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ROOKIE RUGBY

PRESENTED BY **HONDA**

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**



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!



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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!

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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:

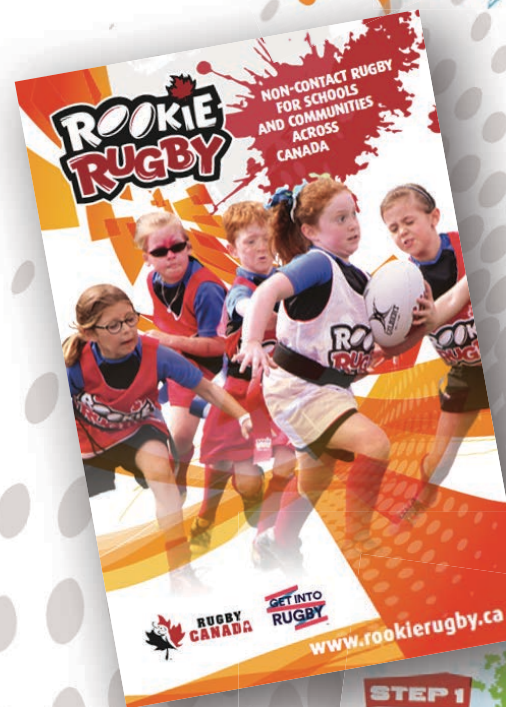


- Rookie Rugby teaches fundamental movements and physical literacy. Each activity will incorporate running, passing, catching, agility, balance, and coordination.



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

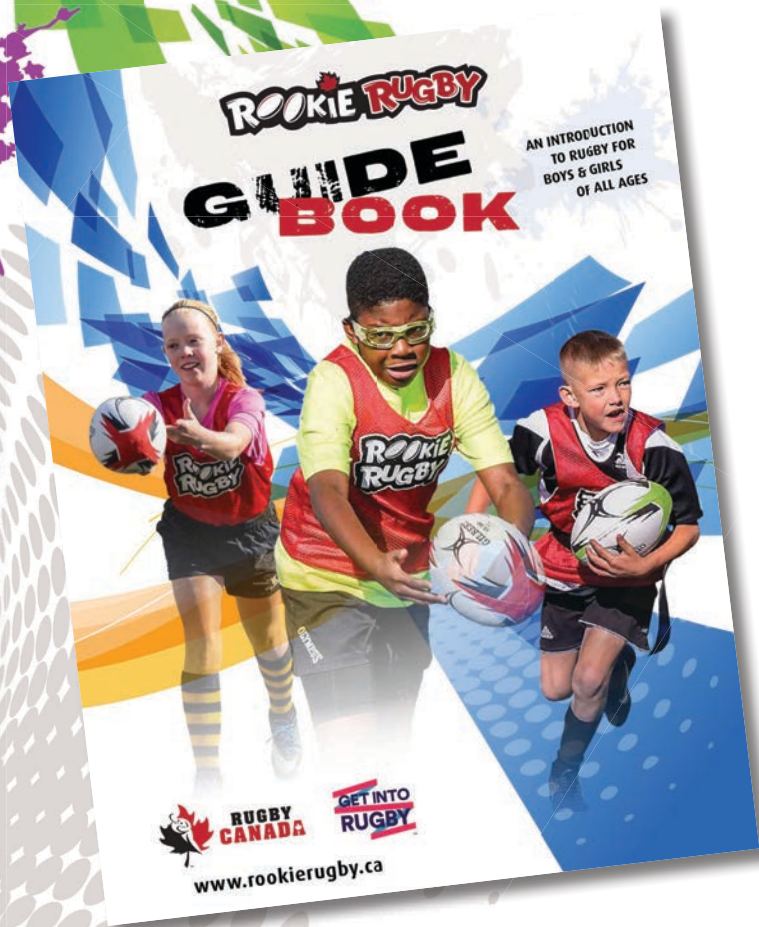


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Rookie Rugby Guidebook



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

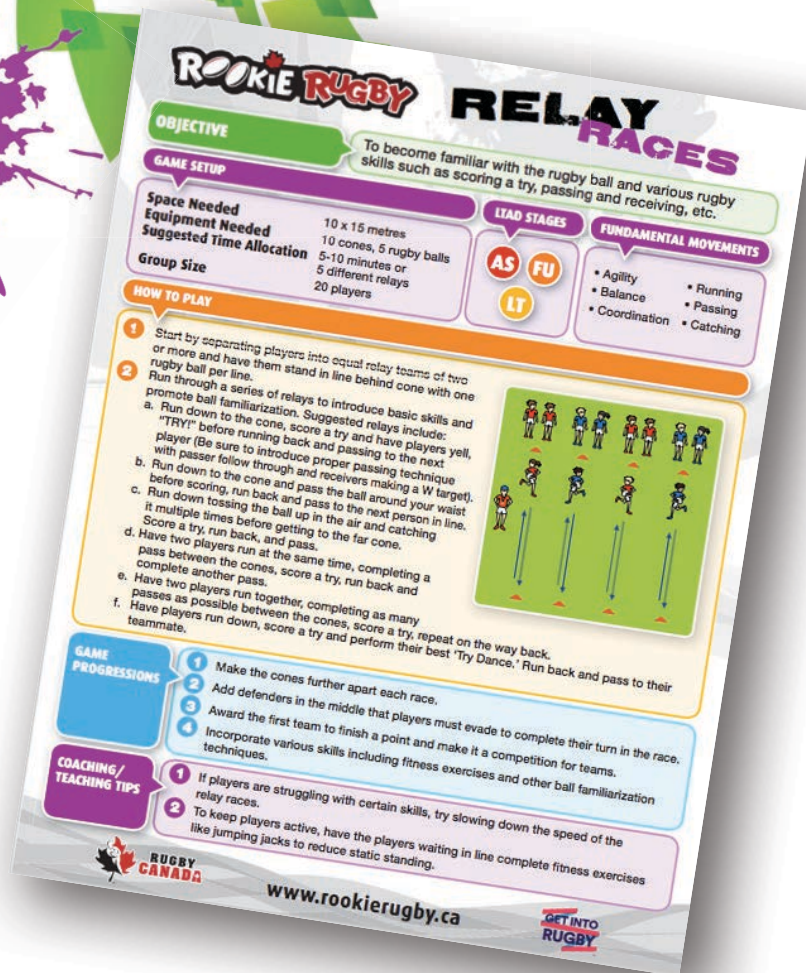
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Rookie Rugby Games & Curriculum

- 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



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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 from the Rookie Rugby website. The top screenshot shows the homepage with a red header containing navigation links: 'Get Started - Organizations', 'Resources', 'Child Protection', 'Rugby Clubs', 'Players & Parents', 'Games', 'Contact', and 'Store'. A 'Log Activity' button is visible in the top right. The main content area features a large photo 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 'ROOKIE RUGBY PRESENTED BY HONDA' logo. The bottom screenshot shows the 'Log Activity' form, which includes fields for 'Province', 'Alberta', 'Organization (School/Club) / Organisation', 'Name / Nom', 'City / Ville', 'Number of Male Participants / Nombre de participants masculins', 'Age of Participants / Âge des participants', 'Program Type / Type de programme', 'Core Club Program / Programme de club', 'Select Your Role / Sélectionnez votre rôle', 'NCCP Number / Numéro PNCC', 'Email / Courriel', 'Number of Female Participants / Nombre de participantes féminines', and 'Type of Session / Type de séance'. The form also includes checkboxes for '0-5 years old / 0-5 ans' and '6-10 years old / 6-10 ans', and radio buttons for 'School Class Activity / Activité scolaire' and 'Rugby Club Activity / Activité en club'. The Rookie Rugby logo and 'RUGBY CANADA' logo are also visible on the form.

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

