporting a different team if needed)
- Acting as an Activator in Get Into Rugby, supporting drills and learning the game alongside your child
- Team management or administrative support
- Field setup and pack-down on training and match days
- Running BBQ or canteen

These roles ensure junior rugby remains safe, organised and enjoyable.

6.2 Senior Rugby Volunteers

Senior players are expected to model leadership both on and off the field. Supporting the club operationally is just as important as match performance. Senior players play a key role in setting the standard for culture, effort and contribution across the entire club. Opportunities include:

- Field and equipment setup
- Running touch or assisting referees
- Supporting match day coordination
- Assisting with BBQ and canteen
- Supporting player welfare and logistics
- Helping organise team functions and social events
- Supporting junior teams through mentoring, coaching assistance or visible involvement at junior matches



6 VOLUNTEERS

6.3 Club & Community Volunteering

Beyond game days, volunteers contribute to the long-term success of ERUFC. Members can get involved by:

- Joining the **club committee** to help lead and manage operations.
- Participating in **working bees** to maintain club facilities.
- Supporting **fundraising events** such as Christmas tree sales and social activities.
- Assisting with club-wide initiatives that help grow and strengthen our community.

If you have a skill that you think may support the club, please reach out!

For more information on how you can volunteer, contact secretary@eltham.rugby.





7 OUR FACILITIES

7.1 Facility Upgrades

Exciting developments are underway at ERUFC! Our changing room renovations have begun and soon we will have modern, inclusive facilities for all members.

Looking ahead to late 2026, our ground redevelopment project will deliver an elite-standard playing surface, ensuring unrestricted access during the Melbourne winter. These upgrades, supported by Nillumbik Shire Council and State government funding, represent a significant investment in the future of our club.

7.2 Clubroom Etiquette

To keep our clubrooms in great condition, we ask all members and visitors to:

- **Dispose of litter** responsibly and use the bins provided.
- **Return all equipment** and items to their proper place after use.
- **Respect club property** and be mindful of the work done by volunteers to maintain the facilities.
- **Keep common areas clean and tidy** for the enjoyment of all.
- **No boots** in the clubrooms.

7.3 Clubroom Hire

The clubrooms are available for hire under ERUFC's liquor licence regulations. They can be booked for functions, meetings, and events, particularly outside the rugby season.

7.4 Serving of Alcohol

ERUFC is licensed to serve alcohol through a restricted club licence. A restricted club licence authorises a club to supply alcohol to:

- club members to drink on the premises.
- guests of members to drink on the premises only.
- people attending a function or club event for drinking on the premises.

7.5 Booking & Member Benefits

Club members receive a discounted rate for private clubroom hire and are encouraged to organise no-hire-fee social events that are inclusive of all club members.

For clubroom hire enquiries, please contact treasurer@eltham.rugby.



8 HEALTH & WELLBEING

ERUFC is committed to the health, safety, and wellbeing of all players, volunteers, and members. We encourage everyone to be aware of their insurance coverage, first aid provisions, and overall wellbeing while participating in rugby.

8.1 Ambulance Cover

ERUFC strongly recommends that all players and families have ambulance cover, as ambulance transport is not included in the registration insurance policy. Ambulance fees can be costly, and having coverage ensures that players receive emergency transport without unexpected financial burdens.

For more information, visit: [Ambulance Victoria](#).

8.2 Injury Insurance

- All registered ERUFC members receive limited injury insurance through Gallagher Insurance Brokers. This insurance provides:
- Minimal reimbursement for lost wages
- Coverage for the gap between Medicare and private health insurance

⚠ Important: This coverage is limited. Players may wish to obtain additional private insurance for greater protection.

For full policy details and claim forms, visit: [Rugby Australia Insurance](#).

8.3 First Aid

ERUFC prioritises player safety and ensures that first aid provisions are available at all training sessions and games. In 2025, the club received a Sporting Club Grants Program grant of \$3,185 for first aid training and strapping, with 17 members attending first aid training and an additional member participating in strapping training.

First aid kits are supplied to team volunteers at the beginning of each season. Replacement supplies can be obtained from the club. Designated first aid officers are present for all teams, providing immediate assistance during training and match days.

For more information refer to the [First Aid and Medical | Rugby Australia](#)



8 HEALTH & WELLBEING

8.4 Mental Wellbeing

Rugby builds both physical and mental resilience, but ERUFC also recognises the importance of mental health and wellbeing. We encourage an open and supportive environment where players, parents, and members can seek help if needed.

For mental health support, resources are available through:

Beyond Blue www.beyondblue.org.au Lifeline 13 11 14 | www.lifeline.org.au Headspace (for young people) headspace.org.au

If you or someone you know is struggling, please reach out to a trusted club member or coach. Rugby is about community, and your wellbeing matters.

8.5 Concussion Management

At ERUFC, player safety is our top priority, and we are committed to preventing, recognising, and properly managing concussions to protect the health and wellbeing of our players.

We encourage all players to consider wearing protective headgear to reduce the risk of head injuries. While no equipment can fully prevent concussions, headgear can provide additional protection and confidence on the field.

Concussion management follows Rugby Concussion Management Procedure. Players must receive medical clearance before returning to play. Please refer to [Concussion Management | Rugby Australia](#) for further information.





8 HEALTH & WELLBEING

8.6 Incident Reporting

All incidents, on and off the field, must be recorded and lodged with the Club Secretary.

In the event of a suspected spinal injury or fatality, in Australia, the club or school must call the Serious Injury Case Manager (SICM) on 1800 036 156.

For more information on Injury Reporting, or to submit an Injury Report, visit:

 RA INJURY REPORTING WEBPAGE	 ONLINE INJURY REPORT FORM
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In the event of a suspected **spinal injury or fatality**, the club or school must call:

1800 036 156

to engage the RA **Serious Incident Case Manager (SICM)** as soon as possible.

To report an injury go to <https://australia.rugby/about/codes-and-policies/safety-and-welfare/injuries/report>

In the event of a suspected spinal injury or fatality you must follow the below steps:

1. Provide immediate on-field medical care and arrange suitable transportation (i.e. ambulance) to the hospital for the injured participant
2. Club/School Representative to phone the Rugby Australia Serious Incident Case Manager (SICM) on the Rugby Australia Hotline 1800 036 156. This number is a call back service and your details will be passed on to the SICM who will call you back ASAP
3. Submit a Serious Injury Report via the form above. Note this does not have to be done at the time of the injury, this can be done in the days following the incident.

For further information on the management of serious injuries, please view the [Rugby Australia Serious Incident Management Protocol and Action Plan](#).



9 TRAINING & MATCH INFORMATION

Training is an essential part of player development and team preparation at ERUFC. Regular training helps improve skills, fitness, and game understanding while fostering team spirit and camaraderie.

9.1 Training Schedule

Training sessions for all teams are scheduled weekly. Players are expected to arrive on time, be prepared, and actively participate. Please refer to our website for training times: [Training Times - Eltham Rugby](#)

Training times are subject to change. For the most up-to-date schedule, please ensure you have access to your team's Whatsapp group.

9.2 Match Days

Fixtures for all teams are published through **Rugby Xplorer** and the Rugby Victoria website.

Home games are played at our **ERUFC home ground, 58 Bridge St, Eltham**, while away games are scheduled based on competition draws.





10 SPONSORSHIP

Sponsorship plays a vital role in the success of ERUFC by helping to fund player development, facility improvements, and community initiatives. We welcome local businesses and individuals who want to be part of our community by supporting our club through sponsorship opportunities. For more information on sponsorship please head to our website: [Sponsors - Eltham Rugby](https://www.elthamrugby.com.au/sponsors) or contact sponsorship@eltham.rugby.

We are deeply grateful to our sponsors whose support made our successful 2025 season possible and our now connecting with our local community for 2026 sponsors.



Thank you for being part of ERUFC! We look forward to an exciting 2026 season!

www.eltham.rugby



58 Bridge Street, Eltham Email: secretary@eltham.rugby

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