

## HOW TO START A RUGBY CLUB

Starting a new rugby program may seem like a difficult task. But if you follow this 7 step process, you'll be on the pitch in no time.

### Step 1. | Develop Interest

The first step in starting a new club is to find interested parties in your area. This could mean in a single school or in a local community. It's important that you create some interest in starting a club to ensure you've got the support moving forward. An initial 10-15 players is ideal for this stage.

### Step 2. | Identify Pathway

The next step is to identify who is playing where. You'll need to decide whether you are starting a High School Single School or Club team. You'll need to decide whether you are starting a boys team, girls team, or both. If your players are below the high school ages, you'll want to decide what age group they are, and whether you want to play contact rugby or flag. If you have any questions at this stage, contact Rugby PA.

### Step 3. | Understand the Requirements

Once you've identified your pathway, you'll want to make sure you understand the requirements. If starting a school team, you want to contact the athletic director to see what requirements the administration may have. You'll also want to know when you'll need to have your team registered by, and what competition you'll participate in.

### Step 4. | Get the Word Out

Now it's time to get the word out and create a pool of players. In a school, flyers and announcements work great. Share messages on social media and community groups. Contact other sports groups to see if players are interested in offseason (i.e. football players in the spring). The goal should be to have at least 20-30 interested members.

### Step 5. | Secure Coaches, Facilities, and Equipment

Once you have a pool of players, you'll need to find coaches. You can contact local men's and women's clubs to see if they have members who would be willing to help. If you have teachers or parents interested in coaching the team, you can have them get certified through USA Rugby. All teams are required to have a Level 200 Certified Coach. Rugby PA hosts these courses throughout the year. You will also need to find a field for practice and games. Schools will have access to these, but local clubs may need to contact local parks and rec for fields. A rugby field requires a space of at least 120 yards x 70 yards. The equipment needs for a rugby team are very basic. Teams will need balls and uniforms, players will need cleats and a mouth piece. There are also other training tools like tackle bags and scrum sleds that may be used to teach particular facets of the game. Rhino Rugby offers all new Rugby PA teams 20% off for their first purchase of uniforms and equipment.

### Step 6. | Register Team and Players

With your team, coaches, and fields secured, you'll then need to get everyone registered for the season. Players and Team will register directly on [www.RugbyPA.org](http://www.RugbyPA.org). Coaches will register through USA Rugby.

### Step 7. | Practice and Play!

Once your team is registered it is time to start playing. There are a multitude of resources for coaches online to help create practice plans. Watching rugby on tv and online can help players, coaches, and parents gain a better understanding of the game.