## Match Day Run Sheet Template WORLD RUGBY TRAINING AND EDUCATION

матсн:	vs.	
DATE:	KICK-OFF:	
VENUE:		

Actual time	Timing (minutes)	Activity	Location		
Kick-off -12		Gates open to the public			
	-90 to -60	<ul> <li>Teams arrive and are escorted to changing room</li> <li>Team Manager signs off final team sheet with MPO</li> <li>Teams can start to warm-up upon arrival</li> </ul>	Dressing room area		
	-50 to -40	Team clothing / equipment check with Match Officials     Match Officials instruction	Dressing rooms		
	-40	<ul> <li>Coin toss in tunnel with referee and two captains.</li> <li>Winning captain must nominate his chosen option: Kick-off / choice of end (if applicable)</li> </ul>	In tunnel		
	-10	Both teams to return to dressing rooms			
	-9 to -7	Lipstick camera turned on for a maximum of 10 seconds	Dressing rooms		
	-8	• 1 minute call to each team	Dressing rooms		
	-7	Teams leave the dressing rooms and line up in the tunnel as directed by Match Commissioner Single file – captain first			
	-6	Teams take to the field     Teams line up for anthems			
	-5	• Anthem Team A*	On pitch		
	-3:30	Anthem Team B	On pitch		
	-2	Ceremonial cultural rituals (e.g. Haka, if appropriate)			
	-1	Final preparations	On pitch		
		Kick-off 1st half			
	Half-time (10 minutes)	<ul><li> Half-time is 10 minutes whistle to whistle</li><li> Teams are called with 2 minutes to kick-off</li></ul>			
	Confirm if lipstick camera will be turned on				
	Kick-off 2nd half				
	After final whstle	Flash interviews on the field or close to the dressing rooms			
	+5	Player / coach interviews – losing team	Dressing room area		
	+10	Player / coach interviews – winning team	Dressing room area		
	+15	Citing Commissioner liaises with the Team Managers to check if they want to report any incident	Dressing room area		
	+60	Teams receive match DVD	Dressing room area		

 $<sup>{}^{\</sup>star}$  Except for matches involving the host team where the host team anthem is always played second