

The 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

Delaware Rugby Foundation

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Rookie Rugby

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

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.

If you are interested volunteering or bringing Rookie Rugby to your community, email:chris@derugbyfoundation.org or call (302) 761-0762

Check out the Delaware Rugby Foundation on Facebook!

www.derugbyfoundation.org

The Delaware Rugby Foundation is a Non-Profit 501(c) (3)

Rookie Rugby Honor Code

Supporter/Parent

- 1) Honor the game in action and language
- 2) Use praise and positive recognition with all who are involved
- 3) Allow coaches or officials to correct player mistakes. Resist the urge to give instructions.
- 4) Cheer on good play from both sides
- 6) Acknowledge that all referees perform a difficult task
- 7) Appreciate coaches for their commitment and effort
- 8) Set a good example - think before you act!
- 9) Have fun!

Coach

- 1) Honor the game by adopting a culture that rewards effort, not only outcome.
- 2) Emphasize the letter and spirit of the rules
- 3) Appreciate that a worthy opponent brings out the best in any team
- 4) Aim for fierce competition when the game is on and friendly interaction when time is out
- 5) Respect the officials even when you disagree
- 6) Never do anything, on or off the field, that compromises all player efforts to be the best they can be – think before you act!
- 7) Have fun!

Player

- 1) Honor the game by trying your best
- 2) Put effort into learning both individual AND team skills
- 3) Play according to the laws of the game
- 4) Commit to your team with high attendance, effort and energy levels
- 5) Show respect to all
- 6) Appreciate good play from both sides
- 7) Be an ambassador of the sport – think before you act!
- 8) Have fun!