



Non-Contact Youth Rugby

What is Youth Rugby?

This is non-contact, flag rugby that can be played by boys and girls, ages 17 and under. It is a game that introduces the kids to the sport of rugby, where everyone gets to pass, catch, run and score with the ball. Youth rugby is played with flags to simulate and replace the tackle. Kids will learn about all the unique parts of rugby, like the 'scrum' and the 'line-out', in a fun, safe and non-contact environment.

How do you play Youth Rugby, and how is it similar to other sports?

Teammates will run with the ball in their hands, passing the ball among them, looking to run between or around the opposition to score in the end zone. Several skills like running, passing, spacing and decision-making, are the same skills that are used in soccer, football, and basketball.

Is Youth Rugby played under the same rules and laws as real rugby?

No. Youth rugby laws are amended to provide a fun and safe opportunity for kids to learn the sport.

I've seen Rugby on the television. How is Youth Rugby different?

The style of rugby seen on TV recently, is the style that youth rugby is based on. The only difference being the contact. In youth rugby, play does not stop if a flag is pulled. The ball changes sides when the offense makes a mistake. Kids will learn how to attack space through drills that involve passing and running with the ball, to go between or around the defense, or kick past them.

Are there special skills necessary to start playing Youth Rugby?

No special skills are necessary to begin. If kids can pass, and catch a ball while running, they'll be a star. Remember, tackling will be replaced with flags. Kids will concentrate on the skills of passing, running, kicking and positional play.

Will Youth Rugby help my kid in my other sports?

Rugby is excellent preparation for any team sport. The game will get kids in excellent shape. They'll improve their ability to read defenses. Their passing and footwork will be vastly improved for their other sports.

In some sports my kids play now, they hardly touch the ball. Will that happen in Youth Rugby?

No! Teamwork is very important and because there are no downs in rugby, the ball keeps moving around the field. Everyone touches the ball! Everyone runs with the ball! Everyone passes the ball! Everyone scores!!!

Some interesting facts about the sport of Rugby:

- Played in over 120 countries throughout the world. Second largest sport in the world.
- Men and women, boys and girls play by the same rules.
- There are both non-contact and contact versions of the game, making it appropriate for all age levels.
- Rugby is all-inclusive - Everyone can play no matter what size, shape, or athletic ability!
- Rugby is a sport that involves cardiovascular endurance, strength, agility, and so many other health benefits.
- Rugby is a great cross-over sport, with many of the same skills that can be found in other sports like basketball, football, soccer, and many more!
- Rugby 7's is now included in the **2016 Olympic Games**, increasing the popularity of the sport for both boys and girls

