

AAU - Flag Rugby Rules

Match Regulations

1. The number of players - 7 players per team on the field at one time.
2. Roster Size - Each team roster is limited to 12 players
3. Rolling Substitutions can be made during a stoppage of play when one player runs off the field allowing the replacement to run on. Each is allowed to make unlimited substitutions and can do so at any turnover or break in play.
4. Match Duration - 7-minutes per half with a continuously running clock. Half-time is *approximately 2 minutes*.
5. Field size – 100 yards x 60yards
6. Ball Size - Size 5 rugby ball
7. Gender - Team can be made of up of girls and boys

When to blow the whistle

1. **Forward Pass**- When an offensive player with the ball passes it forward to a teammate. Result: Turnover
2. **Knock On** – When the ball is fumbled forward and it touches the ground. Result: Turnover Exception: Fumbling the ball backward is legal and any player can pick the ball up and play continues.
4. **Kicking** - Kicking in general play is allowed, if the ball bounces out of bounds it is a turnover where the ball crossed the line. If the ball is kicked dead or out of bounds without bouncing it is turnover where the ball was kicked.
3. **Out of Bounds** – when the player with the ball steps on or over the sideline the player has run “into touch”. Result: Turnover
4. **Second flag turnover** – When the player with the ball has both flags taken by two different defenders before he or she can pass the ball to a teammate. Result: Turnover The ball is placed on the ground or handed to a player on the defending team at the point of the where 2nd flag was taken for the defending team to take possession.

5. **Offsides** – When a defensive player fails to retreat 5 meters back from the ball on a restart. **Result:** The offense will move the ball forward 5 meters to restart play and the defense must retreat 5 meters behind the new offsides line. No team can move behind their own goal line.
6. **Obstruction** – When an offensive player blocks defenders from being able to take a flag. This can be on purpose (with their hand and/or physically pushing blocking them) or because the ball carrier ran behind him or her. **Result:** Turnover
7. **One-Flag Try** – A player who only has one flag can not score a try therefor if they touch the ball down in the try-zone attempting to score a try it will not be allowed. **Result:** Turnover - 5meters out from the tryline
8. **Time Expires** - Each half ends at the conclusion play in which the running clock reaches 7 minutes to signal half-time or the end of the match.
9. **Rough Play** – When a player hits, slaps, pushes, or engages in any unsafe play. **Result:** When the offending team is on offense, it is a turnover. When the offending team is on defense, the offensive team will be granted a quick tap restart with an additional 10-meter advantage with the defensive team a further 5-meters back from that.
10. **Delay of Game** – When a player deliberately stops gameplay or prevents another player from continuing play. **Result:** When the offending team is on offense, it is a turnover. When the offending team is on defense, the offensive team will be granted a quick tap restart with an additional 10-meter advantage with the defensive team a further 5-meters back from that.

Starting or Restarting Play

All Restarts are done with a “Quick Tap”. A quick tap is performed by the player with possession of the ball tapping the ball to his or her foot. The defense must retreat 5-meters back from the ball behind the off-sides line.

1. **Kick-off** – The offensive team quick taps the ball at midfield (the centerline)
2. **After a Try is scored** – The defending team is given possession of

the ball to quick tap at midfield (the centerline)

3. **Out of bounds** – The team in possession of the ball at the time it went out of bounds or the last team to touch the ball must turn over possession to the defending team. The player who has just gained possession will step in-bounds from where the ball or player stepped on or over the line and perform a quick tap with the defending team back 5-meters.
4. **After a penalty or turnover offense** – The ball is turned over at the point the penalty occurred to be quick tapped. The defense must retreat 5 meters behind the offside line. (*Exception – One tag try - The ball is awarded to the defense 5-meters in front of their own goal line.*)

Scoring

When the ball is touched to the ground behind the goal line inside the try-zone and pressure is applied by the hand(s) to the ball, 5 points are awarded.

Rugby Terms

1. Try- touching the ball to the ground in the end zone for 5 points
2. Quick Tap – touching the ball to the foot to start or restart play
3. Dummy Pass – a fake pass
4. Touch – out of bounds
6. Flat line – Defensive formation