

## Durham Flag Rugby Tournament Rules – Updated 2019

### TEAMS:

- Seven players for each team on the pitch at one time. (minimum 3 females on at one time)
- Substitution is allowed but only during a stopped play (e.g. after a try)

### 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 the player crosses the goal line, they must be allowed to score the try.
- **(NEW) Ball carrier must have both flags on their belt when touching the ball down in the end zone to be awarded the try**
- Try scored on 6<sup>th</sup> flag will be disallowed resulting in a turnover and a free pass awarded to defending side 7- meters out from goal line.

### LENGTH OF GAME:

- 16 minute games
- Field will be split into quarters for tournament.

### FLAGS:

- **Flags will be provided for each game.** (Please have players roll and put back quickly after each game)
- One flag on each hip, attached with a fold "dogs ear"
- Flags must be available and unobstructed. **SHIRTS MUST BE TUCKED IN TO SHORTS.**
- Any players missing a flag cannot impact on the play. They must get their flag back from the defender before returning to play. **If this is violation occurs, a penalty is awarded resulting in a turnover and therefore a free pass to the non-defending side.**

### PROHIBITED PLAY – PENALTY, TURNOVER 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 SPINNING – result will be a loss of FLAG
- NO HAND OFF/STRAIGHT ARMING – ball carrier must not use hand or ball against opposing players face or body
- NO KICKING THE BALL
- NO TACKLING
- NO GOING TO GROUND – BUT if the ball is attempting to be passed it will be called a **FLAG** and count as one of the flags. Therefore, it will not be a turnover, the team will keep the ball. This goes too if they slip and fall we will stop play and call it a FLAG.
- NO RIPPING THE BALL
- NO HANDING OFF THE BALL – must be passed

- FEET MUST NOT LEAVE THE GROUND – players must be in complete control of their body at all times.
- CANNOT BAT the BALL DOWN TO THE GROUND INTENTIONALLY
- **KNOCK ON or RUN OUT OF BOUNDS with ball – turnover resulting in a free pass to defending side**
  - **Knock-on – when the ball hits off any part of the players body and travels forward – result is a turnover and free pass (WE DO NOT PLAY ADVANTAGE)**
- NO OBSTRUCTION (kids running into their own teammates, results in a flag)
- **(NEW) Ball carrier must have two hands on the ball, this will eliminate shielding the flags with the ball. – flag called if ball is carried in one hand.**

## **PLAYING THE GAME**

### **STARTING THE GAME AND RESTARTS**

- Team captains will play rock, paper, scissors to determine who begin with possession of the ball
- Team will start 10 meters in from the end line with a free pass
- The team that was scored on will begin with a free pass 10 meters in from the end line

### **FREE PASS – HOW TO?**

- Defenders must be 7 – meters back
- Defenders cannot move until ball has left the free passers hands.
- Player taking the free pass cannot run with the ball, but must pass, player will tap ball with foot to indicate play is starting.
- Referee calls **“PLAY”**

### **FREE PASS – WHEN TO USE IT?**

- Restart after a penalty
- Restart from where ball went out of bounds. (1 meter in from sideline)
- Restart after 6 flags pulled.
- Starts the game
- Restart the game after a score by non-scoring team
- Flag count returns to zero when a free pass is awarded.

### **FLAGGING – RULES FOR PULLING FLAGS**

- Defender (flagger) removes the flag, shouts **“FLAG”**, then stands still holding flag until the flagee retrieves the flag. (Defender should use good sportsmanship and ensure they hand the offender their flag, after the offender makes their pass) **\*\*3 warnings about sportsmanship flag passes, if flags tossed to ground after 3 warnings, turnover**
- Flagger must not move or rejoin play until the flag is given back and attached to belt. (both offender and defender are out of the play until the flag exchange is complete)
- Referee yells **“FLAG!... PASS!”**.
- **PLAY DOES NOT STOP WHEN FLAG IS PULLED-Must make a quick pass (see next rule)**

- **Ball carrier is allowed 3 steps to make a pass after their flag is pulled. More than 3 steps will result in a stoppage of play and the referee will reset the offence by indicating a mark on the field where the flag was pulled. A free pass will begin at the mark.**
- Turnover free pass to defending side on the 6<sup>th</sup> flag
- On a turnover the free pass will come from where the turnover occurred or one meter in from the sideline.

#### **PASSING:**

- The ball can only be passed backwards or sideways through the air.
- The ball cannot be handed off to another player – turnover free pass to defending side
- **The ball cannot be passed/knocked forward – if this happens, turnover free pass to defending side.**
- If the ball is passed backwards and the catch was unsuccessful and the ball hit the ground, it will result in a **FLAG** and the offensive side will STOP and restart from this point, not just pick and go. (This will keep the kids off the ground reducing chance of injury)
- **No overhead (soccer pass) or chest pass (basketball) – must be proper rugby pass**

#### **OFFSIDE:**

- The offside line is an imaginary line through the centre of the ball and parallel 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 pulled all players from the defending team must attempt to retire towards their own goal line until they cross the imaginary offside line, they cannot impact the play until they get "ON-SIDE"
- If a player on the offside position interferes with the pass from the flagged player, then a turnover free pass is awarded to the attacking team (flag count re-starts at 0, prevents lazy runners!)