

# Give it a Go Rangers Rugby badge



To gain your 'Give it a Go' rugby badge, you should complete each of the following activities, with the help from your unit leader or attend a taster session with a local rugby team/coach. (Your session must last 2 hours if you are doing this badge outside of your unit meeting).

- Learn and understand the rules of tag rugby.

[Click here to buy badge](#)

## 1 Activity 1 - Tag

- Play a game of tag rugby against your fellow Rangers.



## 2 Activity 2 - Tournament

- Organise a tag tournament/game with other local units.

## 3 Activity 3 - Ref!

- Referee a tag game, take in turn to referee whilst playing against other units/groups – 5 – 10mins each.

## 4 Activity 4 - Deliver it

Deliver a fun and safe rugby related skills session to your local Rainbow, Brownie and Guides unit. These sessions must last at least 30minutes. Activities can include fun games such as:

- Relay races
- Stuck in the mud
- Passing races

## 5 Activity 5 - Haka

Research the different types of hakas performed and demonstrate that haka to your unit (NZ, Samoa, Fiji, Pacific Islands)

## 6 Activity 6 - Guiding Haka

Create your own version of a Haka – the Girlguiding Cymru way.