



**WE PLAY  
RUGBY**



**rugby**



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Get in touch with your local club who can help you take your rugby journey further, whether playing or volunteering.

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## FAQ

Thank you to our friends at Girlguiding London and South East England who created this pack with England Rugby.

Get ready to

push

forward!



 rugby

**"You get to  
be yourself  
on the pitch"**

## About our partnership

### Love Rugby

England Rugby and Girlguiding Anglia are coming together to inspire girls through non-contact rugby and related activities, emphasising fun, fitness and inclusion.

We know that opportunities for sport are important to girls, who can often feel limited by perceptions of which sports are 'for girls'. And, with women's rugby increasing in popularity with every international tournament and grassroots game, we want to inspire the rugby players and fans of the future. We also hope that this partnership will foster local connections with rugby clubs of all sizes in the region - see part 4 for more details.

**A message**

**from**

Hear from former Brownie and current Red Rose Emily Scarratt who has an special message for all Girlguiding Anglia members.





## Information for leaders

### About the activities

We have divided the activities into 4 parts:

- 1 Get creative (choose at least 1; times vary)
- 2 Warm up (at least 15 minutes)
- 3 Ball games (at least 30 minutes)
- 4 Meet a club (take it further!)

All activities are appropriate for all sections and many require minimal resources. You will need enough space for your unit to move safely around for activities in parts 2 and 3.

For ball activities, you can use any kind of ball - it does not need to be a rugby ball.

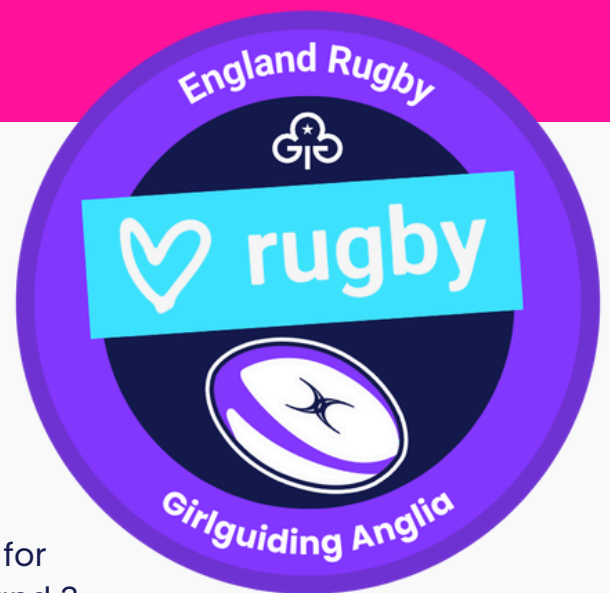
### What is a try line?

We haven't used a lot of jargon in this pack, but one term we do use is 'try line'. A 'try line' is simply the line at each end of a rugby pitch. You will create this line for the activities in part 3.

See the FAQ on page 15 for more information on rugby, equipment and risk assessments.

### How to order your badges

Order your badges from our online shop [girlguiding-anglia.org.uk/shop](http://girlguiding-anglia.org.uk/shop) to show that you 'Love Rugby'!



'Love Rugby', express yourself and support players through these creative activities.

### Write a letter to a Red Rose

England's womens rugby team, the Red Roses, are ranked number 1 in the world.

Find out who is on the squad and think about what you want to ask them about being a professional rugby player. Maybe you want to find about their training, how they got into rugby, or what it's like travelling internationally. Write your questions in a letter and post it to: FAO GG Love Rugby Badge, Red Roses, Rugby House, Allianz Stadium, 200 Whitton Road, Twickenham TW2 7BA

### Design a banner

Get some large pieces of card or cardboard. Then use felt-tip pens, coloured pencils, or even paint to create a 'Love Rugby' banner with words of encouragement. Take it further by bringing your banner to a live game and support the women playing (see part 4).

### Make a treat

Players use a lot of energy during a rugby game. Think about different kinds of treats that you can grab in a hurry to boost energy from the sidelines. What kinds of ingredients give healthy fuel for training, such as oats, nuts, and fruit? Examples include energy balls, flapjacks, and no-bake cookies. Choose one and make it in your six, patrol or unit. Be sure to check for any allergies.

### Design a rugby shirt

Design a rugby shirt to represent you or your six, patrol or unit. What colours will it be? What symbols, mascots or patterns represent you? Take it further by voting for your favourite design.



# Design your own Rugby Shirt

 rugby



England  
Rugby

**WE PLAY**  
**RUGBY**



Girlguiding  
Anglia

Before playing any sport, it's important to ensure your body is warmed up and ready to go. Spend at least 15 minutes playing these fun, quick games, which will both warm you up and teach you a bit about the game of rugby.

### Heads, shoulders, knees, cone

**Aim** See who has the quickest reaction skills

**Equipment** Cones or markers - 1 per pair

#### How to play

- Get into pairs - each pair needs a cone or marker
- Stand opposite your partner with the cone or marker on the floor between you
- Your leader loudly says: "Heads, shoulders, knees, cone" (or whatever your marker is)
- All participants complete the actions as they're being asked and, on hearing "cone", see who can pick up the cone or marker the fastest
- Repeat

#### Try it this way

- Change the pairs up - pair together those with the fastest reaction times
- Place the cone or marker on a table or sit on the floor if anyone cannot bend down
- Change the order of the actions

### Rock paper scissors chase

**Aim** Understand one of rugby's principles of play: go forward. Learn to chase and tag in the correct, safe way

**Equipment** Cones or markers to make 2 try lines at each end of the space

#### How to play

- Get into pairs
- Starting in the middle of the try lines, face to face, an arm's distance apart
- Play 'rock paper scissors' in your pairs
- The 'winner' is then the chaser and the 'loser' is the runner
  - The runner should turn and run towards the try line behind
  - The chaser runs after and tries to tag the runner before she gets to the try line - the chaser MUST tag the runner using both hands at the waist
- The runner gets 1 point if she makes it to the try line before getting tagged; the chaser gets 1 point for tagging the runner correctly before she reaches the try line
- Play best of 3 games to determine the winner

#### Try it this way

- Think of different ways to go forward - run in straight lines, run in wavy lines, etc.
- Change the way you move - walking, running, jumping, hopping, etc.
- Make the rock paper scissors 'winner' the runner and the 'loser' the chaser

# Musical whistle statues

## Aim

Become more confident with the referee hand signals used in any rugby game

## Equipment

Whistle

## How to play

- Choose someone to blow the whistle - this could be a leader, young leader, patrol leader, or sixer
- Show the unit the signals below
- Put on some age-appropriate music and let everyone dance around
- Then stop the music, blow the whistle and demonstrate the referee signal to copy and call out the name of the signal you are demonstrating
- When everyone has learned the signals, stop demonstrating and just shout the signal after blowing the whistle
- Everyone should stay as still as they can - if they move, they're out!
- Play until you have a winner (or group of winners)

## Try it this way

- For younger sections, choose a smaller number of signals to learn

## Primary

## Referee signals



Scrum



Free-kick



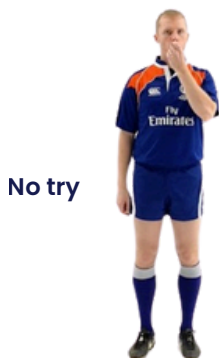
Try and penalty try



Advantage



22 drop-out



No try



## Rugby racers

### Aim

Evade the Number 8 in the middle and get to the other side without getting tagged

### Equipment

Cones or markers to make 2 try lines at each end of the space

### How to play

- Depending on the size of the unit, choose 2 or more players to be the Number 8s
- The Number 8s should be in the middle of the playing space
- Everyone else should line up along one try line. They are the runners
- When everyone's ready, the leader shouts 'Go!'
- The runners will aim to get to the other side without being tagged
- Meanwhile, the Number 8s will try to tag people gently with a light tap anywhere below the shoulders. No tackling! Each Number 8 can only tag one person per run. Those who are tagged are 'out'
- Keep playing from alternating sides and see how many people the Number 8s can get out
- You can end this game after a few rounds or once all the runners have been tagged

### Try it this way

- This activity was all about having fun, working together as a team and using problem-solving skills. Have a discussion about the following:
  - As a runner, what did you do to try and not get tagged? Did you work with the people around you at all?
  - If you were 'the Number 8', how did you plan to tag people – did you have a strategy? Did you work with the other Number 8s?
  - What was the trickiest part of the game? Did you have to think ahead when you were deciding what to do?

## Spotlight on

## Number 8s

The Number 8 in rugby is the main link between the forwards and the backs. They must have a high level of fitness, be mentally alert, have very good communication skills, be mentally and physically tough, and have good anticipation. They are good at providing support, tackling and carrying the ball.



Now that you're warmed up, it's time to play with the ball. Try out these fun games, spending at least 30 minutes playing, although you'll probably want to carry on!

## Scardey cats

### Aim

Understand one of rugby's principles of play: go forward. Learn to chase and tag in the correct, safe way. Practise carrying the ball in 2 hands

### Equipment

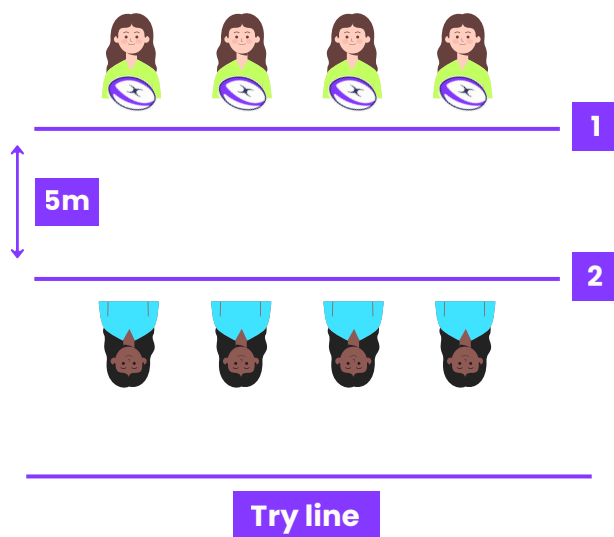
- Cones or markers to make 1 try line at the end of the space
- 1 ball per pair (note: this can be any type of ball)

### How to play

- Get into pairs – player A and player B
- Form 2 lines, 5m apart. The lines should be parallel to the try line with enough room to run towards it. The A players should go on the line furthest from the try line. The B players are nearer the try line
- Player A will hold a ball with both hands. Player B will start to move forward towards player A
- Player A will pass the ball to player B using the 'hips to hands' technique – this means the ball should be thrown from the level of ball carrier's hips to the receiver's hands
- Player B will have her 'early catch hands' up, ready to catch the ball
- Player A then chases player B, who now has the ball, and tries to tag them with both hands at the waist before she makes it to the try line
- The ball carrier gets 1 point if she makes it to the try line before getting tagged; the chaser gets 1 point for tagging the ball carrier correctly before she reaches the try line
- Next, switch places, with player B starting with the ball. Play at least 4 rounds

### Try it this way

- Think of different ways to go forward – run in straight lines, run in wavy lines. etc.
- Change the way you move – walking, running, jumping, hopping, etc.
- Make it more challenging by increasing the distance between players



## Keep the ball

### Aim

Get the ball from one end of the space to the other end (the try zone) by passing it between team members without dropping it

### Equipment

- Cones to mark 1 try line
- 1 ball per team (note: this can be any type of ball)

### How to play

- Depending on the size of your unit, everyone could play together or you can split up into teams of 6
- Start a set distance from the try line. To score a point, pass the ball between your team members
  - Everyone in the team must have the ball before it reaches the try zone
  - If the ball touches the ground, you must start again
  - An adult or young leader could be assigned to each team to check this happens
- Team members can set themselves up through the space as they go and should move towards the try line, passing the ball sideways using 'hips to hands'. Make sure the movement suits the space and players. That may mean running, but it can also mean walking
- If playing with multiple teams, the first team to complete the challenge gets a point. The team with most points wins after a few rounds
- If playing with just one group, all working together as a team, you could challenge yourselves to do it under a minute or in the fastest time you can

### Try it this way

- Change the way you move - walking, running, jumping, hopping, etc.
- Make it more challenging by increasing the distance to the try line



Try line

## Connect for 10

### Aim

Work as a team to pass the ball and get 10 catches without dropping it

### Equipment

- Cones to mark 2 try lines at each end of your space
- 1 ball (note: this can be any type of ball)
- Bibs, shirts, or another way to identify teams

### How to play

- Split your unit into 2 teams, attacking and defending
- The attacking team will pass and catch the ball in any direction (using the 'hips to hands' technique you learned in 'scardey cats') aiming to complete 10 successful passes in a row. You can't run with the ball, but you can move into space to be available for a catch
- The defending team will try to disrupt the attacking team by intercepting or creating barriers (leaving at least 1 metre distance)
- If the defending team successfully disrupt the attacking team from completing a pass, they get the ball and it's their turn to try to connect 10 catches and passes
- Teams that successfully connect 10 catches and passes earn 1 point
- The first team to earn a total of 3 points wins

### Try it this way

- Allow movement with the ball, using a 2 handed-touch at the waist to initiate a pass
- Consider giving a time restriction on how long a player can hold a ball before passing
- See how many total passes you can make without dropping the ball



# Rugby end ball

## Aim

Score points by catching the ball in the opposing team's try zone in a game of tap rugby

## Equipment

- Cones or markers to make 2 try lines at each end of your space
- 1 ball (note: this can be any type of ball)
- Bibs, shirts, or another way to identify teams

## Set up

- Divide into 2 teams of 5-7 players. Bigger units could have substitute players or have multiple teams. You could rotate the teams or play across multiple pitches
- 1 team - the attackers - begins with the ball in their try zone, behind the try line
- The other team - the defenders - starts at the opposite end in their try zone

## How to play

- The game starts with a free pass
- The attacking players move the ball along the pitch:
  - Players can't move with the ball - they must pass it in any direction
  - Players must pass within 5 seconds
  - Players without the ball should be moving into a position to catch it
  - Score a point by catching the ball in the opposing team's try zone
- The defending players try to stop the attacking players from scoring by forcing a turnover. A turnover means that the other team get the ball and play continues from the spot where the turnover occurred. Turnovers happen when:
  - An attacking player drops the ball
  - A defending player intercepts a pass
  - A defending player gently taps the player with the ball if she has held it for over 5 seconds - she must then immediately pass the ball to the defending player
  - Defending players may not force a turnover by swatting or deflecting a pass, or by taking the ball from attacking players
  - Defenders should only carefully tap other players on the waist
- After a team scores, the opposing team takes possession of the ball, and they restart the game as above with a free pass from their try zone
- The winners can be either the first team to a score a certain number of points (such as first to 7 points) or the team with most points at the end of the game
- At the end, run a quick cool down to allow everyone to stretch

## Try it this way

- For younger groups, you could add a rule to make sure that all players are getting a chance to pass and receive the ball. For example, a try doesn't count unless all teammates had a chance to pass the ball - you may need to assign someone to each team to monitor this
- For older groups, you can make this game more like rugby by allowing the person to move with the ball, but only allowing backwards or sideways passing. You could start at walking speed to make this easier

We hope the activities in this pack have inspired both volunteers and girls to 'Love Rugby'. It doesn't need to stop there - let us help you get in touch with your local club who can help you take your rugby journey further, whether playing or volunteering. This is suitable for individual units but we also encourage groups of units, districts and divisions to inspire even more girls by enquiring together.

## What kinds of activities can rugby clubs support?

- **Running T1 rugby sessions**

T1 rugby is the world's first non-contact sport that fully reflects the unique characteristics of rugby union while remaining simple to play. 'A game for everyone, played by anyone', T1 Rugby has an emphasis on fun, fitness and inclusion, and provides a fun, welcoming and safe environment for people of all ages, abilities and backgrounds.

- **Giving girls the opportunity to meet others playing rugby**

Girls and women of all ages play rugby throughout the region. By connecting with a local club, girls will find out about the opportunities available to them in the sport, find inspiration, and connect with their peers.

- **A chance to watch a match or training session in action**

Why not make a day of it and go along to watch a local club compete? Don't forget the banners you made in part 1! Or observe a training session to find out what it's all about and how players of all levels train and improve their game.

- **Ongoing relationship building**

Many rugby clubs have space available that could help support Girlguiding groups locally, from clubhouse facilities to large, open outdoor spaces. There are also volunteer opportunities available for young women doing the Queen's Guide award or Duke of Edinburgh award to learn to referee U12 girls' matches, help out at events or behind the scenes.

## How do I get in touch with a local club?

If you'd like to get in touch with a club near you for any of the activities or support above, [visit our website](#) to find out more.

## **Do I need to have a lot of knowledge about rugby to use this pack?**

No – this pack is for everyone, whether you're a seasoned rugby fan or don't know a scrum from a ruck (both ways to restart play in rugby). These fun, rugby-inspired games will help both volunteers and young members learn basic rugby principles, are easy to learn and do, and can be adapted to all levels and abilities. For more support with rugby activity, get in touch with your local club (see part 4). And keep an eye on the region website for rugby event opportunities.

## **Do I need special rugby equipment to use this pack?**

No – most units will have access to suitable equipment to run these activities. If you don't have cones, anything you can use to safely mark the playing area will be fine. For ball activities, you can use any kind of ball – it does not need to be a rugby ball.

## **Isn't rugby a full contact sport?**

Whilst rugby is a full contact sport, the activities in this pack are all non-contact. Our hope is that you're inspired to get in touch with your local club to experience T1 rugby – the world's first non-contact sport that fully reflects the unique characteristics of rugby union while remaining simple to play. See part 4 for more details.

## **How do I risk assess for the activities in this pack?**

We suggest you write your risk assessment for these activities using the same principles as you would for any game that involves moving around or balls.

## **Is meeting a local rugby club compulsory?**

We'd love for everyone to get in touch with their local rugby club and highly encourage you to do so. See part 4 to find out all the fun and exciting activities you can do. But this is not compulsory for getting the badge, as we know this won't be possible for all units.

**"I am a girl who plays rugby and have always faced hardships from boys and girls for playing the sport I love. I wish the media would have a better look on women's sport and treat it equally to men's."**

Girl aged 11-16, Girls' Attitudes Survey 2024



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stories



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