



Rookie Rugby

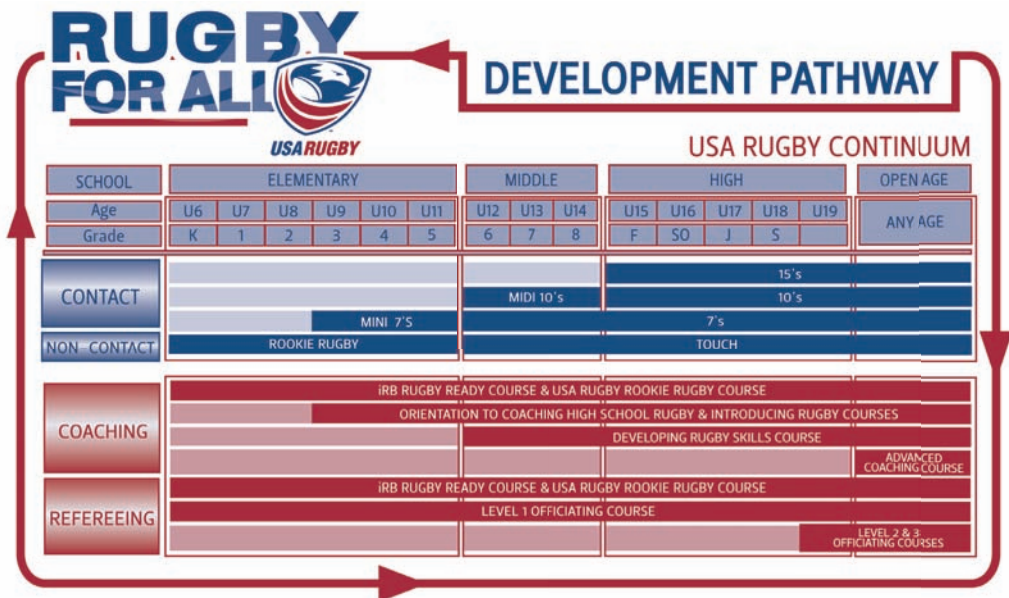


Pick Up The Ball & Run With It!

USA Rugby is proud to offer **ROOKIE RUGBY as the new non-contact game that is making its way into gyms, playgrounds and parks across the USA!**

ROOKIE RUGBY is a very safe, simple and enjoyable introduction to the game created with American athletes in mind. Passing, running, communication and decision-making are just a few of the skills and values participation helps to develop.

ROOKIE RUGBY is the starting point on the **RUGBY FOR ALL** development pathway designed with players, coaches and referees in mind. This simple chart details how everyone can become involved at any level of experience and phase of life.



Why should you play **ROOKIE RUGBY**? The game is an excellent option for athletes, educators and parents looking to try a new sport. **ROOKIE RUGBY** features simple rules, low start-up cost and exceptional fitness benefits for all. Most importantly, everyone must run, score and work together which promotes:

- SKILL DEVELOPMENT**
- TEAM WORK**
- PHYSICAL FITNESS**
- RESPECT FOR OTHERS**
- FRIENDSHIP & FUN!**



BASICS:

- Object of the Game:** Score a try (5 points) by touching the ball to the ground on or behind the opponent's goal line
- Playing Field:** Can be played in any open space, adaptable to fit the needs of any program - any rectangular space such as a court, field or gym is ideal
- Team Size:** Between 5 and 7 players on each side depending on available space
- Playing Time:** Can play two halves between 10 and 20 minutes long depending on player's age and ability
- Equipment Needed:** Very minimal - rugby ball, cones, training bibs and a whistle

TERMS:

- Free Pass:** Used to start or re-start play
- Tag:** When an opponent touches the ball carrier with both hands or removes a flag, the ball carrier must then pass the ball immediately
- Knock-On:** When a player drops a ball forward to the ground
- Offside:** The line that extends across the field from where a player is tagged
- Passing:** The ball can only be passed sideways or backwards
- Advantage:** Allowing play to continue when a penalty happens

RESOURCES (FREE FOR ALL!):

- On-line Education Course
Rookie Rugby Guidebook
Start-Rugby Card Pack
Stickers, birthday invitations, and much more!
Visit www.rookierugby.com to view and download all available USA Rugby resources.

ROOKIE RUGBY CLUB MEMBERSHIP:

Want to link up with other **ROOKIE RUGBY** supporters? USA Rugby offers everyone the opportunity to become a member of the **ROOKIE RUGBY** Club for FREE!

Club membership includes access to an online educational network providing players, educators, parents and coaches with the opportunity to learn and discuss rugby-related issues, activities and games. You can create a personal **ROOKIE RUGBY** profile, view and share multi-media, learn the basics and make new friends!

**Volunteers, educators, coaches,
referees and athletes of all ages
can sign up today!**





To learn more about **ROOKIE RUGBY**
please visit www.rookierugby.com.

You can access many **FREE** resources, ask questions,
find a program in your area and take the **ROOKIE RUGBY**
online education course to get started learning the game.



**Thank you for trying
ROOKIE RUGBY!
Welcome to the club!**



CLUB MEMBERSHIP CARD

1. Log on to www.rookierugby.com
2. Click on 'New Members'
3. Enter your information & click 'Submit'
4. Review your details and click 'Continue' to enter the Rookie Rugby Club headquarters
5. Click 'Sign Up' to create a new profile & record your password

PASSWORD

If you are under the age of 14, please ask your parent or
guardian's permission to join the Rookie Rugby Club

**Welcome to the club!
Now invite your friends!**

