

Rules for Flag Rugby MacArthur Middle School

Start of the Game:

1. There are 5-10 players per side, agreed on before the game starts.
2. All players must be wearing a belt with 3 flags. When a defender removes the flag, shouts 'flag', and puts the flag on the ground where it was pulled.
3. Flags must be worn on top of jerseys. Any player receiving a pass with flags under jersey is marked down at that spot. If this player is the DUMMY HALF (First passer) a turnover occurs.
4. To start the game, a rugby ball is kicked off from the 5 meter line of the field. If caught the ball may be returned by the offense.
5. There is no tackling or body contact.
6. If the ball is touched and then hits the ground the ball is dead and the receiving team keeps possession.
7. There are no turnovers on kickoff.
8. Games are played in 2, 8 minute halves. Team will switch sides at half time.

Defense:

1. The team without the ball (Defense) must line up 5m back from the line.
2. The defensive team is not allowed to rush the offensive team until the player with the ball passes or crosses the line of scrimmage.
3. Once the ball is in play the defense may not attack any other player other than the person with the ball and must be on their own side of the line of scrimmage.
4. If a defensive player is caught behind the line of scrimmage they may not play or interfere until they are back on their side of the line of scrimmage.

Offense:

1. In order for a pass to be 'legal', the ball must go backward (not sideways or forward). The way the ball is thrown doesn't matter (overhand, underhand).
2. If, at any time during the pass, the ball is knocked forward, it's called a "**knock on**" and the ball changes possession. The opposing team puts the ball in play from the point where the ball contacted the ground.
3. When passed, is dropped or missed, the ball changes possession and the opposing team puts the ball into play at the spot the ball hit the ground.
4. After a player has ripped off the flag of an opposing ball carrier, the ball carrier must put the ball into play by rolling the ball backwards to their teammate (Start of a new SCRUM). **They may not put their flags on until the first pass has been made.** They must maintain the scrimmage line to keep the defense from attacking.
5. If an offensive player's flag is pulled inside the try zone before they put the ball down, the defense starts the ball from their 7 meter cone. If an offensive player has their flag pulled in their own end zone the defense is awarded that amount of points and the defense will kick off.

- The **Dummy Half (First passer)** must make a pass in order for offense to keep possession. If their flag is pulled, before making a pass, it is a turnover and the defense receives the ball.
- Blocking is NOT allowed at anytime.

Kicking:

- The only way the ball may be played forward, is by kicking it. All offensive players must be behind the ball with the exception of **“the scrum”**.
- If the opposing team catches the ball, they may return it immediately.
- If the ball hits a player and then the ground, the ball is dead and the receiving team keeps the ball.

Scoring:

- In order to score a **TRY**, a player must cross the end line with the ball and PLACE the ball down in the end zone.
- A ball placed **outside** the center zone is worth 1 point, and inside the zone is worth 2 points.
- On **co-ed** teams girls outside the zone are 2 points and inside the zone 4 points.
- After a score, the scoring team kicks off from their 5 meter line and play continues.

