

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**