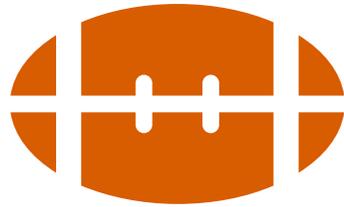


A woman in a blue rugby jersey is running with the ball during a flag rugby game. She is being tackled by another player in a blue jersey. A referee in a black jacket is also visible. The background shows a grassy field and some trees.

# Flag Rugby

# Learning Objectives



**Describe** how to play the game of flag rugby



**Participate** in a game of flag rugby.

# WHAT IS FLAG RUGBY?

- Rugby is one of the most popular sport in the world behind soccer.
- A student at the Rugby School in England, William Webb Ellis, was playing soccer in 1823 when he picked up the ball and ran down the field to score. From this point on, the game of rugby was formed.
- Tag rugby, or flag rugby, is a non-contact team game in which each player wears a belt that has two velcro tags attached to it, or shorts with velcro patches.



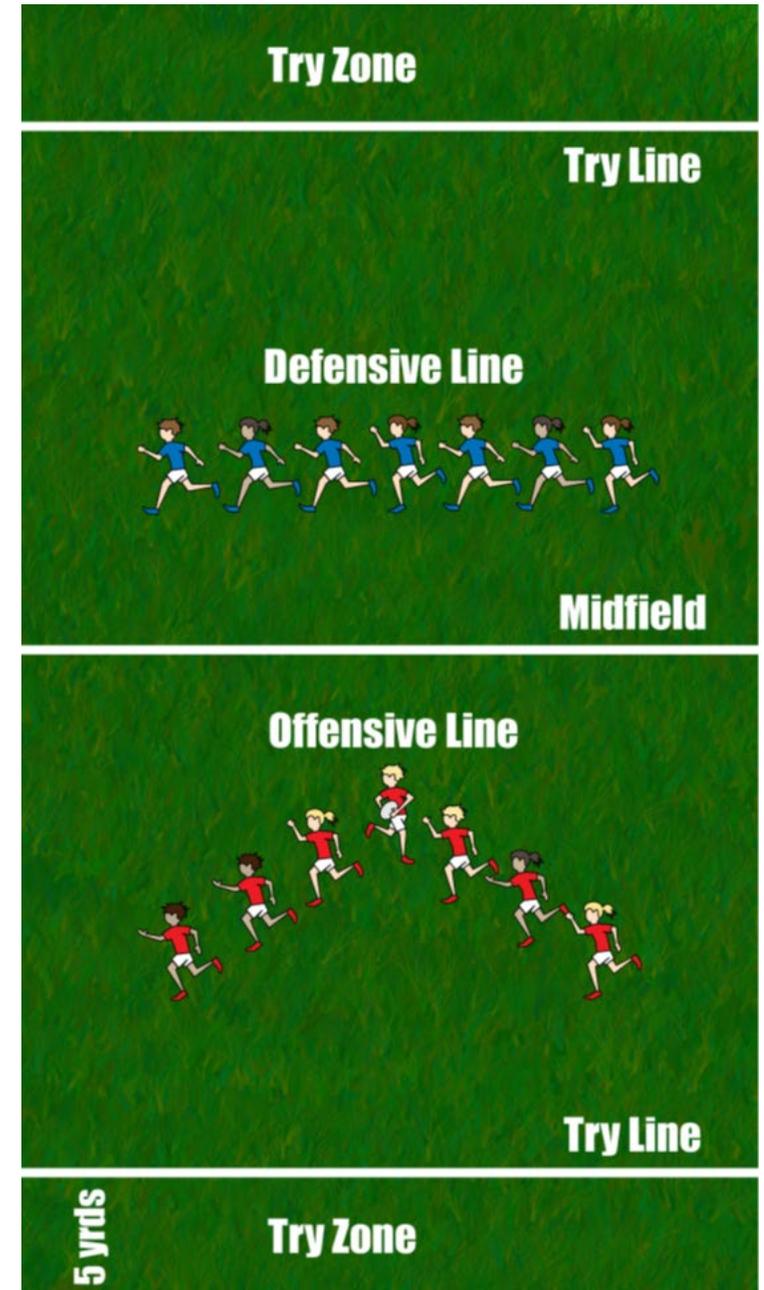
# OBJECTIVE OF THE GAME

- The objective of the game is to score more points than the opposing team.
- To earn points, the offensive team will work to move the ball forward until one player can run over the goal line and touch the ball to the ground with two hands.



# GAME PLAY

- **Offense** – The team with the ball.
- **Defense** – Team without the ball. Prevents offense from scoring.
- Teams are allowed to have **5-7 players** on the field at one time.
- **Scoring** - To score in flag rugby you must be on or cross the try (end) zone with your flag on, touch the ball to the ground and say “try”.



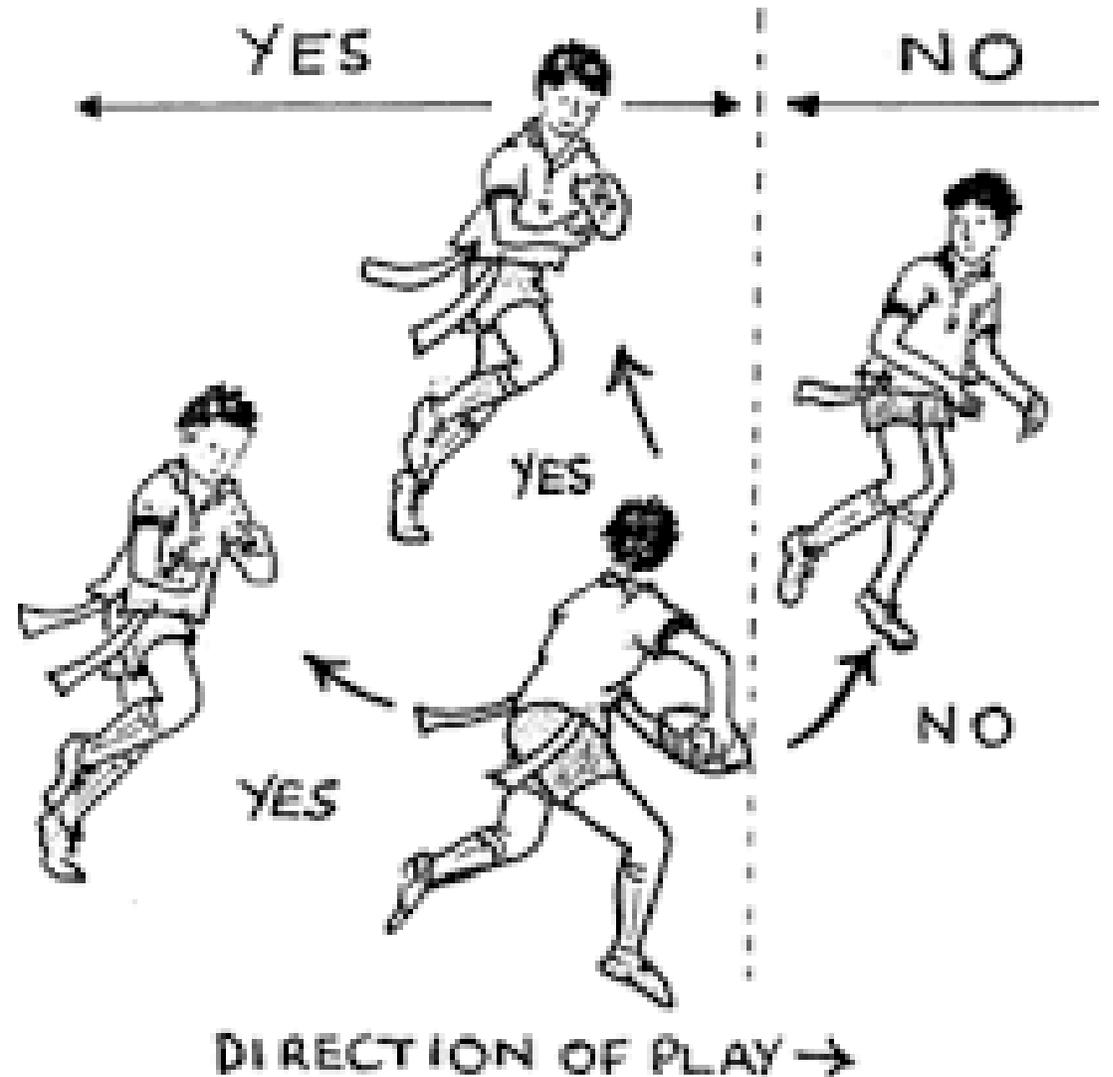
# FREE PASS

- A free pass is used
  - to **start the game** (from the center of the field) or
  - to **restart** it at the place where the ball went out of play or an infringement took place.



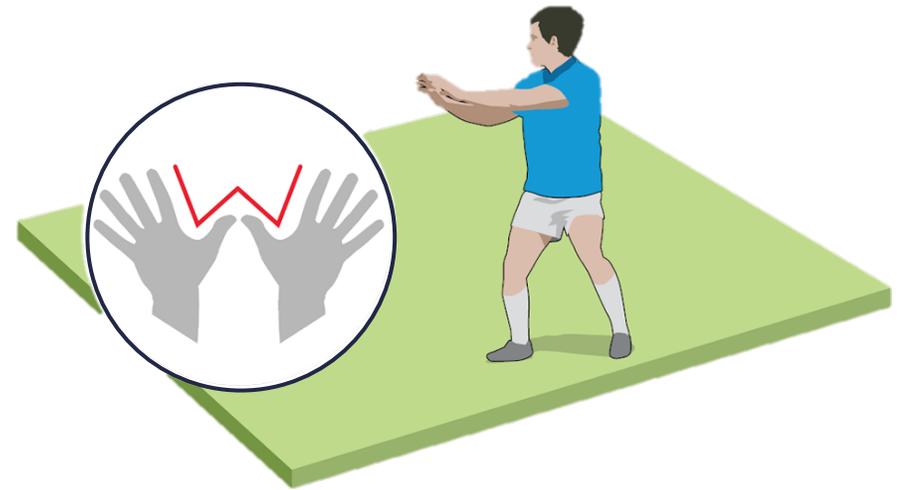
# PASSING THE BALL

- The ball can only be passed **sideways** or **backwards** through the air, not handed to another player.
- If the ball is handed to another player or passed or knocked forwards, then a free pass is awarded to the non-infringing team.
- If a teammate is in front of the ball carrier, they are considered offside and subject to a penalty.



# CATCHING THE BALL

- Hold your hands up in front of your chest, with your thumbs together and fingers spread wide, forming a 'W'.
- Only pass to players with their W's up, ready to catch. the ball



# SCORING

- A **try** is the primary method and the most common way to score in rugby that earns the team the most points.
- Worth **five points**, a try is effectively scored when a player grounds the ball by applying downward pressure on it on the goal line, in the 'in-goal' area, or touching the ball at the base of the goalposts.



# RESTARTING THE GAME

- When a try is scored, the game is restarted by a **free pass** from the center of the pitch by the non-scoring team.
- After a change of possession to put the ball back into play you must tap the inside of your foot with the ball then make a pass.
- The player taking the free pass must start with the ball in both hands and, when instructed by the referee who will declare “Play”, pass the ball sideways or backwards through the air to a team-mate.



# FLAGGING (TACKLING)

- Players can only be tackled when they have the ball in their possession and are on their feet.
- Players are allowed no more than 3 steps following a flag pull and must pass the ball within 3 seconds.



# FLAG PULL - OFFENSE

Once the Ball Carrier has had one of their flags removed, they must do the following:

- **Stop** running.
- **Pass** the ball immediately, within **3 steps** or within **3 seconds** for more advanced players.
- **Replace** the Flag onto the Flag Belt after it is returned from the Tackler.
- **Rejoin** the game.



# FLAG PULL - DEFENSE

Once the Tackler has removed one of the Ball Carrier's Flags they must do the following:

- **Stop**
- **Hold** the Flag above their head.
- **Shout Tag!**
- **Return** the removed Flag to the original ball carrier once they have passed the ball.
- **Rejoin** the game



# PENALTIES AND FOULS - OFFENSE

A BALL CARRIER can dodge and spin to avoid having flag pulled.

The ball carrier CAN NOT:

- Use a **STIFF ARM** to keep people away.
- **SWAT** or **PUSH** a defender's hand away from their flags.
- Use the ball to keep a defender away.
- RUN someone over.
- **KICK** the ball.



# PENALTIES AND FOULS - DEFENSE

DEFENDERS CAN NOT:

- **TACKLE** the BALL CARRIER.
- **HOLD, PUSH, TRIP** the BALL CARRIER.
- Try to **punch** or **slap** ball out of the ball carrier's hands.



# PENALTIES

If a penalty occurs, a FREE PASS is awarded to the team who did not commit the foul at the spot of the foul.

