



About

Rugby returns for the 2024 – 2025 season what better way to test your teams in the 3rd Lochside 10's Tournament, played out of Strathmore rugby club do you and your team have what it takes to be crowned champions?

We hope to build on the success of the previous 2 tournaments and continue to facilitate the perfect start to the season.

Teams of 10 take to the pitch with 5 reserves allowed, this should allow some free-flowing rugby over 2 halves of 10 minutes a perfect opportunity for coaches to see player ability before the league commences.

Dates (July, 2024)

Friday 26th - U18s - 1830 KO

Saturday 27th - Over 35s - 1000 KO,
- Senior Women's - 1200 KO,

- Senior Men's – 1500 KO

Sunday 28th - Clan 1400 KO

Costing

£75 per team, Beer and Burger provided to each playing member (15 vouchers), silverware also presented to winners.

Parking

Please use parking available and directed by steward, please note the main club car park will be closed to allow event and festival to be run.

Events

Prizes

Awards presented to group winners, all groups will reach a final game against the equivalent placing within the same group.

Structure

Groups will play in a round robin format within a group and will be entered into a final against the equal placing within the same group.

After-party

Live music and food stalls will be available late into the evening, family engagement encouraged to a warm and welcoming rugby club. The club will facilitate camping, but it is requested to keep the noise down to respect the neighbours.



Rules

In Rugby Tens or 10-a-side rugby, there are only five forwards and five backs in the side with each half lasting only 10-minutes each. **Two props, a hooker and two locks make up the forwards, while the backs consist of a scrum-half, fly-half, centre, winger, and fullback.**

Scrum in rugby tens is formed by five players on each team, with two rows instead of eight players in three rows in traditional rugby. As with seven-a-side rugby, the team that manages to score a try restarts the game, and only drop kicks can be used to score a goal. Conversions –as in rugby sevens – must be scored with a drop kick and done within 40-seconds of a try or it will be discounted. Similarly, suspensions also last two minutes instead of the 10-minutes in 15s game.

Otherwise it's the same form of the 15s game.

Payment:

Starling Bank

Name Keith Robertson

Account Number: 45246531

Sort Code: 60-83-71

Please put your team reference for example Strath Mens or Strath Womens, payment is requested to paid by 30-Jun-24 to allow sufficient time for planning.

(please note all under 18s and clan teams are free of entry, includes burger but unfortunately no beer.)

If interested in playing within this tournament please contact vprugby@strathmorerfc.org.uk

<https://www.facebook.com/Lochside10s>