

ROOKIE RUGBY



A Beginner's Guide to Rookie Rugby

Rookie Rugby is designed to give players a fun, safe, and enjoyable sporting experience. The rules are simple, the game is easy to learn, and minimal equipment is required!



Rookie Rugby is found in:

- **Physical Education Classes**
- **After-School Programs**
- **Recreational Leagues**
- **Community-Based Programs**
- **Camps, Clinics, Showcases**
- **Rugby Clubs**

The logo for 'Rookie Rugby' features the words 'ROOKIE' and 'RUGBY' in a stylized, bold font. 'ROOKIE' is in white with a black outline, and 'RUGBY' is in red with a black outline. A small red star is positioned above the 'I' in 'ROOKIE'. The text is set against a green splatter background.

**ROOKIE
RUGBY**

What is Rugby?

- Rugby is a team “invasion” game where the object is to get the rugby ball past an opponents’ ‘goal line’ and score a try, which is worth 5 points.
- Rugby was founded in England over 200 years ago.
- Today the game of rugby is played by over 7 million people in 120 countries across 6 continents!
- Rugby was reintroduced into the 2016 Olympic Games in Rio de Janeiro, Brazil and Rugby Canada's Women's team won the bronze medal!



What is Rookie Rugby?

- **Rookie Rugby is the non- contact version of rugby developed for schools and communities.**
- **Pulling a flag simulates a 'tackle'.**
- **All players will have the chance to run, pass, and score points!**
- **Designed for boys and girls of all ages, which allows co-ed play.**
- **Play is free-flowing and continuous, keeping kids active and healthy.**



Rookie Rugby vs. Rugby



Similarities:

- Object is to score a 'TRY'
- Active and aerobic
- Basic skills, running, passing, catching, and evasion

Differences:

- Non-contact
- Focused on teaching the basics
- Played on any surface or field size
- Co-ed play possible

Playing Rookie Rugby

- Rookie Rugby can be played in any indoor or outdoor 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 five and seven players to a team
- Boys and girls play by the same rules
- Game uses flags so little to no contact is made between players



Why Rookie Rugby?

Athlete Benefits

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



**ROOKIE
RUGBY**





Why Rookie Rugby?

Program Benefits

- Extremely low cost
- Revenue generating
- Easy to implement
- Instructional support available
- Free, downloadable resources
- Game can be tailored to meet program needs
- Creates connections to a global community



Rookie Rugby & LTAD

- Rookie Rugby is perfect for boys and girls of all ages. The curriculum is designed for the first 3 stages of Canada's Long Term Athlete Development pathway:



- Rookie Rugby teaches fundamental movements and physical literacy. Each activity will incorporate running, passing, catching, agility, balance, and coordination.

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Rookie Rugby Resources

- Rookie Rugby Starter Kits
- Rookie Rugby Curriculum
- Rookie Rugby Guidebook
- Promotional Materials
 - Brochure
 - Editable Flyer
 - Promotional Card
 - Presentation
- Tracking Tools - Log Your Activity
- www.rookierugby.ca



Rookie Rugby Starter Kit

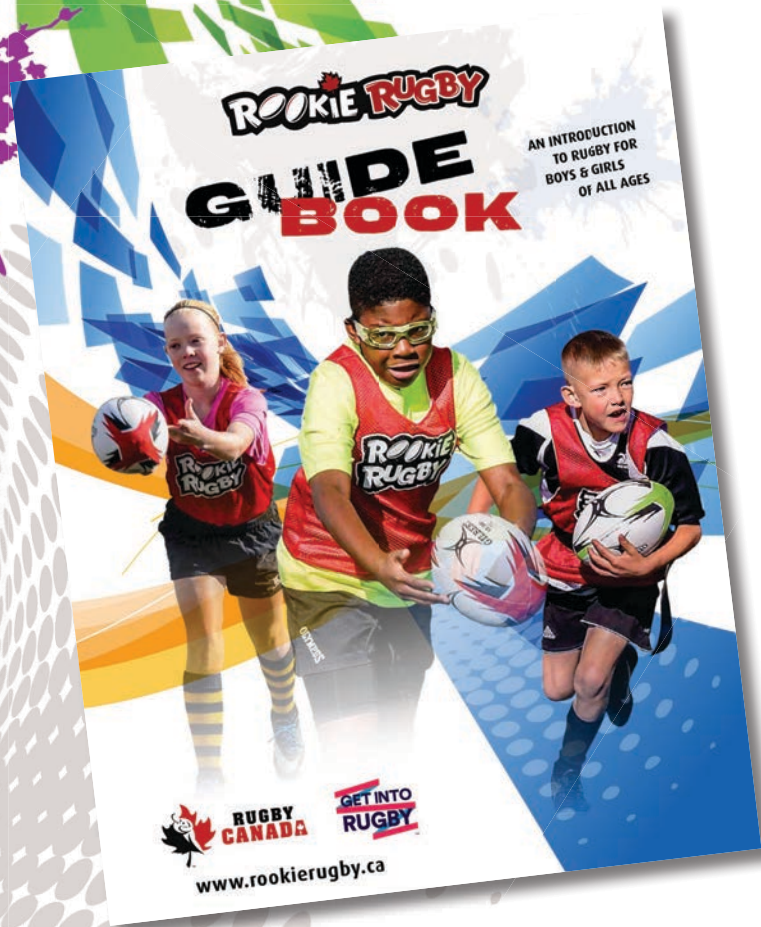
- 6 Rookie Rugby Balls (Size 3 or 4)
- 30 Flag Belts (15 Red & 15 Blue)
- 20 Boundary Cones
- 1 Ball Bag
- Available for purchase at www.rookierugby.ca



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Rookie Rugby Guidebook



- Rookierugby Overview
- Gameplay and Rules
- How to Coach
- How to Referee
- Additional Resources
- Available for download at www.rookierugby.ca

**ROOKIE
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Rookie Rugby Games & Curriculum

- Various games and activities to introduce Rookie Rugby for all ages
- School Curriculum separated by the first 3 LTAD levels
- Easy to understand and implement in any setting
- Available for download at www.rookierugby.ca



ROOKIE RUGBY RELAY RACES

OBJECTIVE To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving, etc.

GAME SETUP

Space Needed 10 x 15 metres
Equipment Needed 10 cones, 5 rugby balls
Suggested Time Allocation 5-10 minutes or 5 different relays
Group Size 20 players

LEAD STAGES AS FU LT

FUNDAMENTAL MOVEMENTS

- Agility
- Balance
- Coordination
- Running
- Passing
- Catching

HOW TO PLAY

- 1 Start by separating players into equal relay teams of two or more and have them stand in line behind cone with one rugby ball per line.
- 2 Run through a series of relays to introduce basic skills and promote ball familiarization. Suggested relays include:
 - a. Run down to the cone, score a try and have players yell, with passer follow through and passing to the next player (Be sure to introduce proper passing technique before scoring, run back and pass the ball around your waist).
 - b. Run down to the cone and pass to the next person in line, it multiple times before getting to the far cone. Score a try, run back, and pass.
 - c. Run down to the cone, score a try, run back and pass between the cones, score a try, run back and complete another pass.
 - d. Have two players run together, completing as many passes as possible between the cones, score a try, repeat on the way back.
 - e. Have players run down, score a try and perform their best 'Try Dance.' Run back and pass to their teammate.

GAME PROGRESSIONS

- 1 Make the cones further apart each race.
- 2 Add defenders in the middle that players must evade to complete their turn in the race.
- 3 Award the first team to finish a point and make it a competition for teams.
- 4 Incorporate various skills including fitness exercises and other ball familiarization techniques.

COACHING/TEACHING TIPS

- 1 If players are struggling with certain skills, try slowing down the speed of the relay races.
- 2 To keep players active, have the players waiting in line complete fitness exercises like jumping jacks to reduce static standing.

RUGBY CANADA www.rookierugby.ca **GET INTO RUGBY**



Rookie Rugby Website

www.rookierugby.ca

- Information to start Rookie Rugby in schools, communities, and clubs
- Rookie Rugby Store
- Free online resources to download
- Rookie Rugby promotional video
- Local Contact Information
- Log Activity Form

The image displays two overlapping screenshots of the Rookie Rugby website. The top screenshot shows the homepage with a red navigation bar containing the Rookie Rugby logo, 'PRESENTED BY HONDA', and a 'Log Activity' button. The main content area features a large image of a child in a red jersey with the text 'Safe, Non-Contact Rookie Rugby. Rookie Rugby is an easy to play game for all ages! The rules are simple, and minimal equipment is required.' Below this is a video player showing a child with a 'ROOKIE RUGBY PRESENTED BY HONDA' sign. The bottom screenshot shows the 'Log Activity' form, which includes fields for Province, Organization, Name, City, and various participant statistics. The form also features the Rugby Canada logo.

Log Activity Form Fields:

- Province: Alberta
- Organization (School/Club) / Organisation (École/Club):
- Name / Nom: First / Prénom, Last / Nom
- City / Ville:
- Number of Male Participants / Nombre de participants masculins:
- Age of Participants / Âge des participants: 0-5 years old / 0-5 ans, 6-10 years old / 6-10 ans
- Program Type / Type de programme: Core Club Program / Programme de club, Select Your Role / Sélectionnez votre rôle: Rookie Rugby
- NCCP Number / Numéro PNCC:
- Email / Courriel:
- Number of Female Participants / Nombre de participantes féminines:
- Type of Session / Type de séance: School Class Activity / Activité scolaire, Rugby Club Activity / Activité en club



ROOKIE RUGBY



For more information on Rookie Rugby, visit
www.rookierugby.ca or contact us at
rookierugby@rugbycanada.ca

