

Rookie Rugby Flag Rules and Rule Progressions

Co-ed Grades 3 - 6

(Updated Spring 2019)



General

[How to Play](#) Rookie Rugby contains the official rules for Rookie Rugby Flag competition. Rookie Rugby provides “Progressions” to choose from. Following you will find some general game day information along with the Rookie Rugby “Progressions” for the Spring 2019 season.

Field Size

3rd/4th grade 30m x 40m.

5th/6th grade 40m x 60m

Ball Size

Size 4

Player Numbers

3rd/4th grade play 5v5

5th/6th grade play 7v7

Time

3rd/4th grade play 2 games of 20 minutes (2 x 10-minute halves)

5th/6th grade play 1 game of 40 minutes (2 x 20-minute halves)

Normal rugby rules apply for the end of the first half and full time. I.e. Game cannot end on a Penalty (Free Pass) or Flag Pull. Game ends after a try or a stoppage due to a turnover.

Starting & Restarts

3rd/4th grade: A “Punt-Kick” at halfway by team starting the game or by scoring team on restarts. Receiving team back 10m.

5th/6th grade: A “Drop-Kick” at halfway by team starting the game or by scoring team on restarts. Receiving team back 10m.

If kick does not go 10m team gets 1 re-do, then after that it is a “Free Pass” to receiving team at half-way. If the ball goes into Touch on the Full or Dead in Goal, then a “Free Pass” to receiving team at half-way. If ball bounces into Touch a “Free Pass” to receiving team where the ball went into Touch.

Clarification 3rd/4th Grade: Receiving team must gain possession regardless of if the ball is knocked-on or knocked out of bounds.

Clarification 5th/6th Grade: If a “Punt-Kick” instead of “Drop-Kick” they get one redo. If they “Punt-Kick” a 2nd time a Free Pass to receiving team at half-way. Receiving team must gain possession unless obviously knocked-on or knocked out of bounds. Kicking team must not target a weaker player or do a kick which cannot be reasonably caught by that receiving player.

Into Touch (Out of Bounds)

If the ball is passed or carried into touch (out of bounds), Rookie Rugby begins with a free pass to restart play. The free pass should be one yard in field from the sideline.

FREE PASS – Uncontested pass allowed from one player to a teammate (lateral or backwards). Passing player must tap the ball (on the ground or in hand) then complete Free Pass. If in hand the ball must leave the hands. If not done correctly they will get a 2nd chance. If not done correctly a 2nd time the Referee will give the player 2 options for the 3rd attempt:

1. Place the ball on the ground and tap it forward.
2. Tap the ball in hand. If not done correctly a turn-over occurs.

Yellow/Red Cards

No Cards. Player can be asked to sit out and be replaced if they are upset or referee deems it necessary.

Failure to Release the Ball (If a player fails to pass the ball within 3 seconds or 3 steps after flag pull)

For 3rd/4th Grade: No turn-over, stop play and reset with free pass.

For 5th/6th Grade: Award a penalty and turn-over. Teams MUST reset their lines after this penalty before play is restarted.

Progressions

The following are the Progression “Options” chosen by Rugby Oregon.

Advantage

Rookie Rugby is a free flowing and continuous game. The laws of all rugby were designed to keep play fair and continuous. In Rookie Rugby advantage is applied in the following scenarios:

1. A pass is dropped and fumbles forward. The defense picks up the ball. Allow the defense to pick up the ball and play on without blowing the whistle.
2. A pass is dropped and fumbles forward. The offense picks up the ball. Turnover to the other team. Restart play with a free pass or an uncontested scrum.
3. A pass is dropped and fumbles backwards. Either team can pick up the ball and play on without blowing the whistle.
4. Flag etiquette violation, initially play advantage and only penalize the infraction when play is affected (i.e. a defensive player who has pulled one flag pulls another flag (penalty) or an offensive player receives a pass before returning their flag to their belt (penalty and turnover).

Offside

The offside line is drawn across the field where the ball carrier stops after the flag pull – NOT where the flag is pulled. This difference, though a few steps, keeps defending players out of the passing lane.

Offensive Offside: Passes can only be made laterally or backwards. Because of this, offensive offside occurs when teammates are in front of the ball carrier. Keep in mind that a penalty will only occur if the offside offensive player receives a pass.

Defensive Offside: Draw an imaginary line through the ball once the ball carrier has stopped after his/her flag has been pulled. The defense retreats behind this line in order to play the ball.

A defending player is offside if he/she is:

- Within 5 yards of a free pass
- Behind the offside line once the ball carrier comes to a stop after their flag has been pulled.
- Blocking an attacking player (who is onside) from receiving a pass from a ball carrier who has come to a stop after their flag was pulled.

A defending player is NOT offside during open play, or during the three steps a ball carrier may take after a flag pull (continuation).

Kicking

3rd/4th Grade. “Punt-Kick” starts & restarts – when a player kicks the ball with their foot while it’s in the air.

5th/6th Grade. “Drop-Kick” starts & restarts – a rugby-specific kick where players will drop the ball and allow it to hit the ground and bounce before kicking it.

In both instances, kickers should aim to strike the X made by the seams on the bottom of the ball.

Overtime Rules – For Semi-Finals and Finals Only

Rules if the game ends as a tie after regulation time (Note: normal league rounds can end in a tie).

- If your match is tied at the end of regulation, we will move into an overtime period. This overtime period will be a 1 x 5-minutes. At the beginning of overtime period, the referee will get together with the two captains and flip a coin (or rock/paper/scissors!) the loser kicks off, winner receives.
- If still tied after 5-minutes overtime period - we will move to Golden Point (see below). Same process as overtime above to decide who kicks off.
- Golden Point: First team to score wins.