

School Sports Promotion Program - Chapter Incentive Program

Standards and assessment of the Rugby Badges

| Items | Achievements |
|----------------------------------|---|
| 1. Pick and run | The coach will put the ball on the touchline next to the 10-meter line. The player has to run to the ball, pick/shovel it up, and keep running forward. Complete the task twice. |
| 2. High ball catch | The coach will throw the ball over the crossbar and the player has to catch the ball firmly. Complete the task twice. |
| 3. Pick and pass with left hand | The ball will be placed on the ground in front of the player. The player has to take one step forward, shovel the ball with his/her left hand and then pass it backward to the coach on the right. Complete the task successfully twice out of three attempts. |
| 4. Pick and pass with right hand | Same as above but pass the ball backward with your right hand to the coach on the left this time. |
| 5. Pass on the run to the left | Three people as a group will line up diagonally. The person in the middle will be the one to be tested. The group will run forward at medium speed while the players pass the ball down the line to their left. The players must demonstrate that they are skillful in both left and right passes. |
| 6. Pass on the run to the right | Same as above but pass the ball from the left to the right this time. |
| 7. Single hand catch (left) | The coach will throw a high ball to the player from 3 metres away. The player must catch the ball with his/her left hand only. Complete the task successfully twice out of three attempts. |
| 8. Single hand catch (right) | Same as above but use the right hand this time. |
| 9. Multiple passes | The coach will assign three players to stand in a horizontal line with 6 meters apart from each other. The first player will stand slightly forward. One of the participants will be asked to pick up the ball on the ground and pass it to the first player. After getting the ball, the first player will pass it to the next player and run next to the third player from behind to become the last in line. By the same token, the second player will pass the ball and run next to the last player from behind to become the last in line. The players will repeat this sequence until they are told to stop. They have to move forward at walking pace while doing the task. The person tested has to complete the task and will be deemed as passing the test if he/she can complete the task successfully once out of two attempts. |
| Level | Level C – Successfully complete 5-6 tasks Level B – Successfully complete 7-8 tasks Level A – Successfully complete 9 tasks |

Rugby Techniques

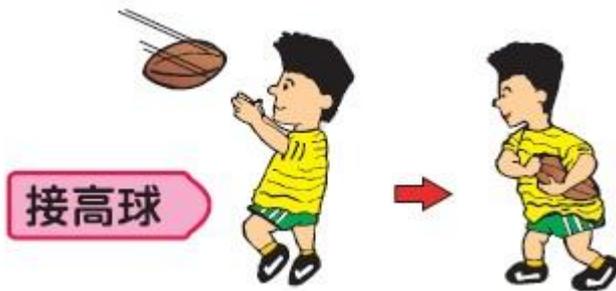
1. Pick and run (Task 1)

The player has to run to the ball on the ground, and pick/shovel it up.



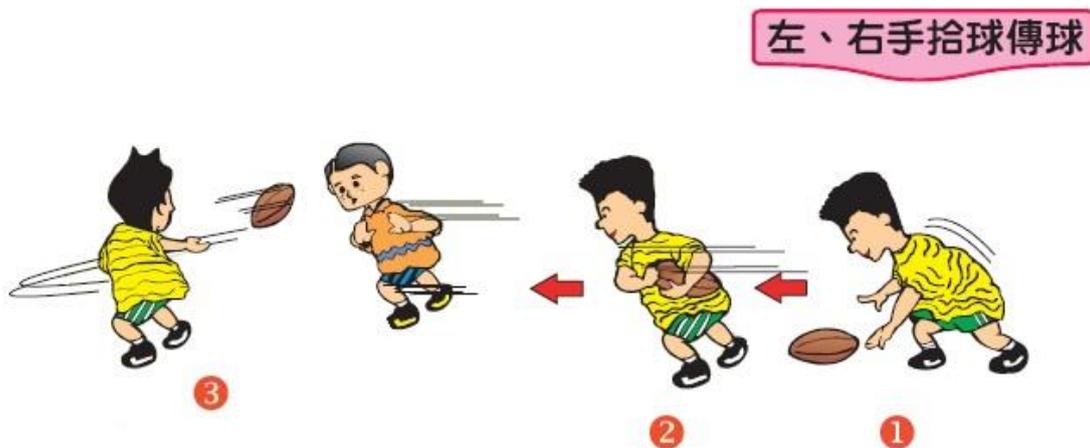
2. High ball catch (Task 2)

When catching a high ball, the player should strive to catch the ball firmly.



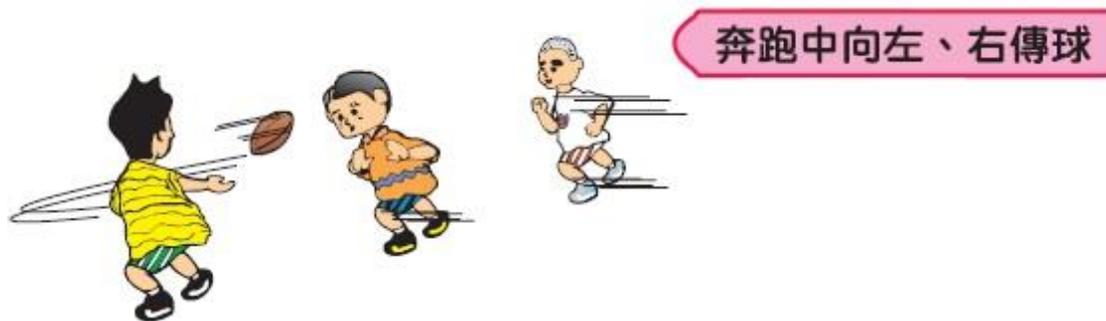
3. Pick and pass with left hand, and pick and pass with right hand (Task 3 and 4)

The ball will be put on the ground in front of the player. The player will take one step forward, shovel the ball with his/her left/right hand and then pass it backward to the coach on the right/left.



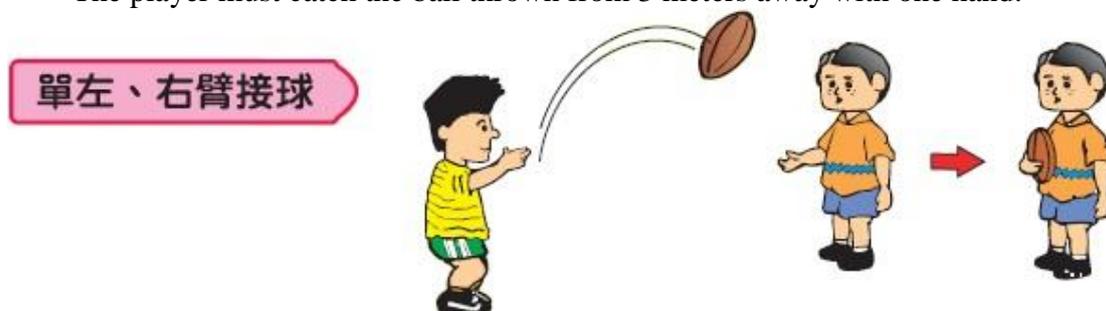
4. Pass on the run to the left (right) (Task 5 and 6)

Three people as a group will line up diagonally. The person in the middle will be the one to be tested. The group will run forward at medium speed and pass the ball down the line.



5. Single hand catch (left)/(right) (Task 7 and 8)

The player must catch the ball thrown from 3 meters away with one hand.



6. Multiple passes (Task 9)

One of the participants will be asked to pick up the ball on the ground and pass it to the first player. After getting the ball, the first player will pass it to the next player and run next to the third player from behind to become the last in line. By the same token, the second person will pass the ball and run next to the last player to become the last in line. The players shall not curve the run when they perform outside support. They only need to run outward from behind the back of their teammates.

