



Introduction to Rugby

A promotional presentation
outlining the benefits of
including rugby
into a school system



An international game played in over 100 countries by over 4 million people world wide



Centered on
camaraderie,
pride, passion,
and honor

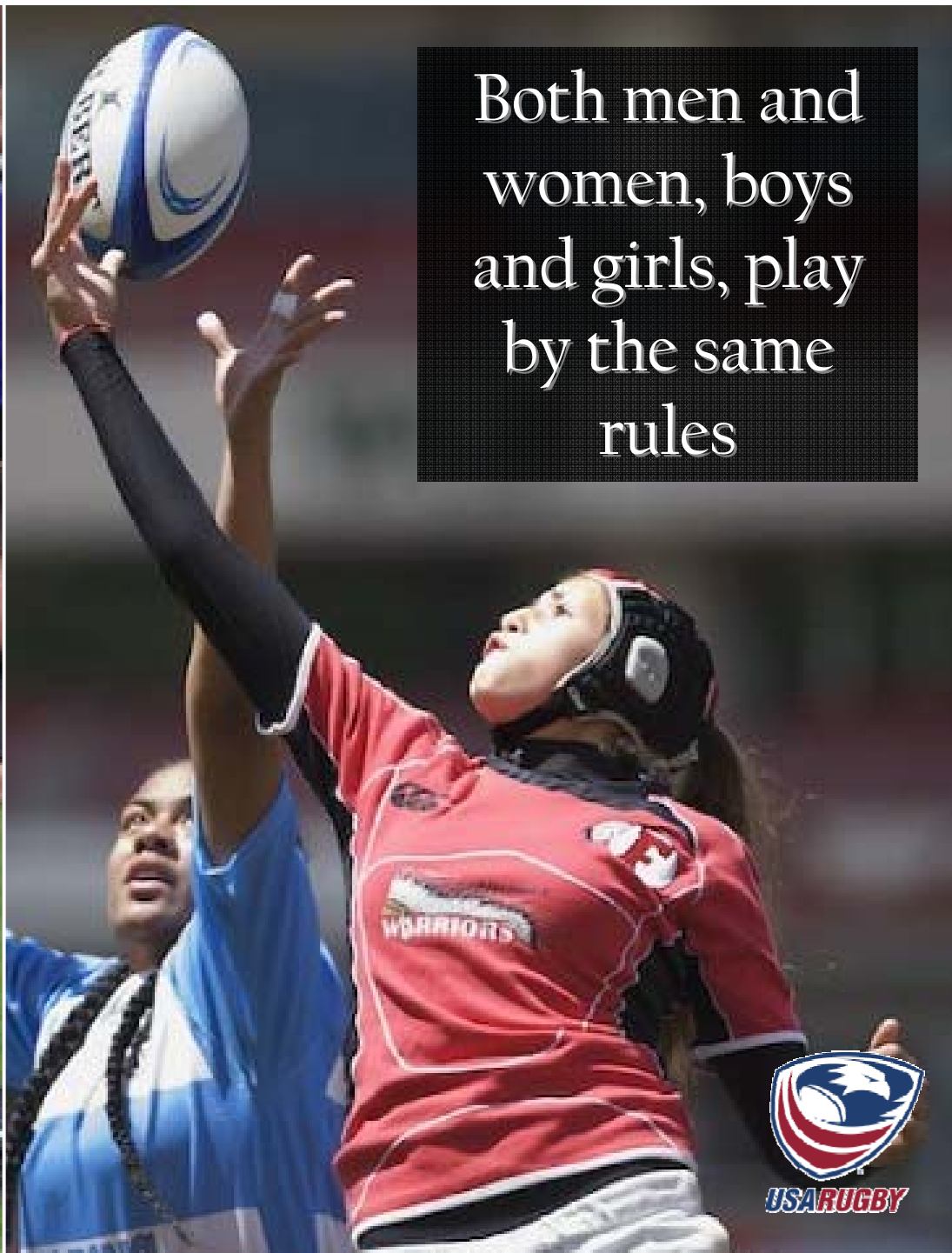




There are both non-contact and contact versions of the game

Rugby is inclusive - Everyone can play no matter what size, shape, or athletic ability





Both men and women, boys and girls, play by the same rules



Rugby is a sport that involves:
Cardiovascular Endurance
Strength
Agility
Speed
Power





Rugby is a great cross-over sport,
involving skills found in many other
popular, American sports



ÉQUIPE NATIONALE DES ÉTATS-UNIS D'AMÉRIQUE
Champions des Olympiades d'Anvers

1924 OLYMPIC CHAMPIONS – TEAM USA



The new Olympic sport
Rio de Janeiro
2016

Debout : PEMPLETON, MALDONADO, VINTAGE, HARRIS, SCHOLZ, DAVIS, CAROL, K...
FISCH, PATRICK, TILDEN (OLD), HAZZARD, STAPEN, KATZ, PATRICK, WAI...
ASSIS : DON, HUNTER, VON SCHNITZ, MERRICK, O'NEIL



What is Rugby?

- The object of rugby is to score a try, worth 5 points
- The ball is moved forward by running or kicking
- Passes must be lateral or backwards
- Rugby is played with fifteen or seven players on each side
- Rugby is made up of continuous play over two halves
- Every player passes, kicks, scores, and plays equally
- Played on a field 144 meters in length and 70 meters in width



What is Rugby?



- [High School/U19 National Championships Promotional Video](#)
- ['I Play Rugby' Promotional Video](#)

National Standards

Rugby satisfies the six [National Standards for Physical Education](#) set by the National Association for Sport and Physical Education (NASPE).

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



High School Rugby in the U.S.

- Current numbers of youth and high school rugby in the United States as of June 2010 (Includes the '09-'10 Registration Cycle with USA Rugby)
 - 572 Registered High School Teams (Boys)
 - 169 Registered High School Teams (Girls)
 - 22,320 Registered High School Boys (Athletes)
 - 5570 Registered High School Girls (Athletes)
 - 5390 Registered Youth Athletes*

*Number indicates registered teams only and does not represent true number of youth teams/leagues



Comprehensive University Rugby Network

There are currently 465 collegiate rugby programs for men in the United States.

Some of the top schools are listed below.

- California (Berkeley)
- Brigham Young University (BYU)
- Utah
- Arkansas State
- San Diego State
- Kutztown
- Navy
- Penn State
- Louisiana State University (LSU)
- Texas A&M
- Central Washington
- Arizona
- Dartmouth
- Tennessee



Start-Up Costs



- Rugby is a sport with low start-up costs:
 - Balls*
 - Kit*
 - Coaching Staff
 - Facilities (rentals, up-keep, etc.)
 - Training Tools (cones, tackle pads, scrum sled, etc.)**
- *Equipment available through World Rugby Shop and Sports Authority
- **May not be necessary for initial start up

What Resources Are Available?

- USA Rugby and Local Rugby Partner Organizations
 - Liability Insurance
 - Start-up Manual and Other Materials
 - Educational Resources
 - Coach Certification
 - Referee Certification
 - Player Development Courses
 - Unlimited Network of Local Connections
- International Rugby Board
 - Laws of the Game
 - Training Resources



Plan of Action



- Work with school/district to introduce rugby through either P.E. classes, after school programs, and/or athletic program demonstrations
- Work with school administration for recruitment, fliers, tables, advertising, community involvement, etc.
- Recruitment
- Equipment and Facilities
- Practice and Competition



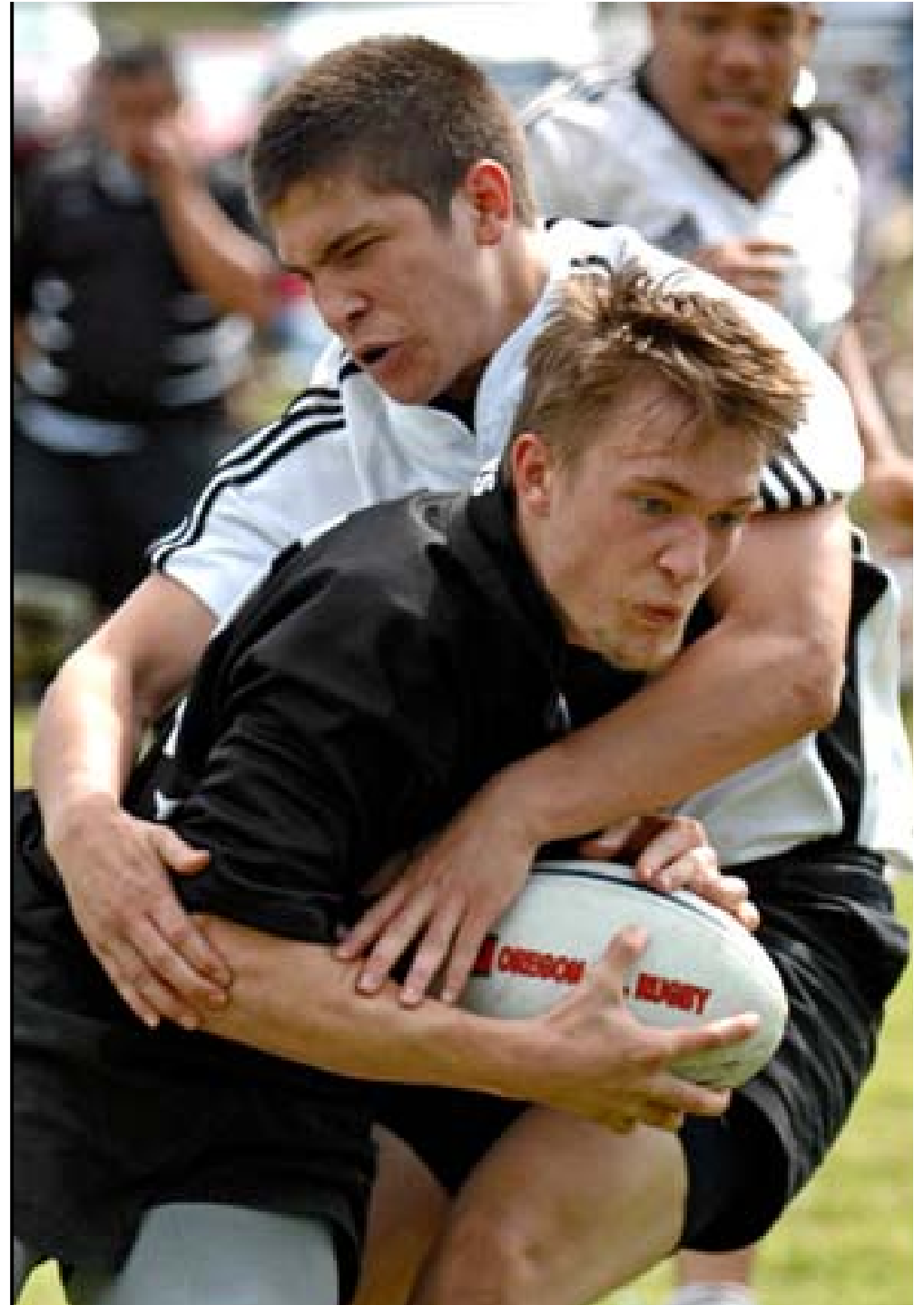
Our mission is to inspire America
to fall in love with rugby...

www.usarugby.org



Appendix A Rugby Terms

- Try
- Conversion
- Tackle
- Ruck
- Maul
- Scrum
- Lineout
- Knock On
- Advantage
- Pitch



Appendix B Rugby Positions



- Props (1 & 3)
- Hooker (2)
- Locks – Second Row (4 & 5)
- Flankers (6 & 7)
- Number 8 (8)
- Scrum Half (9)
- Fly Half (10)
- Centers (12 & 13)
- Wings (11 & 14)
- Full Back (15)

