



RUGBY ONTARIO

PHASE 3 RTP ACTIVITY LIST (JUNIORS)

PHASE 3 REQUIREMENTS & RESTRICTIONS

PHASE



3

Max
Participants
100

Distance Req.
2M
Brief Breaches

NON-CONTACT
TRAINING &
SMALL SIDED
FLAG GAMES

SHARED
BALL, FLAGS
& S&C
EQUIPMENT

75
MIN MAX.

Non-Contact Rugby: training or games that involve brief, limited breaches of physical distancing between teammates and the opposition. This includes Flag. – TOUCH RUGBY IS NOT PERMITTED

LIST OF RECOMMENDED ACTIVITIES

The activities below have been identified by the national return to play working group as safe to perform in phase 3 of Return to Play

Warm-Up / Physical Prep

NAME	LINK
Activate Injury Prevention Exercise Program *Individual exercises only	World Rugby

Physical Conditioning

NAME	LINK
Drop Off Touch *use flags in place of touch	RC National Skills Resource - pg. 80
Game Prep + Fitness	RFU
Evasion Game *use flags in place of touch	

Passing

NAME	LINK
Middle-Man Diamond; Clearing Pass *use flags in place of touch	RC Key National Themes - pg. 15, 24
Four Sided Attack	RC National Skills Resource - pg. 76

Kicking

NAME	LINK
Kicking from Hand	RC National Skills Resource - pg. 17
Kicking Golf	RFU Skills Series

Defence

NAME	LINK
Flag Fury	Rookie Rugby
Recycle Run	Rookie Rugby

Set Piece

NAME	LINK
Individual Body	RC National Skills Resource - pg. 29
Position Basic Scrum	
Set-up	
Ladder Bound Activity	RC National Skills Resource - pg. 111

Competitions

NAME	LINK
2020 RUGBY ONTARIO RETURN TO PLAY FLAG RUGBY LAWS	Rugby Ontario RTP Laws

Ensure you follow ALL requirements and restrictions in Phase 3

For any questions on these activities and how to use them contact:
covid19manager@rugbyontario.com