

WHAT IS FLAG RUGBY?

Flag rugby is a **non-contact** version of rugby. This sport keeps the fundamental aspects of rugby but reduces the physical aspects when gaining possession of the ball. Flag rugby requires players to **run forward** and **pass backwards**, providing a completely new way of playing the game, unlike other territorial invasion sports. From a team standpoint, intercepting only the player with the ball increases the importance of team strategy, communication, and cooperation when it comes to passing.

▶ Video created by Thierry Montagné on his YouTube channel: <https://www.youtube.com/watch?v=Ti-1FmwymQk>

EQUIPMENT

-  1 rugby ball per player
-  2 flags per player
-  Hula hoops
-  Numbered jerseys (or t-shirts in the same colour)
-  Cones

HOW TO MAKE THIS ACTIVITY A SUCCESS



Pay attention to what's happening **in front of you** (especially when moving forward and passing backwards).



Keep **both hands on the ball** to stop yourself from pushing the person chasing you with your free hand.



Provide **enough equipment** for everyone to play with the ball.



Do not make any **physical contact** (just try to remove the flag from the ball carrier and keep a safe distance from your opponents).

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo

WARM-UP

THE TWO-HANDED TAGS



EQUIPMENT: 1  per player and some 

OBJECTIVE: Moving without dropping the ball by holding it in the right way.

Designate **2 to 4 chasers (taggers)**, who each hold a ball with 2 hands. Within the playing area, they must tag chase other players with the ball (without throwing it). **Tagged players** must go **OUTSIDE** the field to do jumping jacks until the end of the game. If a chaser **drops his ball**, he is eliminated (jumping jack) and must choose a replacement player who has not yet been eliminated. The game ends when there are no longer any players to tag.



VARIATIONS:

- When a player is tagged, he takes a ball and **becomes a chaser**. The game ends when there are no more players to tag.



Watch out for collisions! Look in front of you. Do not hold the ball by either end (its "ears") – hold it in the middle (its "belly").

WARM-UP

THE SIMPLE PASSES



EQUIPMENT: 1  per pair

OBJECTIVE: Handling the ball properly with 1 partner.

Stand in **pairs** and do **10 completed ball handoffs** as follows:



Pass the ball over your **head** and between your **legs**.



Pass the ball to each other at **waistline** level.



Side by side, stretch to pass the ball from **hand to hand** (no throwing).



Side by side, pass the ball to each other from **2 m** away.



Walk **behind each other** and pass the ball.

WARM-UP

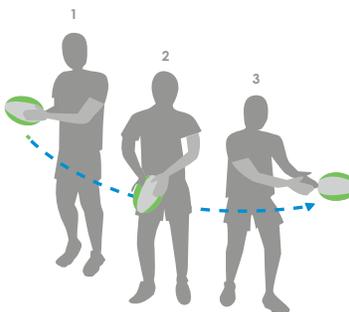
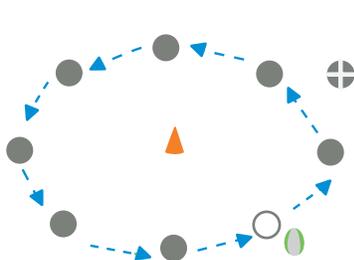
THE BURNING BALL



EQUIPMENT: 1  per team and some 

OBJECTIVE: Passing the ball to the side.

Form circles of **6 to 8 players**. Make **side passes** (below waist-level) to the players next to you. Change **direction**, if necessary. At the signal, the player who has the ball in his hands is "burned": he must leave the circle and do a specific task before returning to the game.



VARIATIONS:

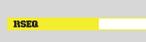
- After a pass, run towards the catcher to take his place (**pass and run in a circle**).
- Add a second ball to the drill.

 This is a fun activity that's very popular with **younger children**. You can also use a **butterfly-shaped target** to catch the side pass.

WARM-UP

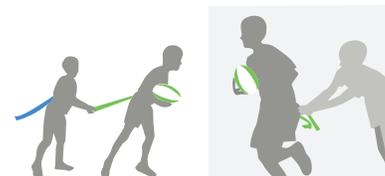
THE PURSUIT



EQUIPMENT: 2  per player, some  and some 

OBJECTIVE: Removing an opponent's flag safely and properly.

Form **4 teams** and choose 1 chasing team. At the signal, remove **1 or 2 flags** from all the opposing players as quickly as possible. When 1 player loses 1 flag, he is removed from the game. Keep track of the time it takes to complete this drill, then change the chasers.

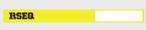


 Do not use your hands to prevent opponents from removing any flags. Tagging with your hands can be an alternative to taking away the flag.

TECHNICAL ACTIVITY

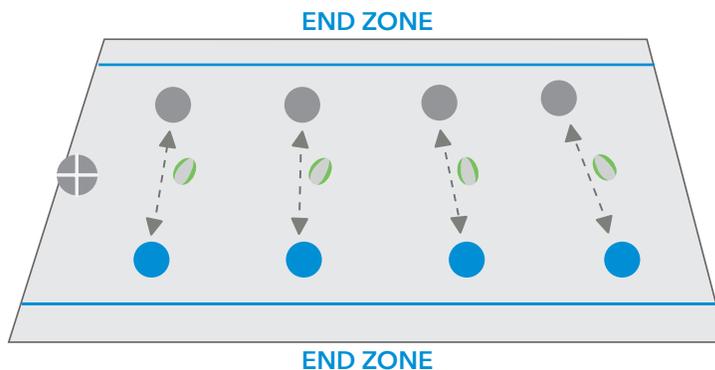
TECHNICAL ACTIVITY



EQUIPMENT: 2  per player, 1  per pair and some 

OBJECTIVE: Reacting quickly according to your position (scoring a “try” or removing flags).

In **pairs**, face to face, form **2 long lines**. Designate an end zone for each side (with cones or lines). Pass the ball to each other based on these instructions: **UP** (overhand passes), **MIDDLE** (waist-level passes) and **DOWN** (below knee-level passes). At the signal, the player with the ball in his hands runs to the end zone and the other player tries to **remove 1 or 2 flags**.



VARIATION:

- Change the **instructions**: **UP**, back to back, pass the ball over your head and between your legs. **RIGHT**, back to back, pass the ball to the right. **LEFT**, back to back, pass the ball to the left. Same procedure at the signal.



Removing **1 flag** = resume play at that spot. Removing **2 flags** = gain possession of the ball and start the game at that point. So, you want to remove 2 flags, **AT THE SAME TIME**.

TECHNICAL ACTIVITY

SQUARE PASSES



EQUIPMENT: 1  and 4  per team

OBJECTIVES: Learning to pass to the side or back and catch.

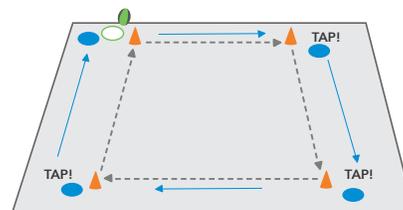
In groups of **4 players**, form a square to make **20 side passes** (either to a left or right partner, not in front) dangling your arms below your waistline.



Tap the tip of the ball on the inside of your foot without dropping the ball out of your hands.

VARIATIONS:

- **Face outward** (with your back toward the inside of the square). Pivot your body to pass the ball.
- Add **tapping** before passing and **follow the ball** to take the catcher’s place after the pass.



TECHNICAL ACTIVITY

HOW TO SCORE?



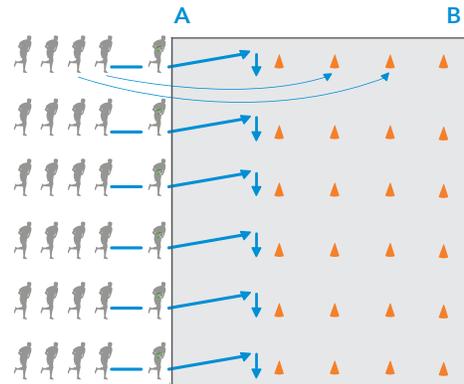
EQUIPMENT: 1 per team and some

OBJECTIVES: Running with the ball in both hands, passing to a partner and scoring a “try” as a drill.

Set up a **10 m to 15 m** line per team to run back and forth with a ball held with both hands, pressed against the player’s body. Run, **one at a time**, to the cone, “touch the ball down” and return to make **1 side pass** to the next team (waiting to catch the ball). Return to the starting point if you aren’t holding the ball with 2 hands

VARIATION:

- Include **backward passes** and **do not overtake the ball carrier**. The first player goes to the first cone, stops and passes the ball backwards to the next player who passes him. The second player does the same at the second cone, and so on. When you pass the ball, follow the new ball carrier to the end zone. Do a celebratory dance before sitting back down as a team behind the starting line.



TECHNICAL ACTIVITY

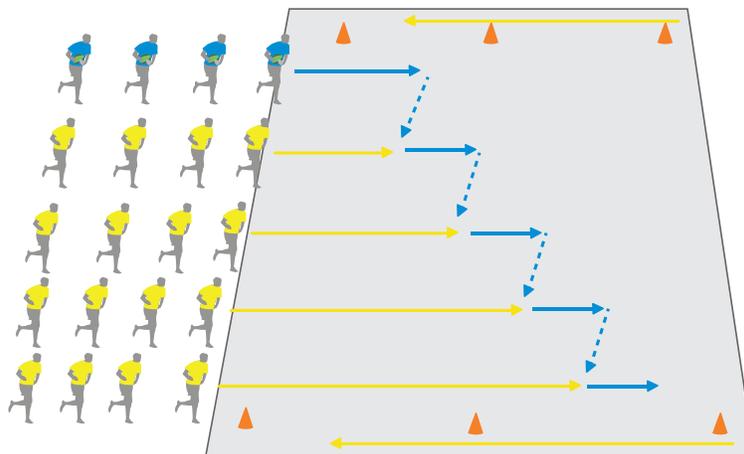
PASSING IN MOTION



EQUIPMENT: 2 per player, 1 per team and some

OBJECTIVES: Practicing lane formations and learning to do staggered passes.

In **teams of 5 players**, stand side by side in each of the lines marked by cones. At the signal, move and make **side passes** to all team members to reach the end zone and form an imaginary staircase. When you reach the end zone, return to your position along the side lines.



VARIATIONS:

- Place **1 stationary defender** in each line (staggered) to prevent players from reaching the end zone.
- Allow the **defenders** to remove flags from players in their lines.



With **SIDE PASSES**, you pass the ball **below your waistline** in a sweeping motion (arms outstretched and shoulders open outward) and another player **catches** it. Otherwise, it is not a pass!

TECHNICAL ACTIVITY

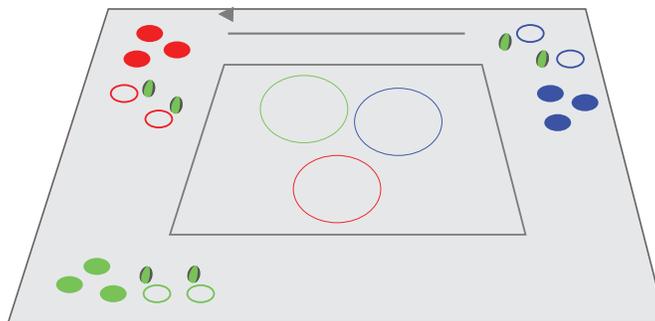
LINE PASSES



EQUIPMENT : 1 and 1 per team and some

OBJECTIVE: Be the first team to bring your ball into your hoop in a controlled way.

Set up a large square measuring at least 20 m x 20 m. Form teams of **8 players** with **1 hula hoop** each in the middle. Move around the square in a row with your team. The first player holds 1 ball using 2 hands. At the signal, stop, hand over the ball to the last player in line and place it in your team hoop.



VARIATIONS:

- Vary **how the ball is passed**: short passes, overhand, sideways or between the legs.
- **Move around** during the ball handoffs.

MODIFIED GAME VERSION

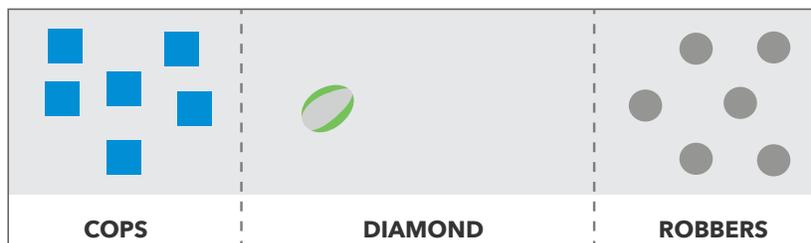
THE DIAMOND BALL



EQUIPMENT: 2 per player, 1 and 1

OBJECTIVES: Bringing the ball into the end zone while keeping both flags and removing your opponent's flags.

Form 2 large teams: the **cops** and the **robbers**. The robbers try to take the ball from the cone and bring it back to their zone. The cops must remove **1 or 2 flags** from the ball carrier before he reaches his zone. As soon as the robber takes the ball with 2 hands, 1 cop, whoever he is, can go and remove his flags (otherwise, he is eliminated).



VARIATIONS:

- Play **1-on-1** match-ups with 1 ball.
- **Pass the ball** to the side or back to your partners to prevent your own flag from getting removed.



Only remove the flag from the **ball carrier** (a basic flag rugby rule)!



The robbers have **3 chances** to steal the diamond, like in a game of flag rugby. They score **3 points** if they succeed on their 1st attempt without any of their flags removed, **2 points** on their 2nd attempt and **1 point** on their 3rd and final attempt.

MODIFIED GAME VERSION

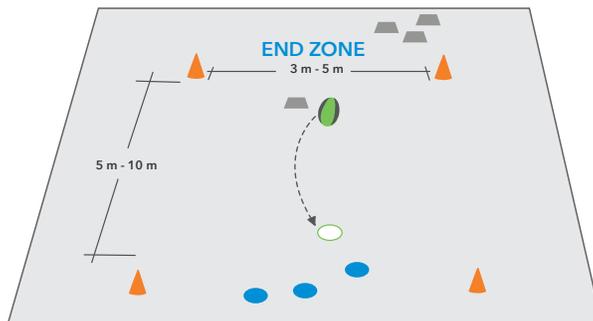
PROGRESSIVE PLAY



EQUIPMENT: 1 and 2 per player, 1 and 4 per team

OBJECTIVE: Reaching the end zone with the ball without getting a flag removed by a defender.

On a small field, have **2 teams of 4 players** play against each other. Start with the offensive team facing **1 defender**. The defender moves to the middle of the field and throws the ball with 2 hands to any attacker. As soon as he catches the ball, the defender can try to **remove 1 or 2 flags** from the ball carrier. Upon catching the ball, the ball carrier can **fake out** the defender or **hand off/pass** the ball to a teammate. At this point, the play stops after a "try" is scored (the controlled ball is placed in the end zone), **1 ball is fumbled** or when the ball carrier loses 1 flag. Do the next attempt with **2 defenders (and so on)** until the 2 teams are both complete, then switch positions.



Normally, any player can pick up a **fumbled ball**, run and attempt to score.

MODIFIED GAME VERSION

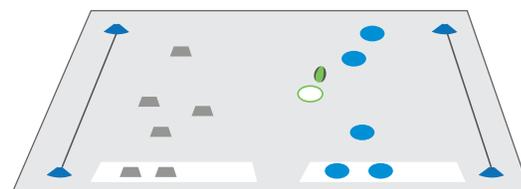
5 ON 5



EQUIPMENT: 1 + 2 per player, 1 +

OBJECTIVE: Reaching the end zone with the ball without getting a flag removed by a defender.

Play **5 on 5** on a **10 m x 20 m** field. Play "ROCK-PAPER-SCISSORS" to see who starts with the ball. Put the ball in play with a kick. Give the offensive line **3 chances** to score **1 try (1 point)**, in a controlled way, put the ball down in the opponent's end zone AND have your 2 flags. For every offside, flag removed, or fumbled ball, deduct 1 attempt from the offence. For every **2 flags, interception or fumble taken by the opposing team** gives the ball back to the opponent. Continue the game without stopping in the last 2 cases (interception and fumble).



OFFSIDES: Any offensive player **in front of the ball carrier** (between the ball carrier and the opponent's goal line) may not interfere with the ball or the opponent. If he does, his team loses 1 attempt to score. The same applies to a defensive player who does not respect the **5-yard distance** rule for throw-ins. **KNOCK-ONS.** When a player fumbles the ball in front of him, the ball returns to the opponent. **FORWARD PASSES.** When the ball is thrown to a player in front of the ball carrier, the ball is returned to the opponent. **REMOVED FLAG.** When a defender removes 1 or 2 flags from the ball carrier, he or she drops them to the ground to designate the throw-in.

For more details on the **flag rugby** and **contact rugby** leagues in your area, consult the RSEQ website.



*The RSEQ is not responsible for the content shown on any of the linked sites.