

Just pick up the ball and run with it!

Rookie Rugby is the best way to be active and have fun with a new sport! Whether you are a former player, long-time supporter or new to rugby, this game is for you!

USA Rugby invites you to find your place in the rugby community - Rookie Rugby can be found in:

- * Physical Education Classes
- * After-School Programs
- * Recreational Leagues
- * Community Based Programs
- * State PE Conferences
- * Your Neighborhood!

RUGBY FOR ALL

RUGBY FOR ALL

DEVELOPMENT PATHWAY

SCHOOL	USA RUGBY CONTINUUM														
	ELEMENTARY					MIDDLE					HIGH	OPEN AGE			
Age	UG	UP	UR	UR	UR	UR	UR	UR	UR	UR	UR	UR	UR	UR	ANY AGE
Grade	K	1	2	3	4	5	6	7	8	9	10	11	12	13	14
CONTACT											15+	10+			
LEVEL	ROOKIE RUGBY										TOUCH				
COACHING	IBB RUGBY READY COURSE & USA RUGBY ROOKIE RUGBY COURSE										ORIENTATION TO COACHING HIGH SCHOOL RUGBY & INTRODUCING RUGBY COURSES				
REFEREEING	IBB RUGBY READY COURSE & USA RUGBY ROOKIE RUGBY COURSE										LEVEL 1 OFFICIATING COURSE				

'Rugby For All' begins with Rookie Rugby!

What is Rookie Rugby?

- * Fun, safe sporting experience for both boys and girls
- * Simple rules - the game is easy to learn and minimal equipment is required
- * Promotes excellent skill development, teamwork, health, fitness, and most importantly - fun!

Rookie Rugby Basics

- * Object of game is to score a 'try' by touching the ball to the ground on or behind the goal line
- * Two hand touch or flags may be used
- * Ball is passed sideways or backward only
- * Free pass is used to start or a restart the game
- * Play is free-flowing and continuous

- * Rookie Rugby can be played in any open space
- * Age and ability determines field size and duration of playing time
- * Rookie Rugby is played between two teams of equal size, generally between 5 and 7 players to a team
- * Boys and Girls play by the same rules
- * Game uses 'tags' so little to no contact is made between players

Playing the Game

Athlete Benefits

- ★ Emphasis on continuous activity
- ★ Promotes health and wellness
- ★ Teaches respect for self and others
- ★ Enhances motor skill development
- ★ All ages and genders can participate
- ★ Encourages good sportsmanship
- ★ Unique, easy to learn and safe
- ★ Fun!



Program Benefits

- ★ Cost effective
- ★ Easy to implement
- ★ Continuing education options available
- ★ Game can be tailored to meet program needs
- ★ Creates connections to a global community
- ★ Be a youth sports pioneer

Rookie Rugby Honor Code

Supporter/Parent

- 1) Honor the game in action and language.
- 2) Use praise and positive recognition with all who are involved.
- 3) Allow coaches or officials to correct player mistakes.
Resist the urge to give instructions.
- 4) Cheer on good play from both sides.
- 6) Acknowledge that all referees perform a difficult task.
- 7) Appreciate coaches for their commitment and effort.
- 8) Set a good example - think before you act!
- 9) Have fun!

Player

- 1) Honor the game by trying your best
- 2) Put effort into learning both individual AND team skills
- 3) Play according to the laws of the game
- 4) Commit to your team with high attendance, effort and energy levels
- 5) Show respect to all
- 6) Appreciate good play from both sides
- 7) Be an ambassador of the sport – think before you act!
- 8) Have fun!

Coach

- 1) Honor the game by adopting a culture that rewards effort, not only outcome.
- 2) Emphasize the letter and spirit of the rules
- 3) Appreciate that a worthy opponent brings out the best in any team
- 4) Aim for fierce competition when the game is on and friendly interaction when time is out
- 5) Respect the officials even when you disagree
- 6) Never do anything, on or off the field, that compromises all player efforts to be the best they can be – think before you act!
- 7) Have fun!

Start Now!

Visit www.usarugby.org/goto/Rookie_Rugby and take the FREE Rookie Rugby online course and request an education kit.

Available Resources

- ★ Rookie Rugby Guidebook
- ★ Start-Rugby Card Pack
- ★ Size 3, 4 and 5 Rugby Balls
- ★ Youth Promotional Video
- ★ Rookie Rugby Stickers
- ★ Online Education Course
- ★ USA Rugby
- ★ Your Local Rugby Community



Now You Are Ready to Play Rookie Rugby!



For more information contact USA Rugby at youth@usarugby.org