

# Age Groups & Basic Rules

## Walla Rugby Union

U6 -U7 Saturday morning - 15 min halves

- Seven per side on ¼ sized field
- No tackle – 'touch' format
- Coach on field with positive interaction focusing on catch, pass, and tag

## Mini Rugby Union

U8 - U9 Sat Morning – 20 min halves

- Ten per side on ½ sized field
- 5 player uncontested scrums and line-outs
- Tackle introduced - heavily managed

## Midi Rugby Union

U10-U11 Sunday Morning

- Twelve per side on ¾ sized field
- 6 player scrums – limited pushing

## Teenage Rugby Union

U12 – U17 Sunday afternoon

- Rules as for seniors with law variations aimed at safety

# Membership Benefits

## Club Members get the following:

- 17 weeks of training
- 17 Competition and pre-season games
- Members Pack including:
  - Training Shirt
  - Rugby Ball
  - Water Bottle
  - Club Cap
  - Backpack
  - Season rugby ticket to the Reds home games
- Membership Card with Store Discounts
- End of season function
- Eligibility for State Championships (U13 to U17)
- Eligibility for U12 Development Carnival

Anytime is a great  
time to be  
with....



putting the sting into rugby

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The Mighty Wasps  
2009 Rugby Union  
Sign On

Looking  
after your  
mates both  
big and  
small



This is your invitation to  
make the Lakes Rugby  
Club... Your Club!

- ✉ [thelakesrugby@live.com.au](mailto:thelakesrugby@live.com.au)
- ☎ John Miller on 0407 679 007
- ☎ Martin Bowden on 0407 742 943
- 🌐 [www.thelakes.rugbynet.com.au](http://www.thelakes.rugbynet.com.au)

# RUGBY UNION... THE GAME

Rugby is played in over 100 countries on all continents. It is a game famous for its vigorous competitive spirit on the field, yet with warm fraternisation off the field. Friendships which start in Rugby are long-lasting and often international. Rugby is a 'passport' to any part of the world.

Rugby caters for players of all shapes, sizes and talents. Short or tall, light or heavy, fast or slow -there is always an important place for you in the team.

Whilst Rugby is predominantly played by boys, we also encourage interested girls to participate. And yes - there is womens rugby!



## The Juniors - Your Champions! (5 Years - 17 years)

The Lakes Rugby Club provides teams from Under 6 through to Under 17. We play a relatively short winter season so as not to clash with school commitments. Younger children play on a smaller field with highly modified rules designed to develop their "motor skills" and the ability to play in a team environment. Under 6 to Under 7's play Walla Rugby which is 7 a side with no tackling. Rugby brings together children and young adults from all walks of life and socio-economic groups to grow their skills through quality competition and build friendships that will last forever. The emphasis of the game is to have fun and learn through positive reinforcement in a safe and managed quality environment.

## For Mums and Dads

The Lakes Rugby Club provides a great social environment, not only for the players but also for the supporters and families. With canteens and BBQ on training nights, it really is a great way to catch up with friends and "wind down" from the week. Siblings and friends are encouraged to come along and enjoy the games and fun in the park. Our club is not driven by placing that "pressure to perform" on young players. This is reflected by the number of smiling faces every training night and on game days. Rugby is not only a game but a strong and lasting social network for all to join and enjoy!

## A Great Place to Play!

The Lakes Rugby Club has teams of senior players who provide positive interaction with our juniors. Rugby stands proud when it comes to providing great role models such as John Eales, George Gregan and the like. Come along join The Club - and bring your Champion. Both Junior and Senior players are welcome ..... it's the most fun you can have in the Winter sun!

Our coaches are fully accredited and include rugby legend Duncan Hall. All players are skill tested at the beginning, middle and end of the season to ensure your champion is progressing along the pathway to the Reds.

## Registration details

Sign on and pay via our website. Just click on the sign on button. You can also buy club merchandise online. Bring your online receipt & proof of age to any training night.  
or  
Saturday 31/1/09 from 9-11 at the Try Rugby session at the Ovals by the Lake  
or  
Sat 7/2/09 from 9-2 at Forest Lake Shopping Centre



# BJRU

[www.bjru.com.au](http://www.bjru.com.au)

## Come join the Wasps for Season 2009!

We play in the Brisbane Junior Rugby Union Competition

## Training details

Every Friday starting on 27/2/09 from 5-6pm at the Forest Lake State High School Ovals on High Street. The season runs from Feb-August with no games during school holidays. Some additional team specific training sessions occur on Wednesday afternoon.

Learn to develop the skills, meet new friends, enjoy the sport