

**Organised by the Hong Kong Rugby Union (HKRU)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Rugby**  
**Prospectus**

| Type of Activity<br>Key Information | Sport Demonstration   | Easy Sport Programme  | Outreach Coaching Programme  |  | Joint Schools Sports Training Programme  |
|-------------------------------------|---|---|--|--|--|
|                                     |   |   | Non-School Team Training   | School Team Training   |  |
| Target Participants                 | Primary and secondary school students   | Primary school students   | Secondary school students  |  | Secondary school students (school team or recommendations from the coaches of the HKRU)                      |
| Outline                             | Non-contact Rugby is the basic training specified by the HKRU for promoting the sport in school. Non-contact Rugby is similar to the conventional Rugby Union – Contact Rugby.                    |   |  |  | The HKRU provides systematic and progressive training for students to improve their skills and team tactics. |
|                                     | Coaches from the HKRU will introduce and demonstrate the basic skills of Non-contact Rugby through play-in session, student could experience various format of training and competition with fun. | Non-contact Rugby training covers basic skills including running, passing, defence, dodging, catching, team organisation and rules of the game. | Training includes non-contact Rugby basic technique and covers running, passing, defence and attack, dodging, catching, scrum. Moreover, this training will strengthen individual and team organisation, rules of the game and position. | School team training adopts “Contact Rugby” as basic training. Advanced competition skills, tactics, defence and attack, individual and team skills are included in the courses. (If grass pitches cannot be arranged for the activity, training will focus on Non-contact Rugby.) |  |
|                                     | The HKRU advised all students who play Contact Rugby should wear mouth guard.   |   |  |  |  |
| Venue                               | Outdoor basketball court or covered playground or hall in school  |   | Outdoor basketball court or covered playground or hall in school (Grass pitch is preferable)   |  | Training venue will be arranged by the LCSD. Please refer to the respective prospectus for details.          |
| Fee                                 | \$418 per session   | \$965 per course  | \$1,340 per course   | \$1,620 per course   | Phase 1:<br>\$3,250 per team<br>Phase 2:<br>\$1,900 per team   |

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| Equipment to be provided by the school            | (To be provided by the HKRU)  | Schools may provide:<br>4 to 6 rugby balls (size 4 for primary school students or size 5 for secondary school students), and 24 marker discs or cones. |   |                      | (To be provided by the LCSD)  |
| Duration  | 1.5 hours per session<br>(schools are advised to arrange more than 1 demonstration session on the same day)   | 4 lessons per course, 2 hours per lesson<br>(8 hours in total)   | 5 lessons per course, 2 hours per lesson<br>(10 hours in total) |                      | Two phases are organised annually.<br>1.5 hours per lesson<br>Phase 1: 15 lessons,<br>(22.5 hours in total)<br>Phase 2: 8 lessons,<br>(12 hours in total) |
| Estimated No. of Participants per Session/ Course | 100 persons   | 20 persons   |   |                      | 25 persons per team,<br>8 teams in total  |
| Proposed Time of Activity                         | Monday to Friday: 9 am to 12 nn and 2 pm to 6 pm<br>and<br>Saturday: 9 am to 12 nn  |  |   |                      | Phase 1:<br>October to March of the following year<br>Phase 2:<br>April to June   |
| Skill Assessment                                  | Not applicable  | Badges Award Scheme<br>(See Point to Note 3)   |   |                      | Not applicable  |
| Enrolment Form                                    | Sport Demonstration Enrolment Form<br>(P.185-186)   | Easy Sport Programme Enrolment Form<br>(P.200)   | Outreach Coaching Programme Enrolment Form<br>(P.203-204)       |                      | Joint Schools Rugby Training Programme Enrolment Form<br>(Please refer to the respective prospectus for details)  |
| Enrolment Method                                  | <ol style="list-style-type: none"> <li>1. Please send the completed enrolment form together with a cheque for the payment of activity fee (a separate cheque for each activity, made payable to “Hong Kong Rugby Union” with the school name written on the back) by mail to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates).</li> <li>2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team.</li> </ol>                              |  |   |                      | The respective prospectus will be sent to schools by the LCSD in due course.  |
| Points to Note                                    | <ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes.</li> <li>3. Upon completion of a rugby training course under the Easy Sport Programme or Outreach Coaching Programme, an assessment will be conducted by the coach according to various levels of badges standards of rugby. Participants who meet the Level C or above standard may obtain the badges and certificates from LCSD free of charge. Please refer to <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a> for details.</li> </ol> |  |   |                      |   |

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|                                     |  |                      | Non-School Team Training    | School Team Training |   |
|                                     | <p>4. Priority will be given to schools which have participated in the rugby training under the Easy Sport Programme between September 2022 and December 2023 to take part in the “Easy Sport Competition – Touch Rugby Competition” under the School Sports Programme in 2024. Details will be announced later.</p> <p>5. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$194 per Sport Demonstration; \$388 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.</p> <p>6. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</p> <p>7. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</p> |                      |                             |                      |   |
| Enquiry<br>Phone<br>No./Website     | 2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>  |                      |                             |                      |   |