

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

Type of Activity Key Information	Sport Demonstration	Sports Experience 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 NSA)
Outline	Non-contact Rugby is the basic training specified by the NSA for promoting the sport in school. Non-contact Rugby is similar to the conventional Rugby Union – Contact Rugby.				The NSA provides systematic and progressive training for students to improve their skills and team tactics.
	Coaches from the NSA 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, Tackling, 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 NSA advised all students who play Contact Rugby should wear mouth guard.				
Venue	Outdoor basketball court or covered playground or hall in school	Grass pitch booked by school (preferable) or Outdoor basketball court or covered playground or hall in school		Training venue will be arranged by the LCSD. Please refer to the respective prospectus for details.	

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Fee	\$440 per session	\$965 per course	\$1,340 per course	\$1,620 per course	Phase 1: \$3,250 per team Phase 2: \$1,900 per team
Equipment to be provided by the school	(To be provided by the HKCR)	Schools may provide: 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 (schools are advised to arrange more than 1 demonstration session on the same day)	4 lessons per course, 2 hours per lesson (8 hours in total)	5 lessons per course, 2 hours per lesson (10 hours in total)		Two phases are organised annually. 1.5 hours per lesson Phase 1: 15 lessons, (22.5 hours in total) Phase 2: 8 lessons, (12 hours in total)
Estimated No. of Participants per Session/ Course	100 persons	20 persons			25 persons per team, 8 teams in total
Proposed Time of Activity	Monday to Friday: 9 am to 12 nn and 2 pm to 6 pm and Saturday: 9 am to 12 nn				Phase 1: October to March of the following year Phase 2: April to June
Skill Assessment	Not applicable	Badges Award Scheme (See Point to Note 3)			Not applicable
Enrolment Form	Sport Demonstration Enrolment Form (P.193-194)	Sports Experience Programme Enrolment Form (P.208)	Outreach Coaching Programme Enrolment Form (P.211-212)		Joint Schools Rugby Training Programme Enrolment Form (Please refer to the respective prospectus for details)
Enrolment Method	<ol style="list-style-type: none"> 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, China Rugby" 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). 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. 				The respective prospectus will be sent to schools by the LCSD in due course.
Points to Note	<ol style="list-style-type: none"> A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. Participants should wear proper sportswear and sports shoes. Upon completion of a rugby training course under the Sports Experience Programme or Outreach 				

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	<p>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 https://www.lcsd.gov.hk/en/ssp/badges.html for details.</p> <p>4. Priority will be given to schools which have participated in the rugby training under the Sports Experience Programme (formerly know as “Easy Sport Programme”) between September 2025 and December 2026 to take part in the “Sports Experience Programme – Touch Rugby Competition” under the School Sports Programme in 2027. 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 (\$210 per Sport Demonstration; \$420 per training course under the Sports Experience 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 Phone No./Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html				