



INTRODUCTION

The *Introduction to Rugby - Girls* presentation is designed for pioneering the sport of rugby in schools and community organizations. It is structured for an audience with no prior knowledge of rugby. Individuals and organizations can use this presentation as a tool for growing rugby at the youth and high school levels. This presentation is specifically designed to promote the sport for female athletes.

SLIDES

Introduction Slide – Set your mission here. What are you trying to accomplish with this presentation? Let your audience know why you are there and what you are going to present.

Slide 2 – According to the IRB, these are the most up to date statistics on rugby. Of the 4.4 million people playing, 200,000 of them are women. Rugby is played by men and women, boys and girls, in more than 100 countries across five continents. The IRB membership currently totals 97 Unions in full membership, 19 Associate members and six Regional Associations. The Rugby World Cup 2007 attracted 2.2 million ticket sales, 1.8 million website hits and record television viewing figures through broadcast exposure via 238 channels around the world. The cumulative TV audience was estimated as 4.2 billion.

Slide 3 – Rugby is a sport with an incredible culture. This slide is a chance to talk about that culture and help others understand why people are so passionate about the sport. Provide them with some examples or tales of your own experience; bring in athletes to talk about why they love rugby so much.

Slide 4 – Administrators tend to be intimidated by the physicality of rugby. Knowing that there are non-contact versions that are appropriate for schools (i.e. P.E. classes), as well as safe progressions into tackle rugby makes it easier to sell. Another factor is pointing out that rugby is an all inclusive sport – appropriate for all shapes and sizes.

Slide 5 – Rugby is about equality – most people do not realize that men and women play the same sport, with the same rules. Rugby is the only full tackle sport for girls offered at the high school level.

Slide 6 – America's new focus is health and anti-obesity. Use this slide as a chance to talk about the many health benefits that rugby can provide. Mentioning things like the continuous nature of the sport, the cardiovascular endurance, and the strength benefits helps administrators see an incredibly positive side of the rugby. The Wall Street journal published an article on American football, stating that there are only 11 minutes of actual football played during a game. Comparing football, a sport that most people know, to rugby will point out the many benefits that the sport has to offer. Click here for the article:

<http://online.wsj.com/article/SB10001424052748704281204575002852055561406.html>



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Slide 7 – People like what they know, and people know football, soccer, basketball, and baseball. Relate rugby to these other sports, showing that the skills involved are already skills that most children possess. Talk about the kicking, running, passing, jumping, and other skills that you find in other sports. Again, provide personal examples or have athletes talk about the different skills they use in rugby that they developed in other sports.

Slide 8 – On October 9th, 2010 rugby was voted back into the Olympic Games for 2016 in Rio de Janeiro, in the form of sevens. Explain rugby sevens: seven players on a side, seven minute halves. Athletes that are in Jr. High and High School are the ages for our future Olympians. By implementing rugby into a school or community, these kids now have another opportunity to represent their country. It is also important to point out that rugby was an Olympic sport in 1920 and 1924 – finding Team USA as champions and current gold medal holders.

Slide 9 – It is important to keep the game in its simplest form. Help the audience understand the very basics of the game without getting confused by terminology and technicalities.

- You can take the chance to explain how to score a try and that American Football actually stemmed from rugby – hence the ‘touchdown’
- Field Size – the dimensions in the presentation are maximum numbers. You can explain that rugby can be played in any open space, indoors or outdoors. Most games are played on soccer-size fields.

Slide 10 – Now after explaining a lot about the game, show your audience what it is all about.

- Girls’ High School Varsity Rugby – This inspirational, promotional video shows footage of high school girl’s rugby, has interviews with athletes and administrators, and displays the culture of the game.
- The Female Rugby Athlete – This is a promotional video for an NCAA initiative. Although directed for college, it is a great video showing what rugby is all about for our female athletes.
- ‘I Play Rugby’ Promotional Video – This is a great, inspirational video showing all shapes, sizes, and ages playing rugby.

Slide 11 – The National Association for Sport and Physical Education (NASPE) set forth six national standards for physical education. What this means is that in order to raise the bar of health and physical education in the United States, teachers should work to put in sports that satisfy the national standards. Rugby is a sport that fits all six standards. Whether you are working to put rugby into P.E. classes, an after school program, or as a varsity sport – knowing that the sport is healthy for kids is a huge selling point!

Slide 12 – The purpose of this slide is to point out how much youth and high school rugby already exists within the United States. These statistics are from the ’09-’10 registration cycle through USA Rugby as of June 2010. The Youth statistics represent both contact and non-contact rugby. Also note that most youth teams do not register with USA Rugby and therefore the number on the slide is not an accurate representation. Feel free to add in local statistics



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such as teams in the area/state. You can contact your state representative to obtain this knowledge at www.usarugby.org/goto/sbro.

Slide 13 – Rugby is one of the only sports that you can easily continue in college. There is a large collegiate rugby network that is increasing every day. The total number of teams listed is from the '09-'10 USA Rugby Registration Cycle as of May 2010. The colleges listed are a few of the more well-known schools that participated in the collegiate championships in 2010.

Slide 14 – Adding a rugby program that includes at least 15 girls will help schools stay in compliance with Title IX. Visit www.titleix.info for more information.

Slide 15 – Rugby is a low cost sport – all you need is an open space and a ball. It is important to point out the minimal equipment required to start up the team. Take this slide to talk about the costs of equipment and the different retailers available. Sports Authority now offers rugby balls in 200 stores throughout the country. This makes rugby more accessible. WorldRugbyShop.com is also a leading retailer in rugby equipment.

Slide 16 – When administrators know that there are professional organizations that provide resources for a sport, they feel more comfortable. USA Rugby and the IRB supply a plethora of materials and courses that can help all coaches, players, referees, and administrators.

Slide 17 – Administrators want to know what the plan of action is for implementing this new sport. Take this slide to talk about the steps that you will plan to take in the future to grow the sport of rugby within your area. Contact your local representative for help in implementing this plan. [State-Based Rugby Organizations](#) and [Local Contacts](#) are available to help.

Slide 18 – Include any other information that is specific to your organization/school/area and then open up the presentation to questions.

Slide 19 and 20 – If your audience is interested in knowing more about the game, use the appendices to cover basic terms. No need to go into detail, keep it as an overview. Point out some of the common language and all of the different positions that can be played at once. This brings the game full circle so the audience can better understand rugby.



FURTHER INFORMATION

For further information on Youth and High School rugby in the United States please contact :

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