

## 4. Glossary of Terms and AFR Key Phrases



Those familiar with the adult game of rugby will be familiar with much of the terminology used in the American Flag Rugby Rules of Play. However, in order to effectively introduce the game, American Flag Rugby utilizes both standard and non-standard rugby terms and phrases. In particular the “Key Phrases” have been developed to facilitate quick understanding and retention of many of the game’s most important concepts and practices.

### Glossary of Terms:

**American Flag Rugby:** A fun and friendly youth version of the worlds greatest team sport.

**Attackers:** The team in possession of the ball.

**Barging:** A penalized offence for dangerously running into an opposition player.

**Conversion:** The 2 point kick made after a 5 point Try is scored. Equivalent to football “extra point”.

**Deadball line:** Line indicating the end of the field at the rear of the In-Goal (end zone) area.

**Defenders:** The team not in possession of the ball.

**Drop Kick:** A kick where the ball is dropped to the ground, before or simultaneously to, being kicked.

**Goal line:** The line a ball carrier must cross before touching the ball down for a try.

**In-Goal:** The Area between the Goal line and the Dead Ball line. Equivalent to football “End Zone”.

**Knock-on:** Passing or propelling the ball forward with the hands. A minor infraction of the rules.

**Line-out:** A procedure for restarting after the ball or ball carrier has gone out of bounds (“in to touch”).

**Rugby:** A large town (pop. 62K) in central England, where the game was first established in 1823.

**Scoring a Try:** The act of touching the ball down in your opponent’s goal area. Worth 5 points.

**Scrum:** A procedure for restarting the game after a minor infraction of the rules, usually a Knock-On.

**Tackle:** The act of removing a ball carrier’s flag. See “Tackle Transaction” below.

**Touch line:** Equivalent to the US Football sideline. Stepping on the line is out of bounds.

**The 22:** For American Flag Rugby, an imaginary line half way between “the 50” and the goal line.

**The 50:** A line on the field that is half way between the goal lines. The middle of the field.

**Spinning:** Rotating the body more than 90 degrees in order to avoid a tackle. Not permitted in AFR