

## 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

# ROOKIE RUGBY

NON-CONTACT RUGBY  
FOR SCHOOLS  
AND COMMUNITIES  
ACROSS  
CANADA



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



## ROOKIE RUGBY



GET INTO  
RUGBY

[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

<b>NON CONTACT</b> with Flags	<b>Ball Size</b> 3 or 4	<b>Teams</b> 5 -7 players	<b>10-20 MINUTES</b> Game Times	<b>Field Size</b> flexible on number of players
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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)

