

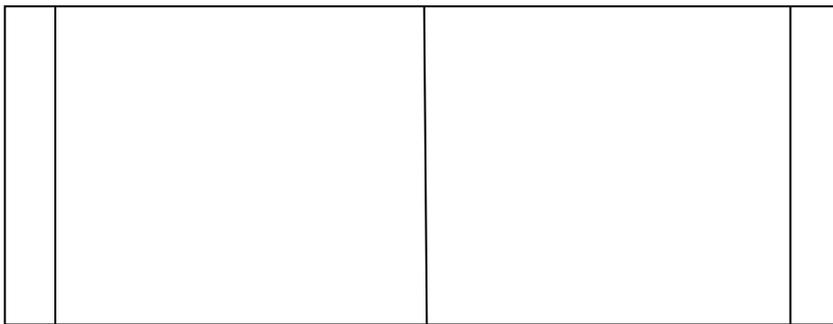


Simplified Rules

These rules are meant to be a guideline and condensed version of the Leonard rule set which is our official league rules.

Field Dimensions

The field dimensions of 60X40m or 40x25m with 5 Meter goal areas (try zone). A half way line bisects the field.



Object of the game

The object of the game is to score more tries than your opponent. Tries (similar to touchdowns) are scored by placing the ball with downward pressure in the defenders goal area (try zone). The player in possession of the ball (attacker) may run or pass the ball to achieve this but kicking the ball is not allowed.

Players without the ball (defenders) try and prevent the attackers from scoring by removing flags from the ball carrier. The attacking team has five (5) possessions or plays to score. Defenders can cause turnovers by forcing the attackers to commit infractions, run out of bounds, or by making 5 tags of the ball carrier. Possession then switches.

1) Players

- a. Grades 1-2 will play 5v5 on the small field.
- b. Grades 3-4 will play 5v5 on the small field.
- c. Grades 5-6 will play 7v7 on the large field.
- d. Grades 7-8 will play 7v7 on the large field.
- e. Substitutions are allowed on any stoppage of play.
- f. Unlimited substitutions may be used.
- g. Gender format is open coed, there are no restrictions on male/female players nor gender specific rules.
- h. Teams are allowed to have a younger player play up a level, but older players may not play down.

2) Match Length

- a. A match will consist of two seven (7) minute halves, with a three (2) minute half time.
- b. Clock will remain running during the half unless there is time stoppage due to equipment or injury.
- c. A two (2) minute overtime period will take place in the event of a tie, in playoff games only, and will continue until a winner is determined. Coin toss will take place before the first overtime period and initial possession will alternate with any additional periods.

3) Referee

- a. A referee or Sir will officiate the match.
- b. Referee will call for a pregame conference between the two team captains prior to the game.
- c. Coin toss will determine initial possession.
- d. Referee's watch is the sole keeper of time and score.
- e. Referee will only be addressed by team captains during play.

4) Uniform

- a. All players must have a flag belt with two flags attached. No player may continue play without having both flags attached and positioned on the hips. If there is an excess part of the belt strap, it should also be tucked into the shorts or wrapped around the belt as to not interfere with a tag.
- b. Uniform top must be tucked in at all times and must not interfere with opponents grabbing of flags.
- c. Players are not allowed to wear anything that might prove dangerous to the wearer or other players. Jewelry, necklaces, watches, etc. must be removed. If removal is not an option than the item must be completely covered in tape with no sharp or raised edges exposed.
- d. Gloves are not allowed.
- e. Headgear, hats, religious head scarves, etc are allowed as long as they do not present a threat to safety.
- f. Sunglasses are not permitted unless there is a medical concern.

5) Scoring

- a. A Try is awarded to the attacking team when the ball is placed with downward pressure on or behind the opponents try line.
- b. Try is worth one (1) point.
- c. No conversion kicks will be attempted.
- d. Players attempting to score may not dive or slide during the score.
- e. Defenders may not attempt to interfere with the act of placing the ball down to score a try.
- f. Possession changes to the defending side after a score.

6) Tap and Pass

- a. Term used to restart play following a score or possession change.
- b. Will take place at the half way line at the start of a game, after half time, or after a score.
- c. Tap and pass following penalties and possession change will be taken from the referee's given mark.
- d. Play will resume upon the referee's instruction to PLAY, on which attackers may restart play.

- e. For safety reasons the tap and pass receiver must not start from more than 2 meters back from the mark to avoid 'crash ball' tactics.
- f. Referee will allow the defense to reset before initiating restart, no quick restarts will be allowed.
- g. Attacker must tap ball with foot or lower leg and pass ball to teammate.
- h. Defense must retreat 5 meters toward their try line.
- i. Defenders may not advance until the pass has been made.
- j. No tap and pass will be awarded closer than 5 meters to the goal line to create some space.

7) Scrums, Lineouts, Kickoffs

- a. These are not used in flag rugby, Tap and Pass will be used to restart play for all situations.

8) Contact

- a. There is NO CONTACT allowed between players, the only contact allowed between the two teams is the removal of flags and other incidents the referee deems unintentional or incidental. Both attackers and defenders have the responsibility to avoid each other at all times.
- b. The ball carrier is not allowed to run directly into defenders.
- c. Defenders are not allowed to actively block progress of the ball carrier with their bodies.
- d. Ball carrier may not use hand, elbow, or ball to block defenders attempting to grab flags.
- e. Defenders must not attempt to dislodge the ball, grab or hold a ball carriers clothing, or make any attempt to trip up the ball carrier or other attacking side player.
- f. Players initiating contact will be penalized.
- g. General advice to ball carriers is to "RUN AT SPACES, NOT FACES!"

9) Initiating the tag

- a. Only the ball carrier can be tagged (flags removed). A defender or defenders that remove a flag must hold it above his/her head and shout TAG loudly.
- b. Defender(s) who remove a flag cannot continue to play until that flag is returned to the ball carrier.
- c. Referee will call out tags, reminding players of the number of tags and to pass following a tag.

10) After a tag has been initiated

- a. There is no actual stoppage of play unless the 5th tag has been reached.
- b. Ball carrier is allowed a maximum of three (3) steps of continuation or three (3) seconds to pass the ball to a teammate.
- c. Until the flag is returned and secured to the belt, the attacker cannot resume play.
- d. Ball carrier may not continue over the try line with the three (3) step continuation. They must pass to a teammate to score.

11) Live Ball

- a. A pass or fumble that is thrown backward but not caught by another player and makes contact with the ground is a considered a live ball as long as it is not kicked or dived upon.
- b. Either team may claim possession of the ball by picking it up

12) Offside

- a. Offside's is defined as a defending player, other than a tagger, who does not immediately retreat to a defending position upon a tag situation, in relation to the ball.
- b. There is no off side during open play.
- c. Referees will only penalize defenders who are off side AND interfering with play immediate after a tag.
- d. Off sides is penalized by awarding a tap and pass to the non offending team, and tag count resets to zero.
- e. A defender is allowed to intercept the pass as long as the defender started from an onside position.

13) Knock On

- a. Occurs when a player attempting to handle the ball fumbles the ball forward and onto the ground in the direction of the opponent's goal line.
- b. Knock on is penalized by awarding a tap and pass to the non-offending team.

14) Forward Pass

- a. Occurs when a player attempting to pass, throws the ball forward instead of directly sideways or backward.
- b. A forward pass is penalized by awarding a tap and pass to the non offending team.

15) Live Ball

- a. A pass or fumble that is thrown backward but not caught by another player and makes contact with the ground is a considered a live ball as long as it is not kicked or dived upon.
- b. Either team may claim possession of the ball by picking it up.

16) Obstruction

- a. Occurs when a player, either actively or passively, impedes the defender(s) ability to reach the attacker. This is akin to blocking, though contact does not need to occur.
- b. Obstruction is penalized by awarding a tap and pass to the non offending team.

17) Advantage

- a. Referee will call advantage when an infringement occurs, but does not interfere with the non offending team's play of the ball or opportunity to score.
- b. Play will continue as long as the advantage remains for the non offending team, or the non offending team gains 5 meters toward the opponent's goal line.
- c. If advantage is not gained, referee will stop play and award a tap and pass to the non offending team.
- d. Tag count resets to zero after an advantage, turnover, or score.

18) Things to Avoid

- a. NO kicking, at any time
- b. NO diving on the ground to score, at players flags, or to gain possession of the ball
- c. NO pulling or knocking the ball out of the ball carrier's hands
- d. NO Spinning or jumping to avoid being tagged.
- e. NO player can continue playing with one or more flags removed
- f. NO disrespect or taunting towards another player, team, or referee.

19) Tournament Rosters

- a. Players may play in the division as their age group in fall of the next school year.
- b. Players may play up in an older division, but players may not play down in a younger division during tournament games. Exhibition games are at the discretion of the coaches.
- c. There are no official rosters for tournament play. No penalty will be assessed for using other club players for the sole purpose of having enough players to field a legal team, at any point in the tournament.
- d. Clubs with multiple teams entered in a division should strive to equally distribute talent between teams. There is no penalty for sharing players between rosters if needed to field a legal team, at any point in the tournament.

20) Code of Conduct

- a. **All players, coaches, and fans are expected to abide by the rules of the match and the decisions made by officials and referees. They are expected to play fairly and to demonstrate good sportsmanship both on and off the field.**
- b. In the event of misconduct and/or repeated and deliberate breaking of the rules or dangerous play, then the referee shall at their discretion issue players a yellow or red card.
- c. Yellow card #1- player is removed from play for 5 minutes; team must play down 1 player for duration of that time.
- d. Yellow card #2 or Red card- player is removed from the match, and must get WTR Board or tournament director approval to continue playing.