



Junior High T1 Flag Rugby Laws 2026

1. General

- 1.1. The game upholds the values of the World Rugby Playing Charter - Integrity, Passion, Solidarity, Discipline and Respect
- 1.2. This is a game for anyone, without restriction, where respect for each other and goodwill by participants are integral elements of the game
- 1.3. The attacking team's objective is to score a try by touching the ball down on or over the opponent's try line

2. Teams

- 2.1. 7 players per side with a minimum of 10 and a maximum of 14 players per team
- 2.2. Teams are co-ed. At least 2 players of each sex should be on the field at any time.

3. Equipment & Environment

- 3.1. Flag and Flag belts will be used. All players on a team should have the same color flags that are different to the opposing team. See attached graphic for the correct way of wearing the flag belt and flags.
- 3.2. The game will be played with a size 4 rugby ball
- 3.3. Field: Maximum recommended dimensions: 55 metres in length and 36 metres in width. We estimate the tournament fields to be 35x40m. The try zone: Exactly 5 metres deep from the try line and clearly marked with cones.
- 3.4. Time: 2x10 minutes

4. (Re)Start of the game

- 4.1. The home team will kick off the first half, the away team will kick off the second half
- 4.2. After a try, the scoring team restarts with a drop kick (see 4.3 & 4.4)
- 4.3. Start/Restart: A drop kick at the middle point of the pitch will start the game (there is no sanction if the ball is kicked in a different way (punt/grubber/place).
- 4.4. (Re)start kicks are non-contested. The kick off/restart must be received by the non-kicking team at any point in their own half. The kicking side must allow the receiving team to catch/retrieve the ball.
- 4.5. If a restart kick goes off the side or end of the pitch without being collected by the opposition, there will be a re-kick



5. Scoring

5.1. The objective of the game is to score by placing the rugby ball on or behind the opponents try line

5.1.1. This is called a try and worth 5 points

5.1.2. While scoring a try, the player must touch the ball on the ground with one or two hands having control over the ball

5.1.3. If the defending team pulls a flag of the scoring individual within two steps of the in-goal area, the try may be awarded

5.1.4. Players are not allowed to dive over the try line in an attempt to score (this will result in a penalty)

5.2. Passing

5.2.1. The ball must only be passed backwards or laterally

5.2.1.1. A pass may be made with one or two hands

5.2.1.2. Failure to pass backwards/laterally will result in a penalty

5.2.2. The ball cannot be knocked on or dropped forward

5.2.2.1. A knock-on/drop forward will result in a penalty

5.2.3. If the ball hits the ground on a lateral or backwards pass, you are allowed to pick it up and run

5.2.3.1. You are not allowed to dive on the ball to regain possession. This will result in a penalty

5.2.4. The attacking team have seven phases to score in T1 Rugby - a phase is a passage of play between a flag pull (For clarity, the other team will be given the ball on the 7th flag pull if a try has not been scored)

5.3. Flag Pull & Break-down (Tackle Triangle)

5.3.1. A defender's goal is to pull the ball carrier's flag to stop them. The ball carrier cannot interfere to keep the defenders' arms away (see penalties). When a flag is pulled, the defender should stop and raise the flag above their head and call 'flag'. The ball carrier should stop immediately (within 3 steps), and turn to face their team

5.3.1.1. The defender has to wait and return the flag to the ball carrier once the ball has left their hands.

5.3.1.2. If the ball carrier takes an extensive amount of steps before stopping, they may be asked to move back to where the flag was pulled

5.3.1.3. Once a flag is pulled, a tackle triangle will be formed

5.3.2. The tackle triangle is made up of 5 people: the ball carrier, the flag puller, two additional defenders, and the ripper (who plays the ball). Their roles are as follows:



5.3.2.1. *Offense: Ball carrier (yellow 1)*

5.3.2.1.1. Stop, turn, and face their team

5.3.2.1.2. Slow play: present the ball to the ripper (yellow 2) to rip from their hands

5.3.2.1.3. Fast play: offload the ball to the ripper (yellow 2)

5.3.2.2. *Offense: Ripper (yellow 2)*

5.3.2.2.1. The offensive player closest to the flag site steps up to become the ripper

5.3.2.2.2. Receive and offload pass or rip the ball from the ball carrier's hands

5.3.2.2.3. The ripper cannot: take more than 3 steps with the ball, be flagged, score a try

5.3.2.3. *Defense: Flag Puller (blue 1)*

5.3.2.3.1. Raise the flag above your head and call 'flag' when the flag is pulled

5.3.2.3.2. Stand with the ball carrier, ensuring you are onside and out of the ripper's was but positioned so your additional defenders (blue 2 & 3) can connect with your shoulders

5.3.2.3.3. Wait for the rip or pass before returning the flag to the ball carrier

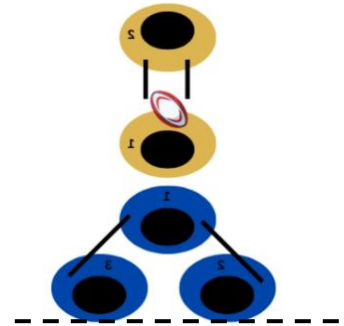
5.3.2.4. *Defense: additional defender (blue 2 & 3)*

5.3.2.4.1. The two closest defenders to the flag pull site will move toward the flag puller to form the tackle triangle by placing a hand on the flag puller's (blue 1) shoulder

5.3.2.4.2. The additional defenders must stay connected until the ball is played out of the tackle triangle (when the ball leaves the rippers hands)

5.3.2.4.3. The additional defenders must make an effort to form the tackle triangle immediately (generally within 5 seconds) regardless of whether the offense uses the fast or slow play option. A lack of effort in forming the triangle will result in a penalty against the defense (example: if the offense offloads the ball for a fast play, the referee will check to ensure two additional defenders were attempting to form the triangle, even if the fast play prevented proper formation)

5.3.2.4.4. *Remaining defenders* must move to an onside position behind the tackle triangle (dashed line: i.e. they must be behind the hindfoot of blue 2 & 3) until the ball leaves the tackle triangle (when the ball leaves the rippers hands)



5.4. Out of Bounds

5.4.1. If a player steps on or over the touch line, they are considered out of bounds. The opposite team will receive the ball to inbound it.

5.4.2. If the ball touches the touch line or goes over the touch line, the ball is considered out of bounds going off the player who last touched the ball. The opposite team will receive the ball to inbound it.



- 5.4.3. Inbound: The inbound team will pass the ball in passing it either backwards or laterally. The defending team must be at least 5 meters away from the in bouncer/mark of touch.

5.5. Penalties

- 5.5.1. Penalties will be awarded for any infringements of the outlined laws or foul play and result in a tap and pass for the non-offending team at the place of the infringement

- 5.5.2. The ball carrier cannot:

- 5.5.2.1. Use a fend/stiff arm to keep defenders away
- 5.5.2.2. Swat or push a defender's hand away
- 5.5.2.3. Use the ball to keep the defender away
- 5.5.2.4. Run someone over
- 5.5.2.5. Spin 360 degrees
- 5.5.2.6. Dive over the line in an attempt to score
- 5.5.2.7. Kick the ball

- 5.5.3. An offensive player is not allowed to block any defenders from getting to the ball carrier

- 5.5.4. The ripper cannot score, take more than 3 steps, have their flag pulled

- 5.5.5. A defensive player cannot:

- 5.5.5.1. Tackle the ball carrier
- 5.5.5.2. Hold, push, or trip the ball carrier (must play the flag only)
- 5.5.5.3. Try to punch, take, or slap the ball from the ball carriers hands
- 5.5.5.4. Swat the ball out of the air
- 5.5.5.5. Throw a flag on the ground after pulling

- 5.5.6. Defensive players must make an effort to form a tackle triangle immediately after each flag pull (within 5 seconds). Defensive players not involved in the tackle triangle must make an effort to get onside after a flag pull

- 5.6. Any acts of dangerous plays or unsportsmanlike behaviour may also result in a penalty. If these types of infringements occur repeatedly, the referee has the power of removing a player for the rest of the game.

5.7. Tap and Pass

- 5.7.1. A tap and pass is used when a penalty occurred. The team that did not commit the penalty will get the tap and pass at the site of the infractions

- 5.7.1.1. An offensive player will start the play from the mark where the penalty occurred by passing it backwards or laterally to a teammate

- 5.7.1.2. The defending team has to be at least 5 meters away from the mark and may only move up once the ball is passed

- 5.7.2. A tap and pass will also be awarded to the defending team after 7 consecutive phases (after the 7th flag pull). The count will be reset if any penalties occur.



CORRECT



Flags on hips and placed upside down



Flag belt and flags worn over shirt

INCORRECT



Flag wrapped around belt



Flags tucked into pockets



Shirt untucked and worn over belt and flags



Flags not worn on hips