

# BROCK RFC RUGBY

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



**The Brock Rugby Club will be offering the following Junior Rugby Contact Programs for 2026.**

## **Under 12 Boys and Girls Contact Rugby (2014-2015 birth years)**

These games are played in a 7 v 7 format across the field with 30 metre width. Modified Rugby Laws, with tackle situations. Practices will be Monday and Thursday 6-7:30 pm (Sunderland Public School). 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. This year, teams will NOT be co-ed. Separate girls and boys teams.

## **Under 14 Boys and Girls Contact Rugby (2012-2013 birth years)**

These games are modified full field 13 v 13 using standard Rugby Laws with minor modifications. Practices will be Monday and Thursday 6-7:30 pm at Brock High School. Games are played on Sundays (both teams at same location) with the U12 teams.

## **Under 16 Boys and Girls Contact Rugby (20010-2011 birth years)**

These games are 15 v 15, regular Rugby Laws apply. Practices will be Mon & Wed 6-7:30 pm for the boys and Mon & Thursday for the girls. Games will be played in a league structure on Saturday mornings (10 & 11)

## **Under 18 Boys and Girls Contact Rugby (2008-2009 birth years)**

These games are 15 v 15, regular Rugby Laws 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 games start another night may be used for the 2<sup>nd</sup> practice.

**Costs:            U12 –\$207            U14 Boys and Girls - \$280            U16/18 Boys and Girls - \$321**

Practice times and nights may be adjusted depending on green space availability and what works best for the teams. We will be using Sunderland PS and Brock HS again this year.

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.

The only additional costs is for a pair of shorts (\$40) and socks (\$10), 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) or <https://www.playhq.com/ca/rugby-canada/register/193f2e>

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.