



Flag Rugby Rules | a list of guidelines for Union County Flag Rugby play by level

Guideline Explained	Owls	Falcons	Hawks	Eagles
Start of play / Restart after tries				
Kickoff style	- Kickoff - any style	- Kickoff - any style	- Drop kickoff	- Drop kickoff
Possession after 10 meters	- ball must travel 10 meters / offensive team pick up only	- ball must travel 10 meters / offensive team pick up only	- ball must travel 10 meters / offensive team pick up only	- ball must travel 10 meters / offensive team pick up only
Tackle / Return to play				
Tackle made	- flag pulled and pulled clean from shorts	- flag pulled and pulled clean from shorts	- flag pulled and pulled clean from shorts	- flag pulled and pulled clean from shorts
Offensive stop	- 2 steps max / excessive steps returns ball to tackle area	- 2 steps max / excessive steps returns ball to tackle area	- 2 steps max / excessive steps (5-10) is turnover to defensive team	- 2 steps max / excessive steps (5-10) is turnover to defensive team
Pass the ball DURING the tackle	- yes, this should be encouraged	- yes, this should be encouraged	- yes, this should be encouraged	- yes, this should be encouraged
Pass the ball AFTER the tackle	- 5 seconds max / referee to coach verbally	- 3 seconds max / referee to remind at 2 secs with restart thereafter	- 3 seconds max / referee to remind at 2 secs with turnover thereafter	- 3 seconds max / referee to remind at 2 secs with turnover thereafter
Offsides	- offsides should be taught / egregious play should restart play	- offsides should be called if defensive player makes a play	- offsides should be called if defensive player makes a play	- offsides should be respected for whole team
Return to play for offensive / defensive	- offense: after flag is attached to shorts - defensive: after offensive player controls flag	- offense: after flag is attached to shorts - defensive: after offensive player controls flag	- offense: after flag is attached to shorts - defensive: after offensive player controls flag	- offense: after flag is attached to shorts - defensive: after offensive player controls flag
Restart after stop of play				
Restart required	- yes, with touch to foot	- yes, with touch to foot	- toe tap / ball is released	- toe tap / ball is released
Pass required	- pass is required	- pass is required	- pass is required	- pass is required
Offsides	- 3 meters	- 5 meters	- 10 meters	- 10 meters
Play around penalties				
Obstruction	- ball carrier may not run behind another offensive player	- ball carrier may not run behind another offensive player	- never	- never
Is advantage able to be played	- advantage is allowed	- advantage is allowed	- advantage is allowed	- advantage is allowed
Three pass rule from restarts	- three passes are not required	- three passes are not required	- three passes are not required	- three passes are not required
	- yes, three passes are required before try scored	- yes, three passes are required before try scored	- yes, three passes are required before try scored	- yes, three passes are required before try scored
Scrum / Lineouts / Kicking				
Lineouts	- never	- never	- never	- never
Scrum	- never	- never	- never	- not this year
Kicking	- never	- never	- never	- kicking will be re-assessed mid-season if flow of the game is working and this skill is required
Decorum / Weather				
Decorum	- referees may stop the game at any moment for abusive behaviors from players, coaches, parents or spectators			
Weather	- John will publish the heat index and weather guidelines			
COVID-19	- stay home if in contact / sick - fill out COVID-19 waiver			