



DET NSW School Sports Unit

Flag Football

THE TEAM

1. There will be a maximum of 8 players on the field at any one time with several reserves.
2. Players must substitute by crossing at the same point at the same time

THE FIELD

1. The field should be approximately 70m x 50m wide.
2. If the field is not 70m long, the referee should set a mark for the kick-off so the kick is no shorter than 35m.

THE GAME

1. The game is a non-contact modified version of Rugby League – the attacker cannot deliberately bump into a defender. A defender cannot change direction and move into attacker's path. Whoever initiates contact will be penalised. The onus is on the attacking player to avoid the defender who tries to remove the flag.
2. Kick-offs commence play and line drop-outs apply. If the ball lands in the field of play and then rolls across the try line whether touched or not a line drop out occurs. The try line becomes the dead ball line for all kicks.
3. A team may kick the ball before the initial tag is made: eg a team picks up the ball in general play from a kick-off, knock-on, loose ball etc. and may kick the ball before being tagged. Once a tag has been made the ball may not be kicked again until after the fourth tag.
4. Apart from the kick-off no kicks can be above the height of the referee.
5. Both flags must be worn on hips for a player to make ground. An attacker must stop and play the ball if he/she is in possession with only one flag on.
The only persons able to promote the ball with one tag on are the dummy-half and the player taking a tap (as long as they do not take more than one step with the ball).
6. Dummy-half can run and be tagged with the ball.
7. A knock back is play-on, a knock-on advantage rule applies or ball is taken by opposing team and tag count is zero.
8. The ball carrier is not allowed to protect his tag or fend off defenders.
9. Simultaneous tag/pass is play on. (If the referee is unable to decide the pass is allowed – play on. The advantage goes to the attacker).
10. If the ball is kicked or passed into the referee a changeover takes place at the place where the referee was struck.
11. An attacker may pass the ball over his/her try-line to a team mate who may run the ball out. If the ball is dropped, it is deemed dead. A player in possession may run behind his try-line and back out into the field of play.
12. If a player's knees hit the ground whilst diving for a try and a defender is within tagging distance a try is disallowed and a tag is counted.
The ball must be carried across the try line in all situations to score a try.
13. The ball must be played on the mark where the flag is removed and dropped.
14. The attacking team cannot dive on a kicked ball in any situation but can kick on
15. The defensive line can only move forward when dummy half touches the ball.
16. A defender must remove one flag to stop an attacker's progress. The flag must be held up and then dropped to the ground marking where the play the ball should occur.
17. There is to be a marker in play the ball.
18. Unsportsmanlike conduct covers the behaviour and attitude of players on the field and may result in penalty, sin bin or dismissal.

INFRINGEMENTS

1. A penalty is given for the following breaches:

- allowing the ball to touch any part of your body except when it has been raised into you by a member of the opposition.
- playing the ball with the back of the stick
- contacting another player's stick with yours (stick check or hacking).
- obstruction – the new interpretation of the obstruction rule will apply.
- lifting the ball into the circle.
- lifting the ball from a free hit, a 16 yard hit or a hit in from the side line.
- lifting the ball in a dangerous manner in the field.
- deliberately undercutting the ball.
- flicking the ball when there is an opposing player within 5 metres of the ball. (in front of the ball).
- any physical aggression towards another player (this may result in a warning from the referee or if a second or serious offence in a sending-off).

These breaches incur a free hit on the spot where they occurred unless within the goal circle in which case a short corner is awarded.

2. Short corners are given for any deliberate breach by the defending team within the 25 yard line. A mark on the backline 2m in from the edge of the circle indicates where the short corner can be taken.
 3. A long corner is awarded to the attacking team when the ball passes over the back line having last touched a defender inside the 25 yard line.
The corner is taken from a point 5 m from the corner, on the sideline (not the back line).
 4. Deliberately playing the ball over the back line will result in a short corner. A penalty stroke arises when any member of the attacking team is deliberately impeded in a one-on-one situation with the defending goalkeeper. It is taken 7m out from the goal line with all other players outside the 25m line.
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