

Lake Barrington Field House

Kid's Co-ed Non-Contact

Touch Rugby Clinic

Tuesday June 16, 2009

Soccer's rules were first established at the Eton School in England in 1815. Until then, it was played in a chaotic fashion and the rules varied depending on where it was played. Even after 1815, many schools still preferred their own variation of the sport. In 1836, William Webb Ellis picked up the ball and ran with it at Rugby School in England and **Rugby Football** was born – “football according to Rugby's rules”. The sport changed again when the forward pass was allowed in the U.S.A. in the mid 1800's - **American Football** was born. There continue to be many similarities.

- The word **Touchdown** comes from Rugby. To score, a player must touch the ball to the ground with firm, downward pressure in the end zone.
- A **Drop-Kick** is still allowed in American Football. It is worth 3 points – same as in Rugby.

Rugby can be played in “Tackle”, “Touch” or “Flag” variations. In our camp, we 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:

- Each team will try to score by touching the ball to the ground in their 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 is touched with 2 hands (Touch Rugby) or when one of their flags is pulled from their flag belt (Flag Rugby). The defense will withdraw 5 yards and the offense will put the ball back into play by “heeling it backward” – putting the ball on the ground at their feet and stepping over it.

The Lake Barrington Field House will host a Kid's Non-Contact Rugby Camp on Tuesday Afternoons from 2:00 – 3:00 pm for 4 weeks beginning June 23 for Boys & Girls from 8 to 13 years old. **Every child enrolled will receive their own Rugby Ball.** Camp cost is \$75 per child.

