



## Palatine Area Boy's Middle School Rugby Club

### Palatine Park District Non-Contact Rugby Program

The Palatine Park District, in cooperation with the Hoffman Estates Park District, ran a Non-Contact Rugby Summer Camp in 2008.

Another such program will be held in the Winter 2009 Session at Birchwood Recreation Center (435 W. Illinois Avenue, Palatine, IL 60067-6744) on Monday afternoons at 3:45 pm from January 12<sup>th</sup> through March 2<sup>nd</sup>. Register online at: [www.palatineparks.org/online.html](http://www.palatineparks.org/online.html)

#### Details are:

This non-contact program will introduce you to the international sport of rugby. Ball handling, running, kicking, and laws of the game will be covered.

**Age:** 8 - 13 years

**Dates:** January 12 - March 2 (8 weeks)

**Location:** Birchwood Gym

**Min/Max:** 10/75

Prog #	Day	Time	Fee
4100-4	Mon	3:45-5:15 pm	\$50 R/\$75 NR

Rugby can be played in "Tackle", "Touch" or "Flag" variations. In this camp, the kids will play "Flag Rugby." The kids will learn the basic rules of Rugby, gain some experience with a Rugby Ball and learn Passing Techniques that can be used in Tackle, Touch, or Flag Rugby.

The basic rules for all variations can be summarized rather easily:

- A "Try" will be scored by touching the ball to the ground in the opponent's end zone.
- A player may carry the ball (in any direction)
- The ball may be passed backwards or to the side (a lateral pass), but never forward.
- The ball may be kicked in any direction and we will work on kicking techniques.
- Each team will get 4 downs to advance the ball
- A "tackle" will occur when the ball carrier's flag is removed. The defense will withdraw 5 yards and the offense will put the ball back into play by "healing it backward" – putting the ball on the ground at their feet and stepping over it.

The skills demonstrated and taught at this clinic will have direct application to tackle rugby. The Palatine Pioneers inaugural season is this spring. New players are encouraged to consider this park district program as an additional opportunity to touch the ball and learn the game.

**Palatine Rugby Football Club Inc NFP**  
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