



Malaysia Midwest Games

Sports Rules

Flag Rugby

1. **Forfeits**

- 1.1. Please refer to Section 9 of the General rules
- 1.2. At least 5 players must be on-site in order to play the game.
- 1.3. Should a team be issued **three** technical fouls (yellow, red, then black card) in one game, the game shall be forfeited to the opposing team.

2. **Category**

- 2.1. There will be one tournament for Flag Rugby.
 - 2.1.1. Men

3. **Team Logistics**

- 3.1. Flag Rugby will be held at Mitchell Field.
- 3.2. A rugby will be provided for each field.
- 3.3. There can be a maximum of 12 players in a team, with only 7 players playing during the game.

4. **Game Play and Timing**

- 4.1. Two 7-minute halves will be played, with a 2 minute break between halves.
- 4.2. Game play: Each player will have 2 flags on their body below the waist. A team will lose one down when the ball holder has one or two flags removed from below the waist (this action is call a tag). The player then holds up the flag and drops it to the ground, at the point of the flag, marking where the play the ball should occur
- 4.3. Team Captains will do a coin toss and the winner starts the game with a tap at the centre of the half-way line.
- 4.4. Attacking team has 6 attempts or downs before possession changes unless other rules are infringed.
- 4.5. An attacker (player in possession of the ball) must stop and play the ball if he is in possession with only one tag on.
- 4.6. If the ball is dropped or knocked-on a change of possession occurs and the game starts with a rollball.
- 4.7. Attacking players may run with the ball or pass the ball sideways or backwards until they are touched.
- 4.8. If a player passes the ball forward a penalty occurs for a forward pass.
- 4.9. If a player passes the ball after being touched a penalty occurs for a late pass.
- 4.10. A tap on the mark is taken by non-offending team for penalties. Defending teams must retire 10M.
- 4.11. After a tag the player performs a rollball, stepping over or gently rolling the ball between the feet.
- 4.12. Players cannot perform a rollball until a tag has been made or a penalty results. Players must perform the rollball at the mark or a penalty results.
- 4.13. The attacking player who gets the ball after the rollball is the half, who can either run or pass.
- 4.14. If the half gets tagged a change of possession occurs and the game restarts with a rollball at the mark.
- 4.15. At the rollball all defenders must retire or move backwards a minimum of 5M.
- 4.16. Penalties are awarded against defenders who do not retire 5M for rollballs and 10M for taps.

- 4.17. A touchdown is scored when an attacking player places the ball on or over the scoreline.
- 4.18. The game is non-contact. The attacker cannot deliberately bump into a defender. A defender cannot change direction and move into the attacker's path. Whoever initiates contact will be penalised. The onus is on the attacking player to avoid the defender.
- 4.19. The ball carrier is not allowed to protect or cover his flag or fend off defenders
- 4.20. Players can dive to score a try, however, if this player touches the ground with the knees or arms before the try line or slides across the line and a defender is within tagging distance a try is disallowed and a tag is counted
- 4.21. Substitution: Players may interchange from the side of the field as often as they wish by making a request to the official referee

