

## FLAG RUGBY



## STUDY GUIDE

1. Rugby originated from what sport?  
\_\_\_\_\_

2. The game starts with a \_\_\_\_\_

3. In PE rugby how many points does a girl get for a score?  
\_\_\_\_\_

4. How many flag pulls does each team get? \_\_\_\_\_

5. What happens after a flag pull?  
\_\_\_\_\_

6. If you drop the ball does the other team get possession? \_\_\_\_\_

7. Can you do a forward pass? \_\_\_\_\_

8. What is a score called? \_\_\_\_\_

9. In real Rugby how many points is a "try" \_\_\_\_\_

10. Should you run in front of the ball carrier or behind?  
\_\_\_\_\_

11. Can you do an overhand pass?  
\_\_\_\_\_

12. Your hands should be in the shape of what to catch the ball?  
\_\_\_\_\_

### History

A student at the Rugby School in England, William Webb Ellis, was playing soccer in 1823 when he picked up the ball and ran down the field to score. From this point on, the game of rugby was formed. Today rugby is played on over 100 countries all because Mr. Ellis picked up the ball, and ran with it.

### Object of game

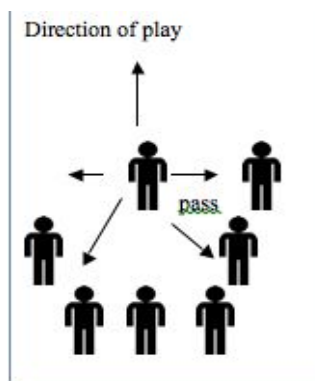
Move ball down field and across your opponent's goal line by running and passing ball to teammates. The game starts at mid line with a "tap." Players attempt to advance ball by running with the ball and/or passing (backwards or lateral) to their teammates.

### Scoring

A successful "Try" (touchdown) is when the ball carrier crosses the opponent goal line and places the ball on the ground (grounding). In real rugby, a try is worth 5 points.

### Rules of Play:

- The game starts or after a score with a "Tap" from the mid-line .
- Re-start are with a "roll back". Roll backs are done where a flag is pulled. A "dummy half" will then pick up the ball and continue playing. The "dummy half" may not score or get his/her flag pulled. The dummy half becomes a regular player after they pass the ball. It is a turnover if the dummy half's flag is pulled or if he/she scores.
- Passes must be made underhand sideways (laterally) and/or backwards. No forward passes are allowed. **If a forward pass is made, a tap is awarded to the other team.**



- Players move the ball towards their “try zone” by running with the ball.
- For the team in possession of the ball, players must remain behind the ball carrier. If a teammate is in front of the ball carrier they are considered **offsides** and subject to a penalty.
- If a ball is not caught and ball hits the ground it is a Tap.
- Teams have **6** “flag pulls” to score on each possession.
- No blocking or interfering with defensive or offensive players.
- Flag pulls: After pulling someone’ flag- stop and hold flag high and shout “FLAG”. The ball carrier must come back to the spot and restart play with a roll back.

### **Penalties**

Teams are to re-start with a “TAP” after a team is penalized. Defense must be 10 yds from ball to be “On-Side.”

- Forward passes.
- Ball hits the game.
- Offside Interference.
- Blocking defensive or offensive players
- Any negative and/or aggressive behavior.

### **Terminology**

- Roll Back- To restart play after a flag is pulled or when the ball hits the ground.
- Try- A touchdown in Rugby
- Offsides- When one team is on the wrong side of the ball during a restart. Also when an offensive player is in front of the ball carrier.
- Grounding- After you score you **MUST** put the ball on the ground.
- Dummy half- The player that receives the ball after the roll back. This player cannot score until he/she has passed the ball.

### **Skills and Strategy**

- Catching: hands and fingers up, thumbs pointing towards each other in the shape of a “W”
- Always trail the ball carrier either behind or to the side. Never be in front of the ball.
- Spin the ball to create a spiral so it is easier to catch.
