There is a strong interest and involvement in sport at Ruyton. The philosophy is based on fun, fitness and friendly competition, with teamwork and good sportsmanship emphasised. An open invitation is given to all girls who are interested and who wish to participate.
Junior School
All interested students from Year 5 and 6 may register for the weekly after school activity programme which is held on Tuesdays. This programme emphasises fun, friendship and skill development. Over the two years, students participate in a variety of sports including Tee Ball, Netball, Soccer, Basketball and Hockey.
Matches are played against other schools and activities may also be run at School.
In the Junior School, Ruyton is a member of the South Yarra District Sports Association (SYDSA), which is affiliated to Schools Sport Victoria (SSV).
During Terms 1, 2 and 3, selected students from Years 4, 5 and 6 will be invited to represent Ruyton in SYDSA competitions:
TERM 1: Swimming
TERM 2: Cross Country Running
TERM 3: Track and Field
ALL YEAR: Rhythmic Gymnastics*, Equestrian*, Saturday Netball*, Swim Squads*
* The activities marked with an asterisk require additional payment.

Senior School
Ruyton is a member of Girls Sport Victoria (GSV), an association comprising 23 member schools – visit www.gsvvic.edu.au for further details.
Interested students can play a different GSV weekly sport each term. Matches are played after School on a designated day of the week:
Year 11 and 12 Monday
Year 9 and 10 Wednesday
Year 7 and 8 Thursday
There are 5–6 rounds of matches with semi-finals and finals at the end of each season. All girls who sign up will be allocated to a team.
In Terms 1, 2 and 3 students may also choose to participate in a GSV carnival sport:
TERM 1:
GSV weekly sport: Softball OR Tennis
GSV carnival sports: Swimming and Diving
Additional: Ruyton Athletic*, Rowing*, Surf League
TERM 2:
GSV weekly sport: Hockey OR Netball, and Water Polo and AFL (Year 9–12 only)
GSV carnival sport: Cross Country Running
TERM 3:
GSV weekly sport: Badminton (Year 7–12) OR Soccer OR Volleyball
GSV carnival sport: Track and Field Athletics,
Additional: Snowsports*, Rowing*
TERM 4:
GSV weekly sport: Basketball (Year 7–10) OR Cricket and Water Polo (Year 7 and 8 only)
Additional: Rowing*, Ruyton Athletic*
ALL YEAR:
Rhythmic Gymnastics*, Equestrian*, Saturday Netball*, Swim Squads*
* The activities marked with an asterisk require additional payment.