

# General Rules of Flag Rugby

## **Teams**

Equal sides of not more than 8 and not less than 5 players.

Substitutes allowed, but only when play is stopped.

## **Scoring (Try = 5 points)**

Placing the ball, with downward pressure, on or behind the opponent's goal line.

Ball carrier must remain on his/her feet when scoring.

Scoring by diving is not allowed – try may be awarded but players reminded and successive diving tries will be disallowed – free pass to defending side 7-metres out from goal line.

Ball carrier is allowed one-step to score a try after being flagged.

*\*Try scored on 7th flag will be disallowed and free pass awarded to defending side 7-metres out from goal line*

## **Length of Game**

Game times vary.

ORU advises 7-minute halves with 1-minute break.

Time is agreed at each tournament: 2x10-min or even 2x15 have been observed.

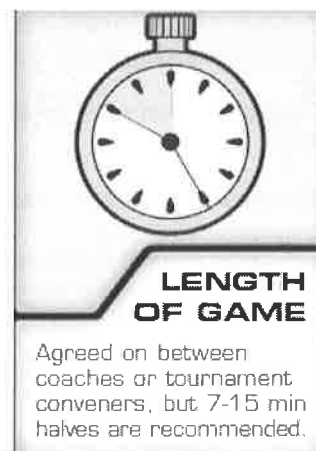
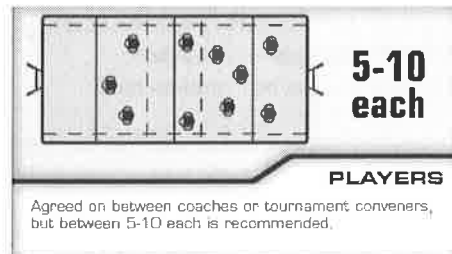
## **Flags**

Two flags attached with Velcro to a belt worn around the waist - one flag on each hip.

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.



produced and distributed by

**Rugby Ontario** - P: 416-426-7050 - 1185 Eglinton Ave East Suite 702A  
Toronto ON Canada M3C 3C6



THE ONTARIO RUGBY FOUNDATION  
LE FONDATION RUGBY DE L'ONTARIO

# General Rules of Flag Rugby

## **Free pass - what is it?**

Starts play and resets flag count to zero.

## **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.

Referee calls "PLAY".

Player receiving the free pass must be within 2-metres.

## **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.

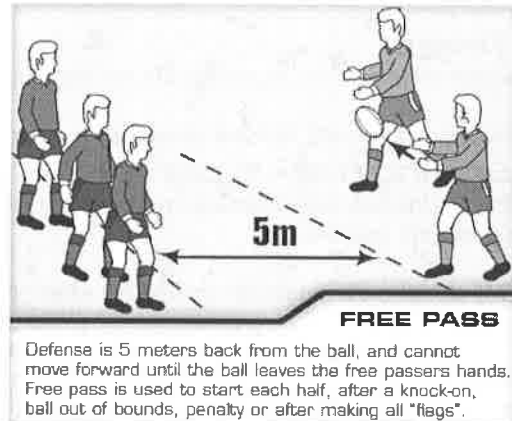
## **Flagging**

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.



Produced and distributed by

**Rugby Ontario** - P. 416-426-7050 - 1185 Eglinton Ave East Suite 702A

Toronto ON Canada M3C 3C6



THE ONTARIO RUGBY FEDERATION LA FEDERATION ONTARIO DE RUGBY

# General Rules of Flag Rugby

## Flagging continued...

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 7th 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

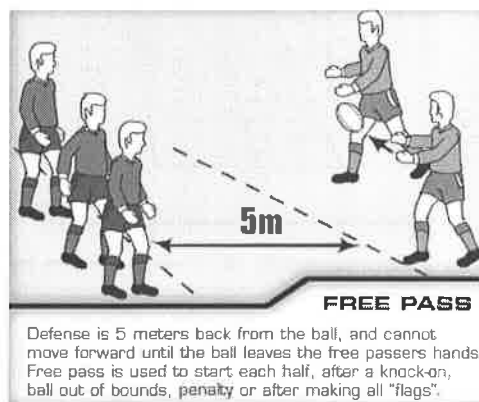
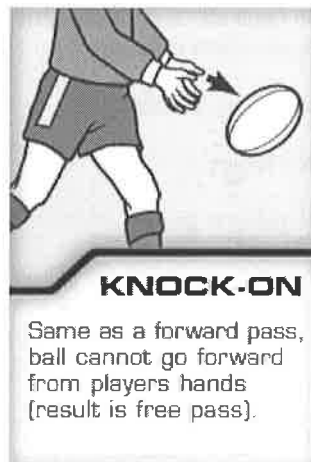
The offside line is an imaginary line through centre of the ball and parallel to goal line.

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.



produced and distributed by

**Rugby Ontario** – P. 416-426-7050 - 1185 Eglinton Ave East Suite 702A  
Toronto ON Canada M3C 3C6



THE OFFICER OF THE RUGBY FOUNDATION  
FOUNDATION OF THE RUGBY FOUNDATION  
OF ONTARIO

# General Rules of Flag Rugby

## *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.

No hand off - ball carrier must not use hand or ball against opposing player's face or body.

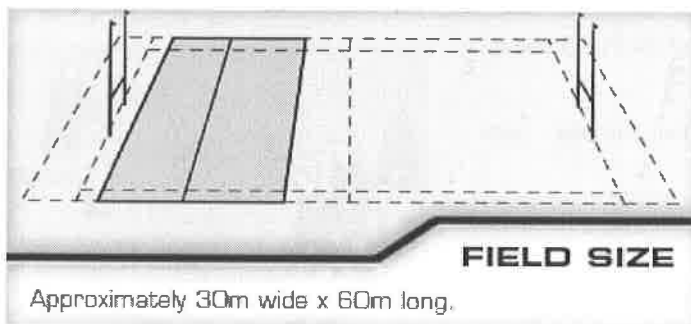
No kicking the ball.

No tackling.

No going to ground.

No ripping the ball.

No handing off the ball.



produced and distributed by

**Rugby Ontario** - P. 4164267050 - 1185 Eglinton Ave East Suite 702A

Toronto ON Canada M3C 3C6



THE ONTARIO RUGBY FEDERATION LA FÉDÉRATION TRILLIUM DE RUGBY ONTARIO