



## Come and join us!

### Summer training:

Mondays & Wednesdays

Vor Frue Hovedgade 75, Roskilde

U8 - U16: 17:00—18:30

U18 - senior: 18:00—19:30

### Winter outdoor training:

Tuesdays: Roskilde Boldklub

Rådmandshaven 10, Roskilde

All players: 17:30—19:30

### Winter indoor training:

Saturdays: Vor Frue Sognegård

Vor Frue Hovedgade 65, Roskilde

U8 - U16: 10:00—11:30

U18 - senior: 11:00—12:30

**Roskilde Vikings Rugby Klub**  
**Vor Frue Hovedgade 75**  
**4000 Roskilde**



## Contact details:

Email: [info@roskilderugby.dk](mailto:info@roskilderugby.dk)  
Web: [www.roskilderugby.dk](http://www.roskilderugby.dk)  
Tel.: Jens Post 26 23 43 84  
Find us on: Facebook, Instagram, YouTube



**ROSKILDE**  
VIKINGS  
**RUGBY KLUB**

**DO YOU WANT TO  
PLAY RUGBY?**

## Everyone is welcome

- Rugby is for boys and girls of all shapes and sizes
- At Roskilde Vikings, we have teams for players from under-8s and upwards
- We train all year round, with matches typically from April to October



All you need is sportswear, football boots and indoor trainers. All new players receive a free mouth guard and t-shirt when they sign-up.

We are a welcoming club with good facilities and an international atmosphere. Our coaches are a mixture of experienced players and enthusiastic parents.



Youth rugby is carefully structured to develop players gradually:

- U8:** No contact - tackles are made by pulling tags from shorts
- U10:** Players learn to tackle safely
- U12:** Players learn about the cluster, ruck and maul
- U14:** Throw-ins and ball kicking are introduced
- U16:** Youth rugby adopts senior rules
- U18:** Players are integrated into the senior teams for men and women

## Rugby's core values

- **Passion**
- **Teamwork**
- **Respect**
- **Discipline**
- **Fairplay**



Rugby is not just great fun. It also helps build motor skills and coordination, while encouraging self-esteem and confidence.