

# What do I need to play Rugby?

*\*website links on second page\**

## I. CIPP

- A. This is your USA Rugby Membership - it lasts from 9/1 - 8/31 every year *regardless of when you purchase the membership*
- B. **\*Required\*** for contact and game participation
- C. Currently: \$109.15
- D. Link to sign up for membership: <https://myaccount.rugbyexplorer.com.au/>

### Steps:

1. Create an account if you don't have one already—follow the steps to do this
2. Click on the “Register” tab on the left side menu
3. Under “Participate in Rugby”, select “Find a Club”
4. Select your account/membership
5. In the search bar, type in “Round Rock Rage” select the club and click next
  - a. Role: “Player”
  - b. Registration Type: “Senior Player”
  - c. Duration: “Season”
6. Answer the prompts that follow or ensure that the information is up-to-date
7. Submit payment and you should receive your member ID and Member status.

## II. Rugby Shorts

- A. Canterbury
- B. Gilbert
- C. Ruggette RFC
- D. Ruggers Rugby Supply
- E. *Why do I need rugby shorts? Why can't I wear normal athletic shorts/leggings?*
  1. Leggings are typically not allowed unless the weather permits and even then it's up to the ref's discretion on whether or not they may be worn under your shorts for the game (unless it's for a religious reason)
  2. Rugby shorts are thicker than typical athletic shorts—your shorts will get pulled/yanked on and roughed up by the ground. Athletic shorts don't tend to make it through a single rugby game intact.

## III. Spandex Shorts

- A. **NOTE:** most people play with spandex/slides underneath their shorts, especially if you're a jumper (*I'd recommend at least a 5" inseam*)
- B. Brands?
  1. Nike
  2. Adidas

3. Under Armour
4. Whatever brand you're comfortable/familiar with

#### IV. Mouthguard

- A. Cheaper options will do just fine: Walmart (~\$2)
- B. A more expensive option that will last forever: SISU (~\$35)
  1. <https://www.sisuguard.com/sisu-max-mouth-guard/>
  2. 15% off SISU discount code: **TS-RAGE15**
- C. **NOTE:** You'll want to stick to the mouthguards that go inside your mouth only; not the ones that cover your lips and the color of the mouthguard is up to you!

#### V. Cleats

- A. Soccer cleats - you do not need to have the most expensive pair
  1. Hit up Academy or Dick's Sporting Goods
    - a) Check their cleats clearance area
  2. Any soccer store (Soccer City, Soccer World, The Soccer Factory, Nike, Adidas, etc.)
  3. Always try on your cleats unless you're familiar with the shoe/brand you're purchasing
- B. Not required, but rugby cleats are an option if you'd like to purchase them (you can find them through most of the links below)
  1. **NOTE:** Some fields don't allow metal cleats, so make sure you have a back up if you choose to buy metal-studded rugby cleats.

#### VI. Additional Items that aren't required but you can grab them if you want:

- A. Tackleshirts
  1. These are shirts with a bit of foam on the shoulders/chest that you wear underneath your jersey
- B. Scrum Caps
  1. A cap with a thin layer of foam inside that cinches around your head
  2. These are mainly created for the 2nd row to protect their ears in the scrum but they can be worn by anyone on the field

### ~~~~~ LINKS ~~~~~

- C. Canterbury: <https://www.canterbury.com/>
- D. Gilbert: <https://www.gilbertrugby.com/>
- E. Ruggette RFC: <https://ruggetterfc.com/>
- F. Ruggers Rugby Supply: <https://ruggers.com/>
- G. *Canterbury & Gilbert are both UK-based; some US-based vendors of Canterbury or Gilbert rugby gear:*
  1. [www.WorldRugbyShop.com](http://www.WorldRugbyShop.com)
  2. [www.RugbyImports.com](http://www.RugbyImports.com)
  3. [www.Amazon.com](http://www.Amazon.com)