



RUGBY NOVA SCOTIA INTERNAL NOMINATION PROCEDURES 2025 CANADA GAMES WOMEN'S 7s TEAM

Introduction

The purpose of this document is to set the process that will be used by Rugby Nova Scotia to select athletes to the 2025 Canada Games Women's U18 Rugby 7s team.

This selection process has two objectives:

- Select eligible Players to a Player Pool.
- From the Pool, select the best possible Team (s) for specific events leading up to and including Canada Games. While some objective criteria will be used to select Team (s), it is also recognized that there is a significant subjective element. Subjective elements include such factors as previous and current performance, experience, positional requirements, and leadership and team cohesion.

National Federation Criteria

The Team will consist of 12 players, and 2 non-travelling reserves (13th & 14th athletes). In the event of a discrepancy between the Rugby Nova Scotia Internal Nomination Procedure and the Qualification Criteria as published by Canada Games Council, Canada Games Council shall prevail. In the event Canada Games Council makes any changes to their Canada Games Qualification Criteria, Rugby Nova Scotia will be bound by those changes and if such a change necessitates other changes to this internal nomination procedure, Rugby Nova Scotia shall make those changes and inform all affected staff and athletes.

Responsibilities of Rugby Nova Scotia, Coaches and Players

Rugby Nova Scotia: to recognize the importance of having a sound team selection policy; the importance of communicating the selection criteria to athletes; and appropriate implementation of the policy.

Coaches: to be aware of criteria performance to be evaluated and use their expertise and technical knowledge to support Rugby Nova Scotia in the development of clear and comprehensive team selection policies.

Players: to read team selection criteria carefully and, if necessary, immediately request further information from the coaching staff and Rugby Nova Scotia to ensure they clearly understand the requirements for team selection.

Player Eligibility

In order to be eligible for nomination to the 2025 Canada Games all athletes must:

- Be Canadian Citizens or permanent residents as per section 3.1 of the CGC Athlete Eligibility Policy.



- Be a registered member in good standing with Rugby Nova Scotia, and thus Rugby Canada, as per section 3.2 of the CGC Athlete Eligibility Policy.
- Sign and submit the 2024-2025 Rugby Nova Scotia Athlete Agreement
- Be in compliance with all relevant World Rugby requirements for eligibility
- Must not be serving a period of ineligibility for an anti-doping rule violation or be under a provisional suspension following the assertion of an anti-doping rule violation by either Rugby Canada, the Canadian Centre for Ethics in Sport or any other Anti-Doping Organization.

Selecting the Pool of Athletes: (Talent Identification)

The Head Coach of Rugby Nova Scotia's 7s program, in consultation with High Performance leadership and the selection committee composed of coaches involved in the RNS Youth 7s Series and provincial programs will select and identify a pool of players who have participated in Selection events below.

Note: Keltics team talent identification and selection is an on-going process.

Selection (2024-2025)

- Rugby Nova Scotia Youth 7s Series
- Rugby Nova Scotia – Keltics Provincial Programming
- Other rugby activity, including but not limited to:
 - Women's Club Fall League
 - Keltics Academy (2023-2024 season & 2024-2025 season)
 - NASSAF High School Season 2024 & 2025

Team Selection Criteria

In order to be considered for selection, athletes must meet the attributes as per below and as indicated in the Player Evaluation System in Appendix 2:

OFF FIELD ATTRIBUTES

- Demonstrated commitment to a lifestyle conducive to the training and preparation for/and playing of provincial rugby.
- Demonstrated positive attitudes towards the sport, the provincial team and Rugby Canada.
- Demonstrate commitment to travel, training sessions, competitions, and any activities, commitments and functions related to the provincial team and the High-Performance program.
- Exhibit the ability to adapt to new training environments, e.g., coaches, support staff, venues, etc.
- Show a positive attitude toward teammates, the provincial team, coaches and support staff, and Rugby Nova Scotia.
- Demonstrate commitment to participating in injury reduction and management programs.
- Consistently perform in provincial competition at a level that has a positive impact on the team reaching its goal of winning.
- Demonstrated self-motivation, confidence, determination and goal-oriented nature.



- Demonstrated flexibility and adaptability to change.

ON FIELD ATTRIBUTES

- Demonstrated ability to play within a team environment, including the ability to contribute to and enhance team performance.
- Demonstrated athletic ability, including size, aerobic capacity, speed, speed endurance, strength and power.
- Demonstrated rugby skills and techniques including passing (including passing from the base), catching, tackling, contact skills, unit skills (scrums and lineout's), restarts and kicking.
- Demonstrated on the field decision-making abilities.
- Aggressive and assertive play on both attack and defense.
- Mental toughness in losses and wins, selections and non-selections.
- Demonstrated positive attitude including coachability, desire to improve personal skills, and desire to contribute to team objectives.
- Proven optimal aerobic and anaerobic fitness, as well as optimal power, strength, quickness, evasiveness, speed and flexibility.

TEAM PLAY ATTRIBUTES

- Demonstrated ability and willingness to work effectively and cooperate within the team environment.
- Demonstrated ability to contribute to overall team cohesiveness and to communicate effectively with coaching staff and other players both on and off the field.
- Demonstrated ability and willingness to implement the coaching staff's game plan.
- Demonstrated cooperative and team-oriented attitudes.

FOR ATHLETES OUTSIDE HRM

- Commit to Keltics Academy training programs
- Commit to training and assessment
- Commit to travel as required for team training

Non-Compliance with Selection Criteria

The provincial head coach may remove a player from the provincial team **at any time** if they do not meet the provisions of the selection criteria. In order to remain on the provincial team, players must commit to the training and competition programs as regularly outlined by the head coach. Regarding injuries, the head coach may require a written injury report from medical personnel.



Final Team Selection

On or before **December 2nd 2024** the Head Coach of the Women's U18 7s team, in consultation with High Performance Staff and a selection committee, shall select a pool of 18-26 players to make up the first-round selection training group pool to train under the 7s banner and develop 7s based game knowledge through training camps and tournaments. Selection will be based on continued observation using the same criteria listed above.

Selection of athletes from the training group to the preparation tournaments will be based on continued observation using the same criteria listed above. Athletes from the training group are not guaranteed selection to any preparation tournament and should consider each team training event as a selection opportunity.

The final selection of the 12 traveling players, and 2 non-travelling reserves, shall be no later than **July 28th, 2025**. Selection will be based on continued observation using the same criteria listed above.

Note: Until the official roster is submitted any one of the selected players can be removed from the training group for:

- (i) Performing below the level and the expected standards (on and off the field) that earned them the nomination to the team
- (ii) An injury or illness that would prevent them from playing in any or all of the rugby games during the Canada Games, as determined by the Rugby Nova Scotia in consultation with medical expertise.

Late Athlete Replacement Policy

Any athlete replacement after nomination to the Canada Games Council is subject to the approval of the Canada Games Council Team Selection Committee.

Unforeseen Circumstances

In the event of unforeseen circumstances beyond the control of Rugby Nova Scotia that prevent the Head Coach of Rugby Nova Scotia 7s Team from fairly implementing these internal nomination procedures as written, the Rugby Nova Scotia High Performance Leadership Group shall have the full discretion to resolve the matter as they see fit, taking into account factors and circumstances that they deem relevant. In the event the current Head Coach of Rugby Nova Scotia Women's Sevens Team is unable to make such decisions, Rugby Nova Scotia will appoint an interim Head Coach to take their place.

This INP is intended to apply as drafted and, specifically, where no athletes are prevented from competing because of an unforeseen injury or other unanticipated or unforeseen circumstances. Situations may arise where unforeseen circumstances or circumstances beyond Rugby Nova Scotia's control do not allow competition or nomination to take place in a fair manner or in the best interests of the priorities and general principles for selection as indicated in these criteria, or do not allow the procedure for nomination as described in this document to be applied.



In the event of such unforeseen circumstances the Rugby Nova Scotia High Performance Leadership Group will, where possible, consult to determine if the circumstances justify competition or nomination should take place in an alternative manner. In such circumstances, the Head Coach of Women's Sevens shall communicate the alternative selection or nomination process to all impacted individuals as soon as possible.

Changes to this document:

Rugby Nova Scotia reserves the right to make changes to this document, which in its discretion are necessary to ensure selection of the best teams possible for the 2025 Canada Games. Any changes to this document shall be communicated directly to all Team Members in the nominated 7's training group. This clause shall not be used to justify changes after a competition, camps or trials, which formed part of the internal nomination procedure unless it is related to an unforeseen circumstance. The purpose of this section is to allow for changes to this document that may become necessary due to a typographical error or a lack of clarity in a definition or wording before it has an impact on players. The purpose of such changes must be in order to avoid disputes over the meaning of the provisions of this document rather than to allow changes to be made to justify selection of different players than would have otherwise been selected. Such changes must be reasonably justifiable in accordance with fundamental principles of natural justice and procedural fairness. In the event of a change to this document Rugby Nova Scotia shall inform the Canada Games Council and Rugby Nova Scotia Stakeholders of the changes and the reasons for those changes as soon as possible.

Appeals

Rugby Nova Scotia's nominations to the Canada Games Women's U18 7s Team for the 2025 Canada Games may be appealed in accordance with the procedures set out in the Rugby Canada Appeals Procedures (approved MARCH 9, 2021). Any dispute relating to the Rugby Nova Scotia Internal Nomination procedures for the 2025 Canada Games must be brought forward according to said protocol or may be brought directly to the contact below:

Vanessa Robertson, Executive Director
rugbyed@sportnovascotia.ca



Appendix 1: Final Evaluation Process to Select 2025 Canada Games Squad

January - December 2024

- Rugby Nova Scotia Club Leagues
- Rugby Nova Scotia Provincial Teams
- Rugby Nova Scotia Academies
- NSSS High School League
- November 7th – OPEN ID SESSION for athletes born in 2007, 2008 & 2009

December 2024 – July 2025

- Keltics Academy High Performance Training Group
- NSSS & equivalent high school rugby leagues and tournaments
- Training camps & Tournaments:
 - o **Atlantic Tournament Training Camp:**
 - December 21st – Team Training - East Hants Sportsplex
 - December 30th – Competition Date – East Hants Sportsplex
 - o **Winter Team Trainings:**
 - January 18th – West Hants Sportsplex
 - February 1st – West Hants Sportsplex
 - o **Vancouver Tournament Training Camp:**
 - February 15th – West Hants Sportsplex
 - February 16th – 23rd (estimated dates) – Vancouver Tournament
 - o **Spring Team Trainings:**
 - March 1st – West Hants Sportsplex
 - March 22nd – West Hants Sportsplex
 - o **Tropical 7s Training Camp:**
 - April 12th/13th – Date subject to change – location TBD
 - April 14th – 20th (estimate dates) – Tropical 7s Tournament
 - o **NFLD 7s Tournament Training Camp:**
 - May 24th/25th – Date subject to change – location TBD
 - May 29th - June 1st (estimated dates) – NFLD Tournament
- Atlantic Championships 2025

Appendix 2: Player Evaluation System



The Provincial U18 Women's Sevens team has a refined talent identification and player assessment protocol. The current evaluation system analyses athletes in 4 categories: technical, tactical, physiology, and external considerations. The following factors will be considered, along with any other factors, which in the sole and absolute discretion of the national team Head Coach, deems relevant. These will be evaluated and communicated to athletes through individual review meetings throughout the 2024-2025 season.

Technical:

- A high standard and consistency in the execution of the basic skills at speed and under pressure. These skills include; passing (on and off the floor), catching, tackling, contact skills, unit skills (scrums and lineout's), restarts and kicking (drop kicks / drop outs and out of hand) and scoring tries.
- Ability to apply skills to the game situation
- Ability to maintain possession and play
- Appropriate selection and application of general and position specific skills in the context of the sevens game.
- Specific set play skills – re-starts, line outs, scrums and penalties / free kicks

Tactical:

- Ability to 'read' and respond to game situations
- Ability to make correct decisions under pressure
- Understanding of individual, positional and team tactics
- The ability to play in more than one position

Physiology:

- Aerobic and anaerobic fitness
- Ability to demonstrate power and quickness
- Speed and Agility
- Level of flexibility that allows for performance of advanced technique

External Considerations:

- Leadership
- Experience
- Specialty – positional or skill based
- Potential (including age and development)
- Attitude
- Commitment to learning in and out of the environment
- Positive contribution to team dynamics