Organised by the Hong Kong, China Rugby
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Rugby 〉

Purpose: To establish testing standards on rugby techniques to assess trainees' skill level, so as to encourage young people to continue participating in the sport and enhance their skills, as well as to promote the development of rugby.

Type of Badges:

1. Three levels of awards, namely Grades A, B and C
2. Content of Tests

Levels of Awards	Assessment Items
Grade C	Successfully complete 5-6 tasks
Grade B	Successfully complete 7-8 tasks
Grade A	Successfully complete 9 tasks

Remark: Applicable to the Sports Experience Programme and Outreach Coaching Programme – Rugby Training under the School Sports Programme

Award/ Participation Method: All trainees participating in the rugby training courses of the Sports Experience Programme and the Outreach Coaching Programme under the School Sports Programme will be assessed by coaches at the end of the courses based on the contents of the respective tests. Trainees who meet the standards of Grade C or above will be awarded a certificate by the Leisure and Cultural Services Department (LCSD) free-of-charge.

Collection of Badges and Certificates: Teachers need to fax trainees' results to the School Sports Programme Unit of the LCSD 1 week after completion of the assessment. Upon verification of information, the LCSD will mail the certificates of the badges to the schools for distribution to qualified trainees by teachers.

Enquiries (1): The Leisure and Cultural Services Department
Address: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin
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Website: www.lcsd.gov.hk **Email**: ssp@lcsd.gov.hk

Enquiries (2)： Hong Kong, China Rugby
Address: Room 2001, Sports House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

Telephone No.: 2504 8300 Fax: 2576 7237
Website: http://www.hkrugby.com **Email:** info@hkrugby.com
Remark: The Badges Award Scheme for rugby is co-ordinated and developed by the Hong Kong, China Rugby.

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

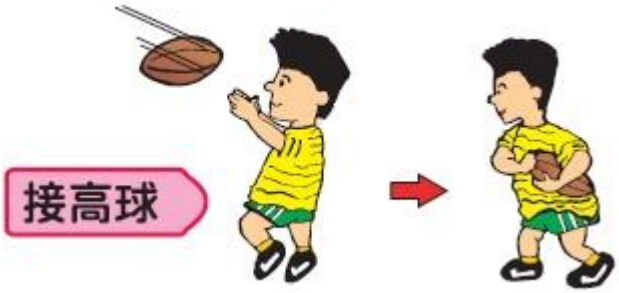
Rugby Techniques

1. Pick and run (Task 1)

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

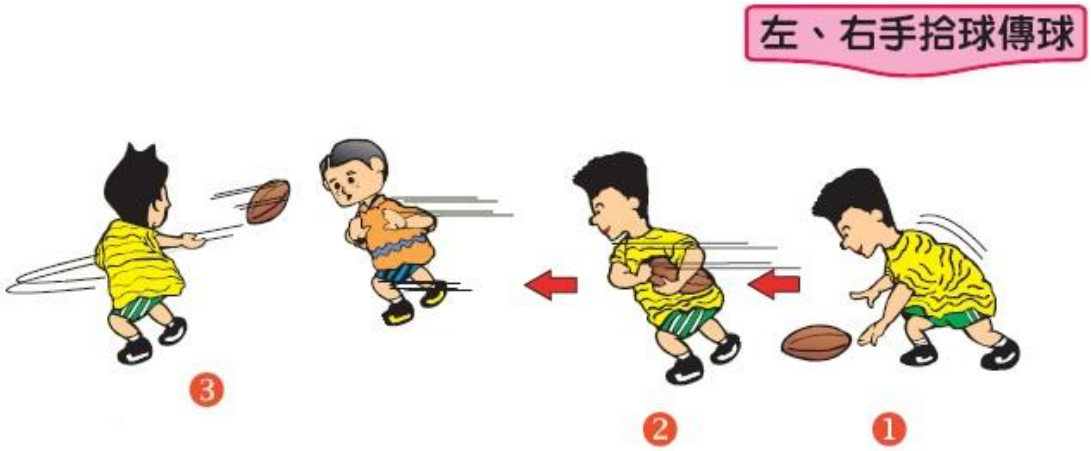
2. High ball catch (Task 2)

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



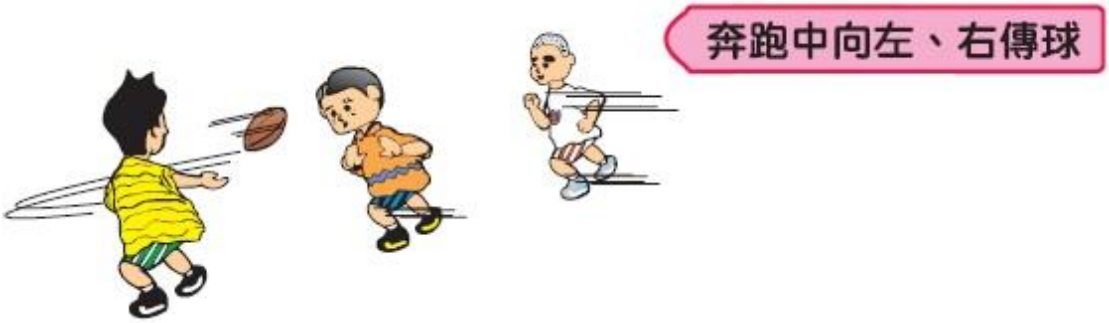
3. Pick and pass with left hand, and pick and pass with right hand (Task 3 and 4)

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.



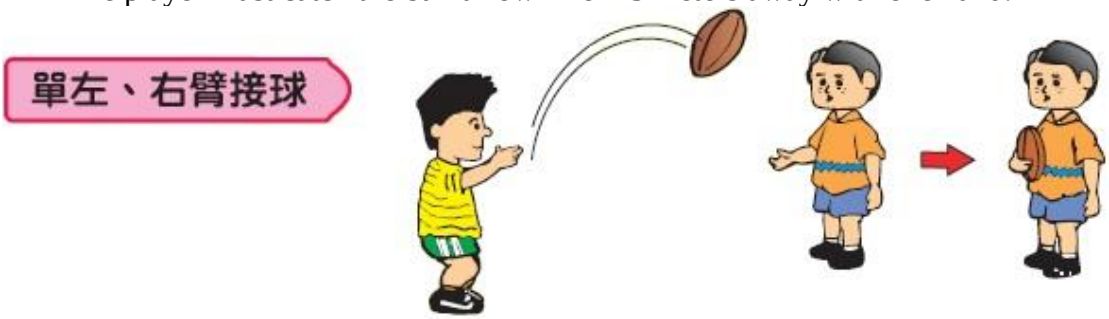
4. Pass on the run to the left (right) (Task 5 and 6)

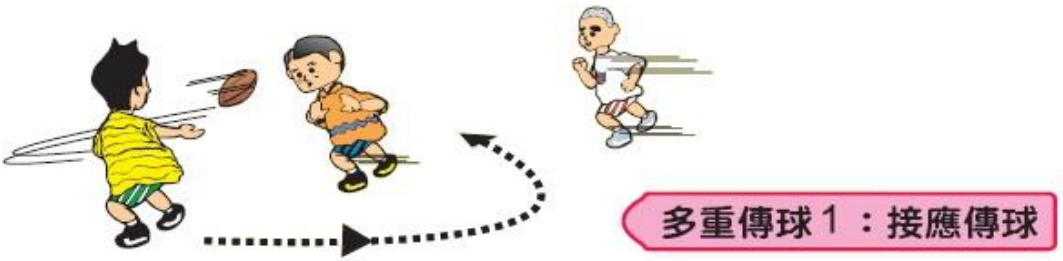
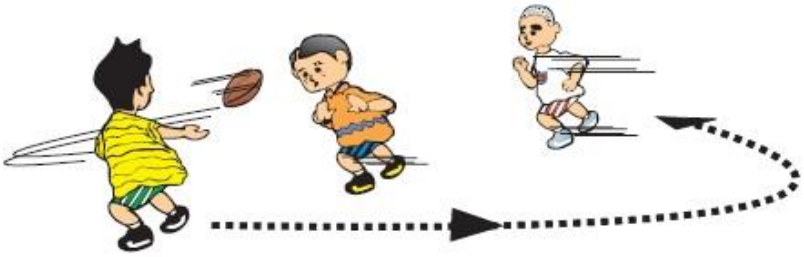
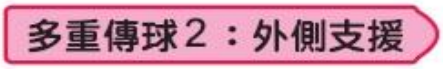
Three people as a group will line up diagonally. The person in the middle will be the one to be tested. The group will run forward at medium speed and pass the ball down the line.



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.