



Rookie Rugby in cooperation with Manitoba Flag Rugby (MFR) is a co-ed, non-tackling game for children ages 4-15. MFR is a fun and active start to being part of a team through the joy of rugby.

MINI

Mini: 4-6 years (DOB 2011-2013)

Mini is the age category reserved for our youngest of players. These kids are the future of the game and we love to teach them the FUNDamentals of the game. At this age they learn a lot of rugby related games and get a feel for the sport.

We know that some kids at these ages have a limited attention span on the field so these sessions only last 45 minutes in duration compared to the typical hour long for the older age groups.

\$60 registration fee

9am - 9:45am

FLAG

Flag: 7-14 years (DOB 2003-2010)

At this age, athletes will be introduced to the key skills required for MFR. This will include; running, passing, kicking, catching and defensive flag removal. Players will be introduced to simple rugby games. The second half of the season will build on skills learned in the first half with the introduction of playing full 7 aside games.

Early Sessions will include and teach basic skills required for Flag Rugby. Players will be introduced to the game of 7 aside which will include; scrums, lineouts, kick-offs and penalties.

\$65 registration fee

10am - 11am

TACKLE

Tackle: 11-13 years (DOB 2004-2006) & 14-16 years (DOB 2003 - 2001)

Athletes will continue to learn rugby fundamentals, learn the skill of tackling and participate in both contact and non-contact games. Mouth guards, shorts and cleats are required equipment. Flag Rugby registration is free for those registered in tackle rugby.

\$75 registration fee

11am - 12pm

**Sundays at Rotary Republic of Manitobah Park
Beginning April 23rd 2017 Programs run for about 9-10 weeks**

All registrations can be entered online

at www.RugbyManitoba.com / Youth Rugby / Rookie Rugby

