

FLAG RUGBY 101

OBJECTIVE

To carry the ball into the opposing team's try zone and ground the ball, scoring a try (5 points)

NUMBER OF PLAYERS

Girls Rugby teams are made up of 5-7 players

SCORING POINTS

Players score points by touching the ball down to the ground in their opponent's try zone. Players must be in control of the ball when doing this. All tries are 5 points.

SIZE OF FIELD

The size of the field is adjusted for the age and ability of players. The average size is 35m wide x 55m long

EQUIPMENT USED

Each flag rugby player will wear their Girls Rugby uniform, a flag belt with two flags, a mouth guard, and cleats.

All Girls Rugby games are played with a size 4 rugby ball.

TIME OF GAME

Flag rugby games are made up of two, 10-12 minute halves.



BASIC RULES

- ✓ All **passes** in rugby are backwards or lateral.
- ✓ All Girls Rugby games are **non-contact** using flag belts.
- ✓ **Kicking**
A kick will start each game and restart play after scoring. There is no kicking during open play and no conversion kicks.
- ✓ **Players pass once flag is pulled**
A flag pull does not stop the game. Players are allowed no more than 3 steps following a flag pull and must pass the ball within 3 seconds.
- ✓ **Restarts are free passes**
Restarting the game after a small infringement like a forward pass, dropping the ball forward, or going out of bounds will result in a free pass being awarded to the other team.
- ✓ **Advantage in Rugby**
An advanced concept of rugby is called 'advantage'. This rule comes into play after an infringement of the rules occurs. Although advantage can be found in many places during a regular game of rugby, for Girls Rugby, this applies mostly with dropped or fumbled passes.
- ✓ **Foul play will be penalized**
 - ✓ **Obstruction, Blocking, Fending**
preventing the defense from pulling a flag will be penalized.
 - ✓ **Stripping the ball**
 - ✓ **Intentional contact**
Any intentional contact will be penalized.
 - ✓ **Failure to release**
If the ball carrier does not pass within 3 seconds after having their flag pulled, it will be penalized.

LEARN THE REFEREE SIGNALS



TRY SCORED
A successful try has been scored.



ADVANTAGE
This arm out indicates that an advantage is being played.



FORWARD PASS
The ball has been passed forward.



KNOCK-ON
The ball has been passed or dropped forward. No advantage is awarded.



PENALTY
The direction the referee point his/her arm is towards the team being awarded the restart after a penalty.