



## **BERMUDA WOMENS NATIONAL CONTACT LEAGUE 2019**

### **LEAGUE OFFICIALS:**

Deneka Borden (Level 1 World Rugby)

Karly Alleyne (Level 1 World Rugby)

**Referee Assessor:** Mike McDonald

**VENUE:** BERKELEY INSTITUTE

**DATES:** 22<sup>ND</sup> FEB 1<sup>ST</sup>, 8<sup>th</sup>, 16<sup>th</sup> MARCH

### **LION FISH**

Najee Pitt Clarke (Co-Captain), Keonte White (Co Captain), Cristin Raynor (Vice Captain), Vanessa Sutcliffe, Nisiah Berkeley, Karly Alleyne, Ebony Knight, Shayna Simmons.

### **CAHOWS**

Nya Heylinger (Co Captain), Amanda Swan (Co-Captain), Kisha Pitcher (Vice Captain), Naimah Darrell Coffee, Andrea Otley, Asia Pitcher, Samaria Tatem

### **PETRELS**

Cerise Woodley (Co-Captain), Lauren Rothwell (Co-Captain), Gillian Cross (Vice Captain), Sarah Cross, Kyana Robinson, Jenna Burrows, Rosaria Dawson, Samai Dunn

### **ROCK LIZARDS**

Lysmeiri Santana- Suazo (Co Captain), Deneka Borden (Co Captain), Apryl Jackson (Vice Captain), Mika Tomita, Selah Reid, Dorieann O'Shaughnessy, Zavia Doyling, Jahstice Smith



## Schedule Week 1

Time	Team	Team	Pitch	Refereed	Mins Each Way	Half Time Mins
6:15 PM	LIONFISH	CAHOWS	A	Deneka Borden	7	3
6:15 PM	PETRELS	ROCK LIZARDS	B	Karly Alleyne	7	3
6:40 PM	LIONFISH	PETRELS	A	Deneka Borden	7	3
6:40 PM	CAHOWS	ROCK LIZARDS	B	Karly Alleyne	7	3
7:05 PM.	CAHOWS	PETRELS	A	Deneka Borden	7	3
7:05 PM.	LIONFISH	ROCK LIZARDS	B	Karly Alleyne	7	3
<b>FINISH 7:30PM</b>						

### Week 1 Rules:

6 aside

2 Person Scrums

2 Person Lineouts (No Lifts)

On Two handed touch – Attacker must fall to the ground within 3 metres and immediately place.

1 v 1 Competition for the Ball

### Reminders for Players

All Players must have gum guards and boots.

Bring Any medical Requirements – Asthma Inhaler etc

Enjoy!



**Week 2 Rules:**

6 aside

2 Person Scrums

2 Person Lineouts (No Lifts)

Defender must now hold for 2 seconds or tackle to Win Turnover –

Attacker can try to fight to ground and if successful can place.

1 v 1 Competition for the Ball

**Week 3 Rules:**

6 aside

2 Person Scrums

2 Person Lineouts (Back Lift Only)

Defender must now hold for 2 seconds or tackle to Win Turnover –

Attacker can try to fight to ground and if successful can place.

1 v 1 Competition for the Ball

**Week 4 Rules:**

6 aside

2 Person Scrums

2 Person Lineouts (Back Lift Only)

Full tackle laws apply.

Selection to Represent the **Bermuda All Stars** at the Ariel Re Sevens on March 16<sup>th</sup> will be based around Learning gathered from these games as well as Form.

The last round of the league will be taking place at the National Stadium in front of a crowd before the Men's National game v Jamaica.