

# BROCK RFC RUGBY

[www.brockrugby.com](http://www.brockrugby.com)



**The Brock Rugby Club will be offering the following Junior Rugby Contact Programs for 2025.**

## **Under 12 Co-ed Boys and Girls Contact Rugby (2013-2014 birth years)**

These games are played in 7 v 7 across the field with 30 metre width. Modified Rugby rules, with tackle situations. Practices will be Monday and Thursday 6-7:30 pm. Games are played in Festival format on Sundays at various locations. Usual time is 9:00 am – 1:00 pm, but some may be 1:00 pm – 4:00 pm.

## **Under 14 Boys and Girls Contact Rugby (2011-2012 birth years)**

These games are full field 13 v 13 with regular rugby rules with a few modifications. Practices will be Tuesday and Thursday 6-7:30 pm for the girls and Monday and Wednesday 6-7:30 pm for the boys. Games are played in Festival format on Sundays with 3 or 4 teams at one location. Usual time is 9:00 am – 1:00 pm, however this could vary on the location.

## **Under 16 Boys and Girls Contact Rugby (2009-2010 birth years)**

These games are 15 v 15, normal rugby rules apply. Practices will be Tuesday and Thursday 6-7:30 pm for the boys and girls. Games will be played in a league structure on Saturday mornings usually 10:00 am or 11:00 am. The U14 and U16 girls may train together part of the time.

## **Under 18 Boys and Girls Contact Rugby (2007-2008 birth years)**

These games are 15 v 15, normal rugby rules apply. Practices will be Monday and Wednesday 7:30-9 pm for the Girls and Tuesday and Wednesday 7:30-9 pm for the Boys. Games will be played in a league structure on Wednesday nights. Once the games start, practices will be once per week

**Cost:            U12 –\$180    U14 Boys and Girls - \$250            U16/18 Boys and Girls - \$295**

The cost includes fees to Rugby Canada, Rugby Ontario, processing and club fee. Athletic therapist and referee costs (home games) are covered by the club.

All team jerseys are sponsored this year. The only additional costs is for a pair of shorts, if the player does not have one from a previous year.

All kit will be available at the club once the season starts.

All registration is completed online at [www.brockrugby.com](http://www.brockrugby.com).

For more information on registration contact: Amy Murray at [amykmurray@hotmail.com](mailto:amykmurray@hotmail.com).

For more information on games/practices, coaching opportunities or club policies contact: Mark Pinguet at [mpinguet8@gmail.com](mailto:mpinguet8@gmail.com) or 905 862-8488.