# What is rugby?

Rugby is a team sport that can be played by boys and girls, men and women of all ages and ability levels. There are many different types of rugby, from 7 as side to 15 a side, from non-contact tag rugby to full contact union rugby. Rugby helps players build character and life skills through teamwork, hard work, co-operation, and respect for others.  Rugby has the ability to break down barriers and build life-long friendships.

[Research shows that 3 hours of vigorous physical activity per week linked with a healthy diet can reduce the prevalence of life-threatening diseases such as cardiovascular disease, stroke, high blood pressure, diabetes and some forms of cancer.]

# History of Rugby

Legend has it that in 1823, during a game of school football in the town of Rugby, England, a young man named William Webb Ellis picked up the ball and ran towards the opposition’s goal line.

Two centuries later, Rugby Football has evolved into one of the world’s most popular sports, with millions of people playing, watching and enjoying the Game.

Through discipline, control and mutual self-respect, a fellowship and sense of fair play are forged, defining Rugby as the Game it is.

## History of Albanian Rugby

In 2011 a group of youths started playing rugby in Albania and as time progressed the concept of developing the sport for the whole of Albania took root.

The first rugby match held in Albania took place on August 3rd 2013 between teams called Albania A and Albania B. The teams were formed by the boy who started rugby in Albania and Albanian Rugby players who lived and played rugby in Italy. Albania’s first Rugby team, Klubi Regbise Tirana (Tirana Rugby Club) has been playing since 2013 and was formally registered in April 2015.

The first international match played by The Albania Black Eagles was played on 2? November, 2016 against \_\_\_\_\_\_\_\_\_ and took place in \_\_\_\_\_\_\_.

# 5 Things Everyone Should Know About Rugby

1. Scoring: Scoring in rugby is done by touching the ball to the ground in the end zone, scoring five points. This is called a try.
2. Teams: Rugby is played in two primary forms:

**Seven-a-Side** – This version of rugby is found in the Olympic Games and is played for 14 minutes in fast-pace, high scoring action!

**Fifteen-a-Side** – A more traditional form of the game is played by 15 players for a total of 80 minutes. Team members range from any shape, size, and skill level.

1. **Passing**: A unique aspect of the game of rugby is how the ball is passed. Players can only pass the ball laterally or backwards throughout play.
2. **Tackling**: Rugby comes in two forms of both non-contact and full contact. Players are allowed to tackle or pull the flag of the ball carrier during play.
3. **Scrums** – This part of play occurs after a minor infringement of the rules. Players will bind together and perform a scrum, allows players to contest for the ball. The act of a scrum is similar to that of a jump ball in basketball.

 **Lineouts** – This portion of play occurs when the ball goes out of bounds

Junior Rugby does not include scrums or lineouts during play. Players can advance to including uncontested scrums or lineouts once they are of the appropriate age and ability.

# Rugby Core Values

Rugby, however, provides more than just the opportunity to undertake vigorous exercise; it is a sport with values that develop players within a social and moral context.

The Game’s core values are:

**Passion, Integrity, Solidarity, Discipline and Respect**

Our philosophy is to uphold the Spirit of the Game and create opportunities for everyone to play the game of rugby.  Albania Rugby is devoted to promoting the core values of the game through Rugby Development.

**PASSION** — The fuel that drives us in life. Junior rugby generates excitement, emotional support, and a sense of belonging, providing players with a passion for the game.

**INTEGRITY** — Speaking the truth and adhering to your intuitive instinct. Having integrity means following through and taking responsibility should you make a mistake.

**SOLIDARITY** — Striving to be inclusive of all individuals regardless of faith, race, age, gender, or education.  Solidarity means standing behind your teammates and coming together for one common goal – to have fun and play rugby!

**DISCIPLINE** — The focused attitude that drives a person towards success.  Discipline is an integral part of the game both on and off the field and is reflected through adherence to the rules of the game of rugby, good work ethic, respecting others, and honouring our core values.

**RESPECT** — Having appreciation, understanding, and belief in our teammates, opponents, coaches and officials, and oneself.  Treating others with decency is paramount to upholding the essence of rugby.

# Why is rugby well-suited to developing people and communities?

These character-building traits became known as the World Rugby core values and have become incorporated into the World Rugby Playing Charter. When they are promoted by sport and development organisations, they can benefit social development of participants, particularly young people.

Rugby is played by more than eight million men and women, boys and girls in over 150 countries worldwide.

This has some advantages in development. It can have the ability to reach new audiences by introducing a new and exciting sport that may not have the preconceptions attached to it that more popular sports do. In a context where football is seen as a “man’s game”, for example, it may be effective in reaching women.

# To which groups is rugby best suited?

Rugby is open to all ages and abilities, and there are alternative versions suited to different groups and locations. Rugby 7s debuted in the 2016 Rio Olympics and Wheelchair Rugby has been a Paralympic sport since the Sydney 2000 games. This will likely make the sport more popular and therefore the appetite to use it in developmental projects is sure to increase.

Rugby 7s is a scaled down version of the full 15-a-side game, meaning you don’t need large numbers to play and smaller sided games can be played in a small space. Touch rugby means that the most physical aspects of the sport are taken out of the game (players are touched rather than tackled). This can be a popular choice where mixed-gender games are taking place.

# Albania Rugby - Where we are now

Albania Rugby is an initiative to build and develop the sport of rugby in Albania, a sport which was unknown to Albanians until the recent years. Our objective is to include Albania into the sport of rugby, a sport which, in the recent years, is spreading worldwide. Albania rugby is committed to providing quality rugby to all people in the Republic of Albania irrespective of race, gender or beliefs.

Currently have 2 teams

We want to expand to 4 team so we can join the World Rugby Union and play international matches and tournaments

# What we need.

* Albania Rugby currently has no home!
* We need a pitch in Tirana to train and practice on measuring 120 meters by 90 meters
* Posts and flags
* Kit – shirts, shorts, boots, gum guards, head guards
* Training for match officials
* Coaches to train players/teams
* Getting rugby into schools program

**What can we learn from Rugby?**

Rugby’s core values are not restricted to playing the game.

They also inspire students and teachers to perform their
best in school and in life.

# World Rugby

## Olympics

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“More than anything, Sevens embodies the Olympic ideals of camaraderie, fair play and respect on and off the field of play.”  – Shane Williams, Wales

“You play sport at the highest level to challenge yourself to be the best that you can possibly be and to compete with the best from all over the world, and what better stage to do that on than at the Olympics?” – Sue Day, England

## RUGBY WORLD CUP

The Final of Rugby World Cup 2015 was watched by approximately 120 million viewers and broke all previous social media records for the tournament. However, rugby is not a mainstream sport in many countries and between the 20 teams that competed in the 2015 edition of the tournament, there is a big difference in the sport’s popularity, development and history.

## WOMEN’S RUGBY WORLD CUP

The IRB Women’s World Cup 2010 held in London was broadcast worldwide reaching its highest ever potential audience in 216 million homes. The potential audience has now certainly topped 400 million while all eyes turned to France for WRWC 2014.