

**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**

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**DEVELOPMENT PATHWAY**

SCHOOL	USA RUGBY CONTINUUM										OPEN AGE						
	ELEMENTARY					MIDDLE					HIGH						
Age	UG	UP	UR	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	15	
<b>CONTACT</b>	MIN 7's										10's					15's	
<b>COACHING</b>	IBB RUGBY READY COURSE & USA RUGBY ROOKIE RUGBY COURSE										ORIENTATION TO COACHING HIGH SCHOOL RUGBY & INTRODUCING RUGBY COURSES					ADVANCED COACHING COURSE	
<b>REFEREEING</b>	IBB RUGBY READY COURSE & USA RUGBY ROOKIE RUGBY COURSE										LEVEL 1 OFFICIATING COURSE					LEVEL 2 & 3 OFFICIATING COURSES	

**'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](http://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](mailto:youth@usarugby.org)