



## FLAG RUGBY

### U8 & U10 LAWS OF THE GAME (REVISED FEB 2016)

The object of the game is that to teams of seven players each, observing fair play according to the Laws and sporting spirit, should by carrying, passing and grounding the Ball score as many tries as possible.

The Under 8/Under 10 variations on the Laws of The Game are complete and contain all that is necessary to enable the Game to be played correctly and fairly. It is important that players play the Game in accordance with the Laws and be mindful of the safety of themselves and others.

Whilst Flag Rugby is designed to be played as a non contact game, there will be occasions on which incidental physical contact will occur.

It is the responsibility of players to ensure that they are physically and technically prepared in a manner that enables them to play the Game, comply with the Laws and participate in accordance with safe practices.

It is the responsibility of those who coach or teach the Game to ensure players are prepared in a manner that ensures compliance with the Laws and in accordance with safe practices.

It is the duty of the referee to fairly apply all Laws in every match.

It is the duty of the Unions to ensure that the Game at every level is conducted in accordance with disciplined and sporting behaviour. The referee cannot uphold this principle solely; its observance also rests on Unions, affiliated bodies and clubs. The Under8/Under10 game is to be played in accordance with the World Rugby Laws and observing the variations & clarifications indicated in this document.

## Before the Match

### Law 1: The Ground

1.2 – The playing enclosure should span the width of a senior field to serve as the length of the U8/U10 playing surface. The 5m line of a senior pitch shall serve as the goal line, and the touchline of a senior pitch shall serve as the dead ball line. The 10 metre lines and the 5 metre lines shall mark the field width respectively.

Alternatively, if field space is limited, fields can be narrowed to 25 metres wide, from the above



35 metres, using the same lengths as the standard pitch, with not less than 5 metres between each pitch. This allows for three fields to be played on one senior pitch. This should only be used when the above regulation size is impractical, based on the number of games to be played and the number of fields available.

Where the space available does not permit a field of either of the above dimensions to be used, the largest possible field shall be set up, taking into account necessary safety factors. Team sizes can be reduced as deemed appropriate by the team coaches/referee to best fit the available space.

## **Law 2: - The Ball**

2.7 Balls of different sizes may be used for matches between younger players. The conventional size for U8/U10 shall be a standard size 3 ball.

## **Law 3: Number of Players - The Team**

3.1 Each team must have no more than 7 players on the playing area during play.

3.2 At any time before or during a match a team may make an objection to the referee about the number of players in their opponents' team. As soon as the referee knows that a team has too many players, the referee shall request the coach of that team to reduce the number appropriately.

3.4 Substitutions shall be unlimited and only made at times that the ball has become dead.

3.9 If the referee decides – with or without the advice of a medically qualified person – that a player is so injured that the player should stop playing, the referee may order that player to leave the playing area. The referee may also order a player to leave the field to be medically examined.

## **Law 4: - Players' Clothing**

Players shall wear clothing that complies with World Rugby Law 4 and Regulation 12.

Players shall wear a flag belt and two flags.

- A Flag must be 38cm x 3.5cm.
- Two flags attached with Velcro to a belt worn around the waist – one flag on each hip.
- The flag must be attached with a fold “a dog’s ear”.
- Flag belt must be secure and excess belt tucked away.
- Flags must be available and unobstructed – shirts tucked into shorts., belts worn over the top of the shorts

## **Law 5: - Time**

5.1 A match lasts no longer than 20 minutes (tournament specified), plus lost time, extra time and any special conditions. A match is divided into two halves of no longer than 10 minutes.

5.2 After half time the teams change ends. There is an interval of not more than 3 minutes. The match organizer, the Union, or the recognized body that has jurisdiction over the game decides the length of the interval. During the interval, the players may leave the playing enclosure.

## **Law 6: - Match Officials**

6.A A coach, or a coach from either side, will act as officials for the match.

6.A.4 (a) The referee(s) is/are the sole judge of fact and of Law during a match. The referee(s) must apply fairly all of the Laws of the Game in every match.

- The chosen referee will be responsible for counting out loud the number of passes and the number of flags pulled. They may also use their hands to keep track and lend visual aid to coaches and players.

## **Method of Playing**

### **Law 7: - Playing a Match**

- A match is started by an uncontested kick-off, either a place kick, punt kick or a drop kick.
- After the kick-off, any player who is onside may take the ball and run with it.
- Any player may pass it.
- Any player may give the ball to another player, provided they do so in accordance with the law prohibiting handing the ball to another player, this must be a visible pass.
- Any player may flag an opponent, by removing either one or both flags.
- Any players without both flags attached to their belt cannot impact on the play
- If an attacking player without both flags impacts on the play (i.e. receiving a pass), then a penalty is awarded resulting in a free pass to non-offending side.
- If a defending player without both flags impacts on the play (i.e. by flagging an attacking player), then the flag shall be disregarded and play continues.
- There must be a minimum of three passes between each reset and each score, otherwise the ball is turned over to the non-offending team.
- Where a turnover occurs during play (e.g. dropped ball or pass interception) the

minimum number of passes does not need to be completed prior to a try being scored on the first flag. There is no minimum pass requirement prior to the first flag.

- Play is to stopped for obvious knock on's and forward passes. The opposing team restarts with a pass from the point of the infraction.
- Defending team must retire a minimum 3 metres or to the try line at each flag and turnover.

## **Law 9: - Scoring Points**

- Any player may score a try by grounding the ball in the in-goal. In doing so, that player must remain on their feet. If a player leaves their feet to score a try (ie dives), the try shall be disallowed, then a penalty is awarded resulting in a free pass to non-offending side 5 metres from the goal line.
- The ball carrier is allowed one step to score a try after being flagged. If the ball carrier takes more than one step to score a try, a try shall not be awarded. The ball carrier shall return to the field play and pass the ball
- If a team does not score within 6 flags, possession shall be turned over to the other team at the point of the 6<sup>th</sup> flag.
- A try can not be scored prior to the minimum number of passes being completed, except on the first flag of a turnover following a dropped ball or interception.

### **9.A.1 Try -1 point.**

- When an attacking player is first to ground the ball in the opponents' in-goal, a try is scored.

### **Penalty Try – 1 point**

- A penalty try is awarded when a try probably would have been scored, but for foul play from an opponent.

### **Goal Kicks**

- No kicks at goal shall be taken.

## **Law 10: - Foul Play**

10.6 If a referee, who in a higher match grade, would temporarily suspend or send off a player for foul play, that referee shall communicate to the coach of that player the nature of the offence. The coach shall then substitute the player at the request of the referee. The replacement shall last a minimum of 5 minutes. This is a replacement and not a suspension, thus there will still be 7 players on the field from both teams at all times.

### **Prohibited acts:**

- 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.
- A player must not spin or jump to shield their flags
- No hand off – ball carrier must not use hand or ball against opposing player's face or body.
- No kicking the ball (kicking is allowed only at the start of a game and after a try is scored)
- No tackling.
- No going to ground.
- No ripping the ball.
- No handing off the ball.
- Flaggers not handing the flag back to the flagged player (i.e throwing or dropping it on the ground)

Prohibited acts shall result in play restarting with a pass by the non-offending team at the point of the infraction. The flag count shall be reset to zero.

## In the Field of Play

### Law 13: - Kick-off and Restart Kicks

- The kick-off occurs at the start of each half and after each score.
- The team that scored or lost the toss at the start of the game is to kick to the opposing side and is to be uncontested
- 13.1(a) Teams are strongly encouraged to kick off with a drop kick (although a place kick or put kick may be used) which must be taken at or behind the centre of half way.
- The kickoff must travel a minimum of 7 metres. If the ball does travel that far, it shall be retaken. If after a second time it does not travel 7 metres, a free pass shall be awarded to the receiving team at the centre of the half way line.
- The referee will hold the team kicking off behind the half way line by shouting “hold” until the receiving team has control of the ball. Once the receiving team controls the ball, the referee will shout “Go” signaling the kicking team can now advance.
- If the ball is kicked over the sideline, a player from the receiving team will retrieve the ball and carry the ball back into play as directly as possible. The referee will “hold” the kicking team until the ball is brought back into play.
- If the ball is kicked over the try line, play shall restart from half way line by pass by the receiving team.
- If a player on the receiving team stands over a stationary ball from the kick off but does not immediately pick up the ball, the referee will count to 3 then allow the kicking team to proceed.
- A player catching a kick off on the full cannot knock on the ball. Play continues.

## **Law 15: - Flagging an Opponent**

15.1 Flagging an opponent simulates a tackle, so that both players are temporarily out of the play.

- Any defender may halt the ball carriers progress by removing a flag from that player's flag belt.
- The flagger must stand still, shout "FLAG!" and hand the flag back to the ball carrier, after the ball carrier has passed the ball.
- The referee shouts "FLAG!...PASS!" The ball carrier must stop running and pass the ball within 3 seconds and/or 3 steps.
- If a player does not pass the ball within 3 seconds or 3 steps then they are liable for a penalty and a change of possession.
- The ball carrier, having passed the ball, retrieves his/her flag from the flagger and reattaches the flag.
- Flaggers must remain where they pulled the flag until the flag has been retrieved. Flaggers who throw the flag on the ground to continue with play are committing foul play. The referee should give the offending team one warning, then on repeated infractions award a penalty of a free pass.
- If more than one step taken by the ball carrier after being flagged takes them into the in goal area of the defending team, they cannot score a try and must return to the field play before passing the ball.

15.2 The flagger must return onside (i.e. to their own side of the ball) before participating in the play. Flaggers who do not do so are offside. If a defending player is offside and impacts the game (usually by flagging a ball carrier) then the referee shouts "Advantage, flagger offside, flag does not count" and that flag is not counted towards the attacking team's 6 flags and play continues.

## **Law 16: - Ruck**

Rucks shall not be a part of the game.

## **Law 17: - Maul**

Mauls shall not be a part of the game.

## **Law 18: - Mark**

Marks cannot be taken as kicking in open play is not permitted.

## Restarts

### Law 19: - Touch and Lineout

Ball in Touch Laws shall be applied in accordance with World Rugby Law.

Lineouts shall be replaced by a free pass. The free pass is marked by the referee 1 metre in from the where the ball crossed the sideline.

### Law 20: - Scrum

Scrum shall be replaced by a free pass.

### Law 21: - Free Pass

- A free pass occurs to restart the game at any time other than when a kick off would restart the game.
- A free pass is taken by the non-offending team.
- A free pass resets the flag count to zero.
- At a free pass, the defending team must retreat 3 metres, or to their try line if the free pass is awarded less than 3 metres from the try line.
- The player that is restarting the play taps the ball to their foot then passes to a player adjacent to themselves.
- The defending team to a free pass may not advance until the player receiving the free pass catches the ball.