

# General Laws of Play for Flag Rugby

(Note: Application of the rules may vary at tournaments depending on agreement between clubs.)

## Teams

- Equal sides of not more than 8 and not less than 5 players.
- Substitutes allowed, but only when play is stopped.

## Scoring (Try = 1 point)

- Placing the ball, with downward pressure, on or behind the opponent's goal line.
- Ball carrier must remain on his/her feet when scoring.
- As soon as a player has crossed the goal line they must be allowed to score the try.
- Scoring by diving is not allowed
- Ball carrier is allowed one-step to score a try after being flagged.
- \*Try scored on 7<sup>th</sup> flag will be disallowed and free pass awarded to defending side 7-metres out from goal line

## Length of Game

- Minimum 7 minutes to a maximum of 15 each half.

## Flags

- A flag must be 38 cm x 3.5 cm.
- Two flags attached with Velcro to a belt worn around the waist - one flag on each hip.
- The flag must be attached with a fold "a dog's ear".
- Flag belt must be secure and excess belt tucked away.
- Flags must be available and unobstructed – shirts tucked into shorts.
- Any players without both flags cannot impact on the play – if a player without both flags impacts on the play (either by flagging the ball carrier or by receiving a pass), then a penalty is awarded resulting in free pass to non-offending side.

## Drop Kick

- Starts the game and the half (at centre).
- Must be made from the centre and the kick must be a drop kick.
- The kick is to be uncontested.
- Advantage MAY be played if the kick is not a drop kick.

## Starting the Game and Restarts

- Play starts with either a Free Pass from the centre of the field (At Under 8 this is compulsory) or a drop kick.
- The team that scored or lost the toss is to drop kick to the opposing side and is to be uncontested.
- If the kick is not a drop kick advantage may be played. If drop kick can not be performed a Free Pass at the centre will be the alternative.

## Free Pass – how?

- Opposition must be 7-metres back.
- Opposition cannot move until ball has left the free passer's hands.
- Player taking the free pass cannot run, but must pass.
- Player taking the free must pass the ball to the first person either side of them.
- Referee calls "PLAY".

## Free pass – when?

- Starts the game and the half (at centre).
- Restart after a score by non-scoring team (at centre).
- Restart from a penalty (at referee's mark).
- Restart from ball into touch (at touchline at the point where ball went into touch).
- Flag count returns to zero when a free pass is awarded.

## Flagging

- Defender (flagger) removes the flag, shouts "FLAG", then stands still holding flag aloft (until flagee retrieves the flag)
- Flagger must not move or rejoin play until the flag is given back.
- Referee shouts "FLAG!...PASS!".
- **Play does not stop!**
- Ball carrier (flagee) must pass the ball within 3-secs/3-steps – flagee must not rejoin play until his/her flag is retrieved.
- If a player/s does not pass the ball within 3-sec/3 steps then they are liable for penalty.
- Flagee, having passed the ball, retrieves his/her flag from the flagger and reattaches flag.
- Both players may now rejoin play.
- Free pass to defending side on the 7<sup>th</sup> flag (or agreed number of flags) *see scoring\**

## Passing

- The ball can only be passed backwards or sideways through the air.
- The ball cannot be handed off to another player – free pass to non-offending side.
- The ball cannot be passed/knocked forward – free pass to non-offending side.
- Play advantage if other team picks up knock-ons or intercepts forward passes.

## Offside

- The offside line is an imaginary line through centre of the ball and parallel to goal line.
- The offside line only occurs at the time of the FLAG and at the start of play from a free pass.
- Generally, there is no offside when the ball is in play...with the following exception:
- When a FLAG is made all players from defending team must attempt to retire towards their own goal line until cross the imaginary offside line onto their side of the offside line...they cannot impact on play (i.e. intercept or FLAG a player) until they get on-side.
- If player in an offside position interferes with the pass from the flagged player, then free pass to the attacking team.

## Prohibited play – penalty, free pass to non-offending team

- Players must not make deliberate contact with an opponent (but must make every effort to avoid the opponent!).
- No fending off - ball carrier must not use hand or ball to shield his/her flags.
- A player must not spin to shield their flags
- No hand off - ball carrier must not use hand or ball against opposing player's face or body.
- No kicking the ball.
- No tackling.
- No going to ground.
- No ripping the ball.
- No handing off the ball.