

# BC RUGBY ACTIVITY BOOKLET

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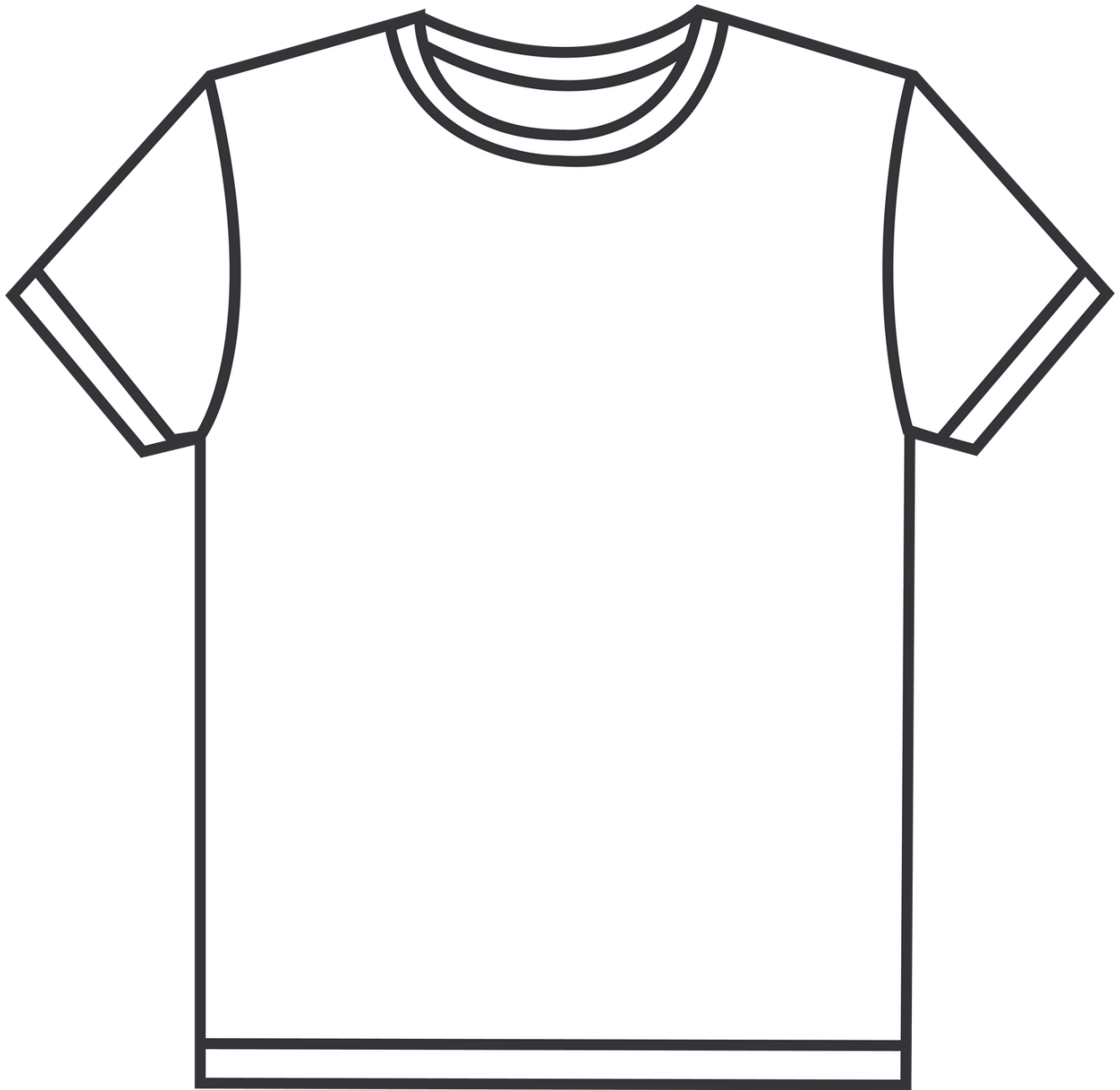
RUGBY RUGBY RUGBY

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# DESIGN YOUR RUGBY JERSEY

THINK ABOUT: COLOUR, SHAPES, DESIGN & CLUB LOGO



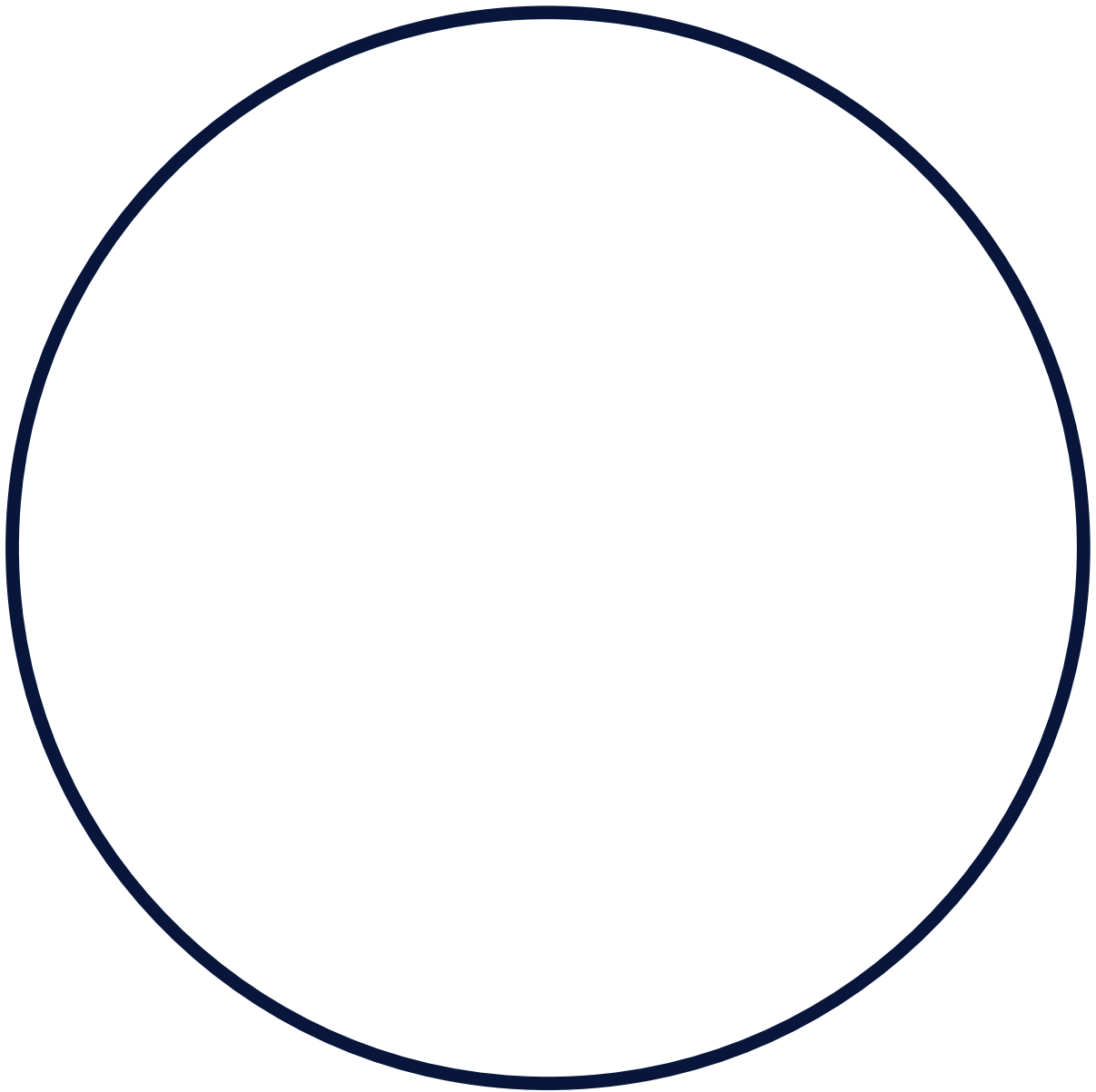
[www.bcrugby.com](http://www.bcrugby.com)



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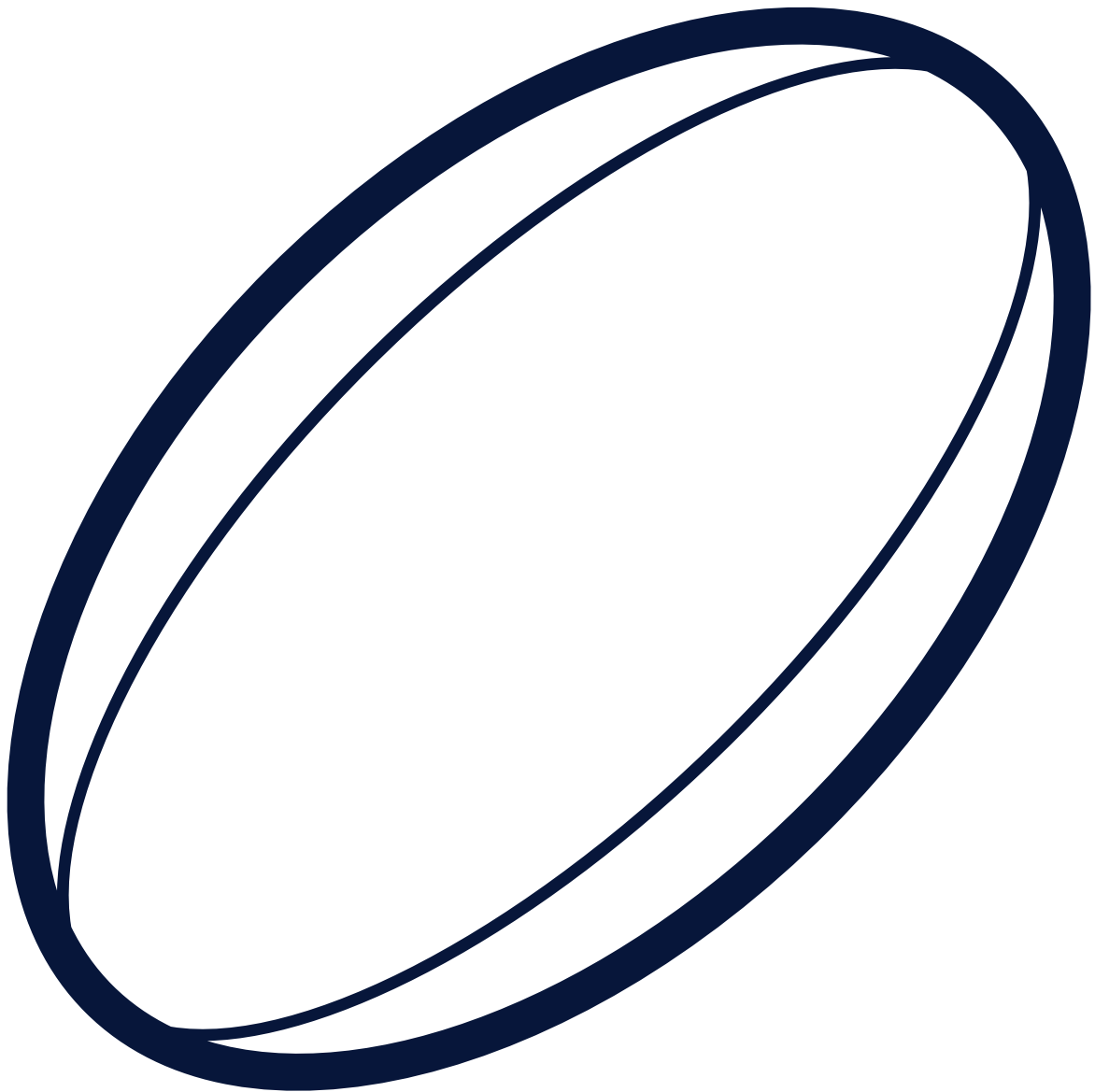
# DESIGN YOUR RUGBY CLUB LOGO

THINK ABOUT: COLOUR, SHAPES, CLUB NAME & MOTTO



# DESIGN YOUR OWN RUGBY BALL!

THINK ABOUT: COLOUR, SHAPES AND CLUB LOGO!

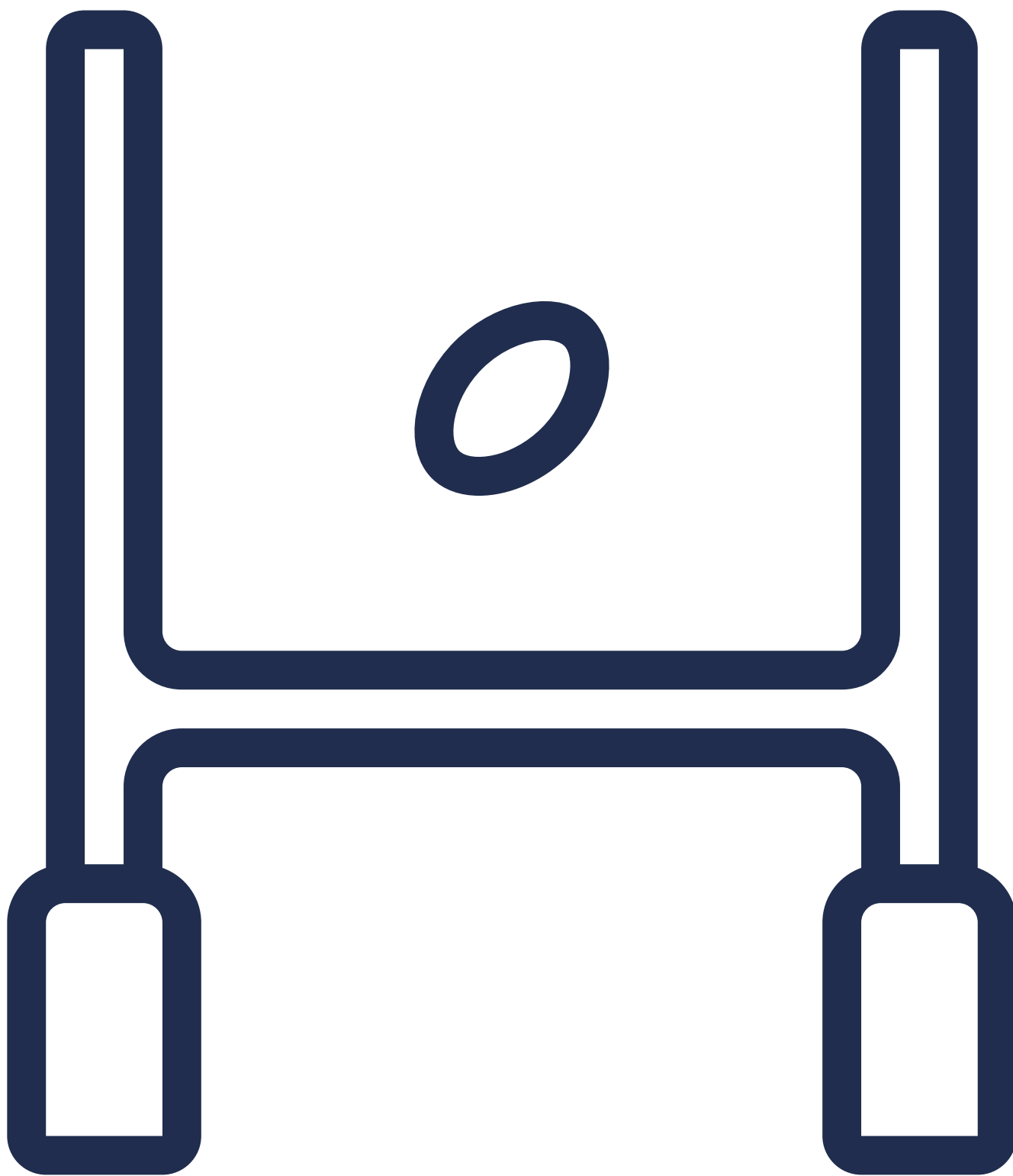


# LOVE RUGBY

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# THESE ARE MY RUGBY CLEATS!



# COLOUR IN THE BC BEAR!



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# COLOUR YOUR OWN BC RUGBY LOGO!

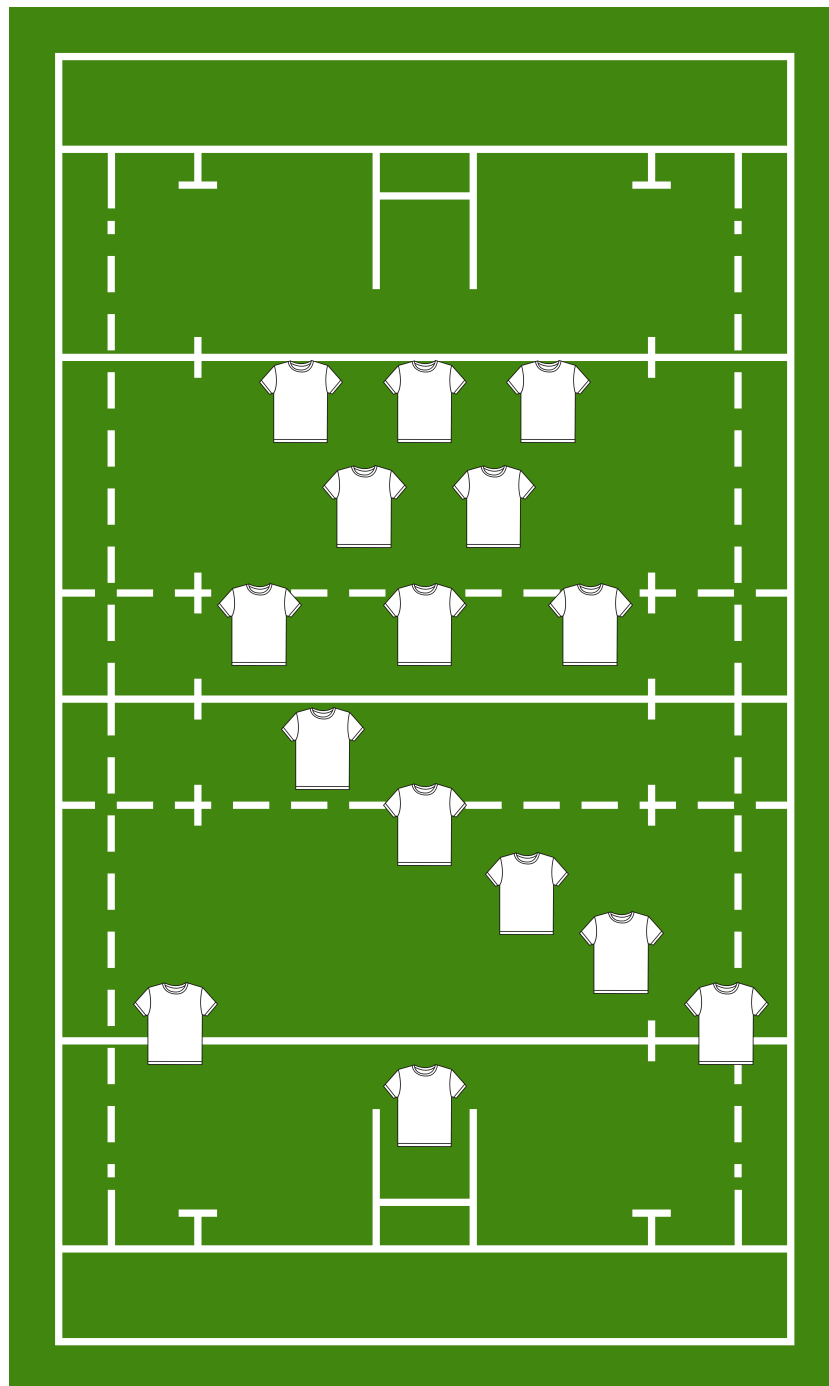


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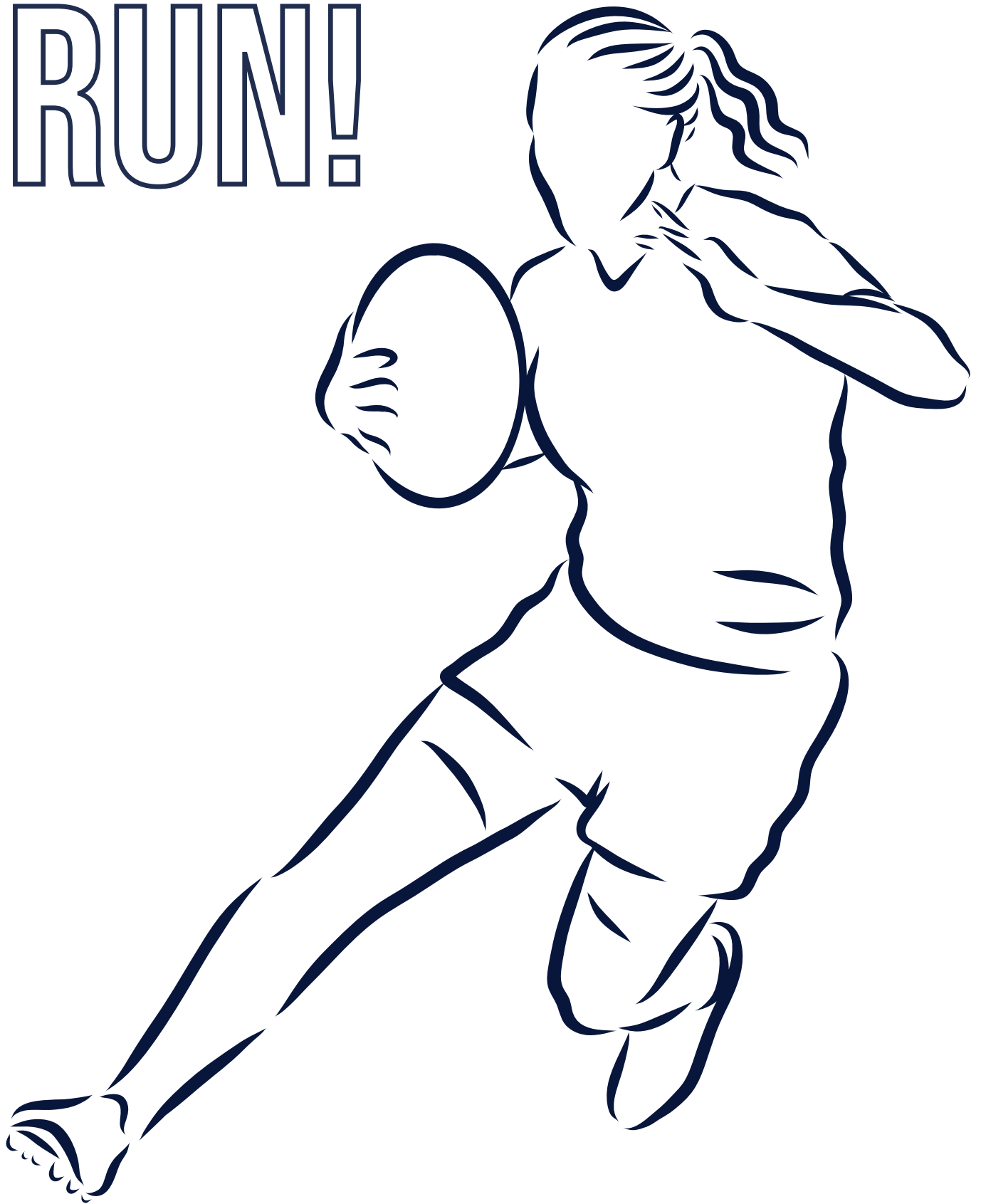


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# RUGBY POSITIONS & NUMBERS



# RUN!



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C

A

T

C

H



# TRY!



# TRY!

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# TEST YOUR RUGBY KNOWLEDGE

## 1. WHAT SHAPE IS A RUGBY BALL?

- a) SQUARE
- b) OVAL
- c) TRIANGLE

## 2. HOW MANY PLAYERS ARE ON A RUGBY TEAM?

- a) 15
- b) 20
- c) 30

## 3. WHAT PROVINCE DOES BC REPRESENT?

- a) ONTARIO
- b) ALBERTA
- c) BRITISH COLUMBIA

## 4. HOW MANY POINTS IS A TRY WORTH?

- a) 10
- b) 5
- c) 15

## 5. A CONVERSION IS WORTH...

- a) 2 POINTS
- b) 6 POINTS
- c) 10 POINTS

## 6. BC'S PROVINCIAL TEAM IS CALLED?

- a) BC CATS
- b) BC DOGS
- c) BC BEARS

## 7. WHAT ARE BC RUGBY'S COLOURS?

- a) NAVY, GOLD, WHITE
- b) RED, WHITE, BLUE
- c) PURPLE, SILVER, GREEN

## 8. THREE FRIENDS I WANT TO PLAY RUGBY WITH:

- 1)
- 2)
- 3)

# CIRCLE THE RUGBY SAFETY STEPS

WEARING A MOUTHGUARD

NOT WARMING UP

LISTENING TO  
YOUR COACH

PLAYING  
WHILE  
INJURED

DRINKING  
WATER

WEARING  
THE RIGHT  
CLOTHING

SHOUTING AT  
THE REFEREE

GETTING PLENTY  
OF REST BETWEEN  
GAMES

TACKLING  
FROM BEHIND  
WITHOUT  
WARNING

## WHY IS SAFETY IMPORTANT IN RUGBY?

# CREATE YOUR OWN RUGBY TEAM!

**TEAM NAME:**

**LOGO**

**TEAM COLOURS:**

**OUR MOTTO:**

**WRITE FIVE PLAYERS ON YOUR TEAM**

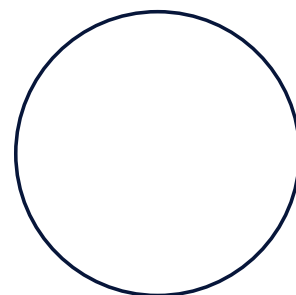
1.

2.

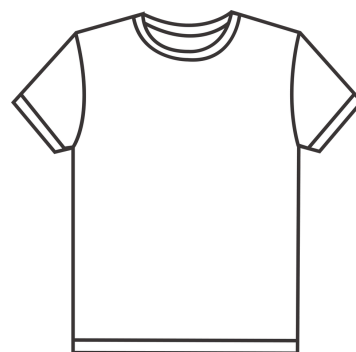
3.

4.

5.



**JERSEY**



**MASCOT**

