

FLAG RUGBY

Stuart Middle School (Paul Chasse, Chuck Gutschmidt, Dorothy Potyra, Laura Taylor)

The game of Rugby is the second largest participation sport in the world. Flag Rugby is a modified form of this great game and a way to bring this sport to your Physical Education class. It's the ultimate team invasion game promoting physical fitness, cooperative skills and maximum participation.

Flag Rugby Rules

Objective- To move the ball downfield by carrying it with two hands and touching the ball down over the goal line.

- ❖ Shirts must be tucked in, flags on side of hips at all times
- ❖ The ball must be carried with **two hands at all times.** (Eliminates stiff arms and flag guarding)
- ❖ A "Scrum Pass" is used to start game and first pass after a change of possession.
 - Scrum Pass- A two hand pitch, ball must be pitched from ground, to a teammate behind to pitcher.
- ❖ Team on offense may request entire defensive team to be in front of entire offensive team.
- ❖ Ball will be "Scrum Passed" from midfield at start of the game and after a score.
- ❖ Change of possession will occur:
 - Anytime the ball hits the ground
 - Anytime the ball is carried with one hand
 - Anytime the ball is pitched with one hand
 - When a ball is pitched out of bounds
 - When a player has possession of the ball out of bounds
 - If the ball carrier jumps or dives forward at anytime
- ❖ When the ball carriers flag is pulled:
 - Flag puller yells "Flag"
 - Both offensive and defensive players freeze
 - Offensive player has three seconds to pitch ball back to teammate
 - Defensive player hands flag back to player on offense
- ❖ Points are scored when player touches the ball down passed the goal line with two hands
- ❖ Modified Rules:
 - Ball may be punted forward (two hands must still be on the ball)
 - Offense may ask Defense to move past the next line if field is marked. (Lines on field or cones on sideline)
 - Hustle rule: After score, team with possession of ball may run to midfield and scrum pass before other team is set.

FLAG RUGBY LEAD-UP GAMES

Line Pitch

Objective: To practice proper pitching with two hands as well practicing “scrum pass”.

Equipment: 5 – 10 football or rugby balls, Cones

Format: 6-8 individuals, 3 yards apart in a straight line

Rules: First player starts with ball and “scrum passes” ball to the next player who pitches back to the next player and so on. When the last player receives the ball, he or she will run to the front of the line and “scrum pass” it back to next player and the cycle continues. Do this from one side of the playing field to the other.

Variation: (1) Have last student weave in and out of line to front. (2) Use as a relay (3) Have students punt instead of pitch to teammate.

Mini Games

Objective: To practice pitching and flag pulling etiquette.

Equipment: 5-10 footballs or rugby balls, cones

Format: Four cone box – 5 yds. x 5 yds., 5 yds. x 10 yds., 10 yds. x 10 yds.

Rules: Two players on Offense and Two players on defense. Offense starts even with one set of cones, Defense starts even with adjacent cones. Player tries to run past the defenses goal line and score a touchdown. If ball carriers flag is pulled, ball must be pitched. Play continues until ball is scored or turned over. Players switch from offense to defense after each attempt.

Variation : Change field size- 2 v. 2 use 5x5 field or 5x 10 field (width of field is 5 yds.), 4 v. 4 use a 10 x 10 field