



RUGBY ONTARIO

PHASE 3 RTP ACTIVITY LIST (MINORS)

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

Hand-Eye / Ball Skills

NAME	LINK
Reaction Passing	The Rugby Site
2-Ball Reaction Passing	Hand-Eye Coaches

Warm Up / Physical Prep

NAME	LINK
Hunger Games	Seedbed
Dodgeball	
Bears and Buffaloes	Rookie Rugby

Movement Competencies

NAME	LINK
Upper-body Tic Tac Toe	PEUniverse
Ball Tag Flip Cone	PEUniverse

Passing

NAME	LINK
Chaos Corridor *modify to flag	RC Key National Themes - pg. 27
Ultimate Rugby	Rookie Rugby

Kicking

NAME	LINK
Kicking Golf	RFU Skills Series
Kick Out	Rookie Rugby

Defence

NAME	LINK
Tackle Warm-ups *only	Rugby Ontario use individual activities
RC Ruck & Tackle Activities *use flags to replace contact	RC Key National Themes - pg. 21, 32, 40, 42

Set Piece

NAME	LINK
Stuck in the Mud	World Rugby
Tower of Power Test	Rugby Coach Weekly

Competitions

NAME	LINK
U8/10 Age Grade law Variations *U12 intro to contact is not acceptable	National Age Grade Law Variations

Ensure you are following ALL requirements and restrictions in Phase 3

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