



Teams

- 5 players a side, maximum 10 players per team.
- Unlimited substitutes allowed at any time.
- Referee will enforce/encourage substitutions during stoppages.

Scoring (Try = 1 points or 2 points)

- Placing the ball, with downward pressure, on or behind the opponent's try line.
- Ball carrier must remain on his/her feet when scoring.
- Scoring by diving is not allowed
- Ball carrier is allowed **one-step** to score a try after being flagged.
- *Try scored on 5th flag will be disallowed and free pass awarded to defending side 7-metres out from try line*
- *In the middle of each in-goal, there is a rectangular box outlined with cones. Tries scored in this box are worth 2 points instead of 1 point.*

Length of Game

- 2 9-minute halves with a 2 min haltime break and 5 min between games.

Flags

- Two flags attached with Velcro to a belt worn around the waist – one flag on each hip.
- The flag must be attached with a fold “a dog’s ear”
- Flag belt must be secure and excess belt tucked away.
- Flags must be unobstructed, shirts tucked into shorts.
- If a player without a flag impacts on the play (either by flagging the ball carrier or by receiving a pass), then a penalty is awarded resulting in free pass to non-offending side.

Starting the Game

- Play starts with a kick from centre with the ball flat on the turf (no tee allowed).
- A different player must kick after each try.
- Receiving team must be 5m back.
- If the kicking team can kick the ball through the opponent’s in-goal, they are awarded possession of the ball at half.
- Kicks must not go higher than the shoulder height of the referee (except if it bounces).
- Kicking team **cannot** regain possession (excluding knock-on or successful kick through the in-goal)

Free pass and kicking - how?

Free Pass (penalty awarded)

- Opposition must be 3-metres back.
- Opposition cannot move until ball has been tapped against the foot of the free passer.
- Player taking the free pass cannot run, but must pass to anyone on their team.
- Referee calls “PLAY” after tap.

Kicking in play

- When in possession of the ball, the attacking team can **choose to kick only after their 2nd flag has been pulled.**
- If the attacking team manages to retrieve their kick, their number of flag pulls does not reset.
- Kicks cannot travel above the shoulder height of the referee (excluding if the ball bounces) (*free pass from point of kick*)
- If a kick travels straight out of bounds, regardless of where it happens, the opposing team restarts play with a free pass where the kick took place.
- If a kick bounces out of bounds, the receiving team gains a free pass at the point where it travelled out of bounds.
- 7m from each in-goal (on the sideline) is a taller orange pylon. If the attacking team, when in their own half, successfully kicks a ball (bounces out) between this pylon and the

corner pylon, they retain possession at the 7m line with whatever number of flag pulls they have remaining.

- If an offensive kick travels into the in-goal area, play is whistled dead and the defending team received a free pass on their 7m line if the kick was in their half, or at half if the kick was in their opponent’s half.
- If a player has their flag pulled in their own in-goal area, the defending team gains a free pass at the 7m line.

Free pass - when?

Free Pass

- Restart from a penalty (at referee’s mark).
- Restart from ball into touch (at touchline at the point where ball went into touch).
- When the attacking side loses possession after the 5th flag

Flagging

- When the defender (flagger) pulls a flag, they shout “FLAG”, then jog towards who they pulled it from (flagee), holding the flag aloft until flagee retrieves the flag
- Flagger **must** hand the flag back (no throwing, or dropping to the ground).
- Flagger cannot rejoin play until he/she gives flag back to flagee.
- Referee shouts “FLAG!...PASS!”.
- **Play does not stop!**
- Ball carrier (flagee) must stop running and pass the ball within 2-secs/2-steps – flagee must not rejoin play until his/her flag is retrieved.
- If a player/s does not pass the ball within 2-sec/2 steps then they are called for a penalty and a change of possession occurs (free pass).
- Flagee, having passed the ball, retrieves his/her flag from the flagger.
- Both players may now rejoin play.
- Free pass to defending side on the 5th flag

Passing

- The ball can only be passed backwards or sideways through the air. (*free pass*)
- The ball cannot be handed off (*free pass*)
- The ball cannot be passed/knocked forward – (*free pass*)
- **Advantage** will be played on knock-ons and forward passes that are intercepted.
- If the ball hits the ground on a pass backwards, play still continues, ball is live. Players **cannot** dive on the ball (*free pass*)

Offside

- The offside line is an imaginary line through centre of the ball and parallel to goal line.
- The offside line only occurs at the time of the FLAG and at the start of play from a free pass.
- Generally, **there is no offside when the ball is in play**....with the following exception:
- When a FLAG is made all players from defending team must attempt to retire towards their own goal line until the cross the imaginary offside line onto their side of the offside line...they cannot impact on play (i.e. intercept or FLAG a player) until they get on-side.
- Defending team must retreat 2m back from the ball (*free pass*)
- A player cannot interfere with the pass from an offside position (*free pass*)

Prohibited play - penalty, free pass to non-offending team

- Players must not make deliberate contact with an opponent (but must make every effort to avoid the opponent).
- No fending. The ball carrier must not use hand or ball to shield his/her flags or push against a defender.
- A player must not spin or jump to shield their flags
- If a player falls to the ground near a defender, their flag is automatically "pulled". They must stand and pass before 2 sec expires.
- Ball carrier cannot hand-off the ball
- No kicking before your 2nd flag is pulled.
- No kicking the ball over shoulder height (excluding if it bounces)

- No tackling.
- No diving to ground.
- Dirty play (referee discretion)

Substitutions

- In an effort to ensure equal playing time, players not currently playing when their team is will sit on the sideline in order of least recently subbed off to most recent. The order will be checked by referees at the start of the game and at halftime. When substitutions are allowed, players will sub on in that order.
 - Players cannot tactically adjust the substitution order (the exceptions being injury or fatigue).
 - Players can sub off at any time (not just during stoppages) without checking with the referee.
 - The referee will encourage/enforce subs during stoppages.
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- *All games are 9 min halves with a 2min halftime and 5 min between games.*