



HOW TO PLAY

Field and Posts

A Flag Rugby field must be rectangular and should be no larger than on half the size of an available rugby, soccer, or American football field. Dimensions should not exceed 70 yards by 50 yards.

Teams

Optimal game length: two 20 min. halves (halves can range from 10 to 15 minutes). Swap sides at the half. Optimal number of players: 7 per side, however more or less may be appropriate depending on field size and participation.

Number of players on each side should be equal at all times. Mouth guards are encouraged but not required. Glasses may be worn if held on with a protective, behind the head strap. Open substitutions at all breaks in play.

Point Scoring

The ball must be touched down (downward pressure from the hand, arm or upper body) in order to score a 5 point try. Conversions are worth 2 points and will be taken quickly.

**The Attacking Team has six (6) "tags" in which to score a Try. A Changeover occurs after the sixth tag.

Running the Ball

Ball carriers must "Run at Spaces, not Faces". This means that every effort must be made to run around a defender, and may not in any way attempt to run "through" (directly at) a defender. Doing this will be considered barging, a dangerous play that will be quickly penalized.

The Tackle ("Tag!")

A tackle is made when a flag is removed. A ball carrier may not in any way attempt to guard or defend their flags; to do so will result in a penalty. The tackler must immediately indicate that a tackle has been made by holding up the flag and calling out "Tag". It is important that players learn to not call out until they actually have the flag in their hand. The referee may then facilitate play by ordering "pass". A player not in possession of the ball, cannot be tagged or obstructed during the game

The 2 Second Rule (non-ruck play)

Upon hearing the defenders call, the ball carrier has 2 second in which to play the ball. They may stop running first or may pass while in the process of stopping. If the ball is not passed in 2 seconds, a turn over will be awarded to the defenders at the point where the flag was pulled. The 2 second rule will be strictly applied in order to facilitate a "use it or loose it" environment for the game. This will also help avoid situations where a player is available to receive the ball, but the tackled player instead waits to throw it to a more favored teammate. This way everyone gets to play.

Returning the Flag

After a tackle, both tackler and tackled player are out of the game until the flag is returned. The flag must be handed to its owner, not thrown on the ground (penalty). The owner must accept the handed flag immediately. The Tackler may re-enter play as soon as the handoff is made. The tackled player may re-enter play as soon as the flag has been re-attached.

Open Field Kicking

When a ball is kicked to touch: If the kick is taken behind 50 (half way line), the lineout is marked where it went out in the air. If the kick is taken in front of the half way line lineout is marked from where the kick was taken.

Penalties

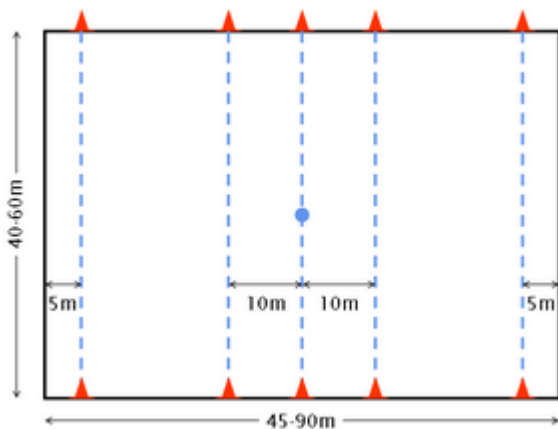
We hope penalties will be few and far between. Penalties are taken as either a free start, Toe and Throw pass to a teammate, Toe and Throw or kick to touch or a toe and Throw, kick to touch, or drop goal attempt. The referee has the option of a 3 minute sin bin for players (yellow card). The offender must remain at the back of the in-goal while their team plays shorthanded. Players may be ejected from the game (red card) for dangerous play, repeated offenses, or for persistent transgressions of the spirit of the sportsmanship as the referee sees fit.

Off-Sides

As in the adult game, a tackle sets the offside mark according to which all players must conform in order to continue play. Defensive players must retreat behind the point of the tackle before entering play. Loitering will result in a penalty from the point of the tackle. Loitering and intentionally interfering with play, (poaching from an off sides position or intentional knock-on) will result in a penalty awarded 5 meters in front of the tackle.

Interfering with the Tackle

A ball carrier may not in any way interfere with a defenders attempt to grab their flag, and in particular they may not "swat" at the hand that is attempting to get their flag. Players may not spin to avoid a tackle. Waist and shoulder twisting of more than 90 degrees will be penalized.



original player can catch it.

Key Terms

Forward Pass: Is passing the ball forward to a member of the same team in front of you.

Knock-On: A Knock-On occurs when a player loses possession of the ball and it goes forward, or when a player hits the ball forward with the hand or arm, and the ball touches the ground or another player before the

Try: When an Attacker is first to ground the ball in the opponents' In-Goal, a Try is awarded.

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