

## RESOURCES

### CURRICULUM

The **Rookie Rugby Curriculum** contains games for all ages and abilities. All games are easy to teach and come complete with coaching tips and progressions.

### WEBSITE

[www.rookierugby.ca](http://www.rookierugby.ca) is your one-stop shop for anything you need related to **Rookie Rugby**. Check out the different materials and resources available for implementing programs and promotion!

### STARTER KITS

**Rookie Rugby Starter Kits** provide you with the basic materials you need to start a program. These kits are available for purchase at [www.rookierugby.ca](http://www.rookierugby.ca) and contain:

- 6 Rugby Balls (Size 3 or 4)
- 30 Flag Belts (15 Blue and 15 Red)
- 20 Boundary Cones
- 1 Ball Bag



For more information, please email [rookierugby@rugbycanada.ca](mailto:rookierugby@rugbycanada.ca)



**RUGBY  
CANADA**



PRESENTED BY **HONDA**

HSBC



**ROOKIE  
RUGBY**

PRESENTED BY  
**HONDA**

**NON-CONTACT RUGBY  
FOR SCHOOLS  
AND COMMUNITIES  
ACROSS  
CANADA**



**RUGBY  
CANADA**



[www.rookierugby.ca](http://www.rookierugby.ca)



# WHAT IS ROOKIE RUGBY?



**Rookie Rugby** is **Rugby Canada's** mass participation program that is a non-contact, safe introduction to the game for boys and girls of all ages. The program is complete with a full rugby curriculum that is easy to implement and focuses on having fun and learning the basics of the game.



## WHO CAN TEACH ROOKIE RUGBY?

The **Rookie Rugby** program is designed to be easily implemented for children of all ages. Any parent, teacher, or volunteer interested in getting involved can take part in a local training to be able to lead **Rookie Rugby** in their school or community.

## WHERE WILL ROOKIE RUGBY BE IMPLEMENTED?

- School Physical Education Classes
- After-School Programs
- Community Organization Programs
- Camps and Clinics
- Rugby Clubs

## BASICS OF ROOKIE RUGBY

**NON  
CONTACT**  
with Flags

**Ball Size**  
3 or 4

**Teams**  
5 - 7 players

**10-20  
MINUTES**  
Game Times

**Field Size**  
flexible on  
number of players

**Rookie Rugby** mirrors the game of rugby by incorporating the principles of being an evasion game using flag belts. Flag belts allow players to have a platform of learning the basics of the game in a fun and safe manner.

## STEPS TO ROOKIE RUGBY

Getting involved in **Rookie Rugby** is easy! Follow these three simple steps for starting a program in your area:

**1**

**Contact Your Provincial Union Representative**  
**Rookie Rugby** is ready to be implemented all across Canada. Contact a representative in your province to learn about existing programs or starting new ones!

**2**

**Review Rookie Rugby Curriculum and Materials**  
Check out [www.rookierugby.ca](http://www.rookierugby.ca) for a full curriculum that you can implement in your program. There are also other promotional materials and resources available as well!

**3**

**Start Playing!**  
Once you have contacted your local representative and reviewed the materials, you are ready to start with **Rookie Rugby**!



## ROOKIE RUGBY CURRICULUM

The **Rookie Rugby Curriculum** is based on the **Get Into Rugby** program from **World Rugby**. This curriculum is centered on the principles of **Try, Play, and Stay**:



### TRY

These games are meant for kids to try the game of rugby and learn some basic skills.

### PLAY

Once players have developed a foundation of the game, they then advance to more competitive play and participating in more consistent programs.

### STAY

After players try the game and play it a bit longer, they become players for life and stay involved.

The full **Rookie Rugby Curriculum** is available to download at [www.rookierugby.ca](http://www.rookierugby.ca)

