



A Beginner's Guide



Rookie Rugby is the flag version of rugby that is safe, non-contact, and easy to learn. The game is similar to flag football and has the free flowing play of soccer. The rules are simple and minimal equipment is required.

The Basics

How do you Score?

Players score by traveling with the ball across the try line and touching the ball to the ground. A score is called a try in rugby and is worth 5 points.



Note: Players must stay on their feet to score; diving is not allowed in Rookie Rugby.

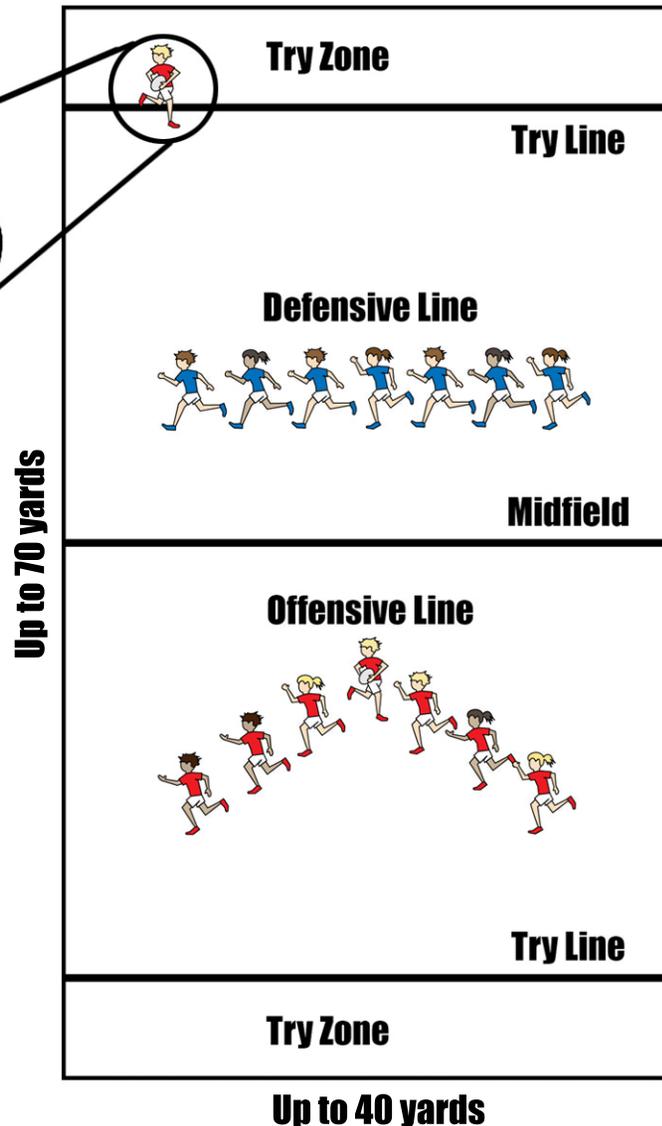
How Long is the Game?

Rookie Rugby games can last anywhere from 25-65 minutes. Game time is determined by age and skill level of the players. USA Rugby recommends the following time structures:

- Players ages 5-8: Two 10 minute halves*
- Players ages 8-11: Two 15 minute halves*
- Players ages 11-15: Two 20 minute halves*
- Players ages 15 and up: Two 30 minute halves*

Equipment

The only equipment required in Rookie Rugby is a rugby ball and flags, making it one of the least expensive sports to play. As players grow older they may wish to begin wearing rugby cleats.



What are the Positions?

Rugby is played on a field, which is called the pitch. There is a total of 14 players allowed on the pitch at any one time; 7 for each team.



In Rookie Rugby, Players are set in offensive and defensive formations rather than specific positions. These formations are shown in the field to the right. Players are encouraged to play every spot on the field to allow everyone to pass, catch, and defend. On offense, players should all work on being in support of the ball carrier. Most Rookie Rugby coaches will use a V formation for their players to work on this support. On defense, players should work to be in a flat line across the field. Players should switch between wing and center defense to discover what they enjoy playing the most.

More information on back!

Lets Play!

Rookie Rugby is a free flowing game similar to soccer. The game starts with a free pass (a pass from one teammate to another that is made at game stoppage) at the midfield. Play will be stopped only when the ball travels out of bounds, a penalty is called, or a try is scored.

Moving the Ball

The goal for the offensive team is to move the ball forward. Just like in flag football, players will run with the ball and try to avoid getting their flags pulled. Players can keep the play going by passing the ball off to a teammate. Passes must either be backwards or sideways; a forward pass will result in a turnover to the other team.

Flag Pull

The defensive team's goal is to stop the offense from moving forward by pulling the flags off the ball carrier. Once a flag is pulled, the defensive player must raise it in the air and yell 'flag' to stop the ball carrier from moving forward. The ball carrier has three seconds to pass the ball to another teammate. Once a player pulls a flag they must return it to the opposing player before returning to play.



Why did the Referee Blow the Whistle?



Advantage

The purpose of this rule is to let the game flow. If a penalty occurs that results in the benefit of the non-infringing team, the referee will let play continue.



Knock On

When an offensive player either drops or hits the ball forward. When this occurs the referee will call the penalty and turnover the ball to the other team.



Try Scored

This signifies that a team has scored a try. Play will then restart with the other team performing a free pass.



Lineout

When the ball is either carried or thrown out of bounds. When this occurs the team who went out of bounds must turn over the ball to the other team, who will then perform a free pass.



Forward Pass

Passes thrown forward (towards the try zone in which a team is trying to score) are not allowed. All passes in rugby must be thrown sideways or backwards.



Penalty

The referee will blow the whistle when a penalty has occurred.

Learn the Lingo!

Forward Pass

Passes that are thrown in front of the passer towards the try zone. Results in a penalty.

Offsides

When a player is in front of a teammate who has the ball they are considered offsides and cannot be involved in play until onside again.

Grounding

When a player touches the rugby ball to the ground in order to score a try.

Try Zone

The rugby equivalent of the endzone in American football. This is where you touch the ball down to score a try.

Lateral Pass

When the ball carrier throws the ball parallel or away from the opponent's try zone.

Try

The rugby equivalent of a touchdown in American football. Worth 5 points.

Lineout

The free pass that is used to restart the game of play after a stoppage in the game.

Free Pass

An uncontested pass that is used to restart play.

Knock On

Losing, dropping, or kicking the ball forward from a player's hands. Results in a penalty.

