

Flag Rugby

A Teachers Resource



produced and distributed by

Rugby Ontario - P. 4164267050 - 1185 Eglinton Ave East Suite 702A

Toronto ON Canada M3C 3C6



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Introduction

This teacher resource pack is designed to give teachers, coaches and volunteers practical information for the continual development of Flag Rugby within schools and clubs across Ontario. It contains practical drills and progressive learning techniques to introduce participants to Rugby.

Flag Rugby is designed primarily to introduce the foundation skills of Rugby to kids at the grassroots level. Rugby Ontario is invested in making sure as many children across the province are exposed to Rugby in a fun and active manner. Rugby Ontario's commitment to having kids become active and participants in sport is backed by The Ontario Trillium Foundation and the rugby membership of the province.

Flag Rugby allows participants start to learning the game and the key skills of passing, evasion, team work, attack and defense. Flag Rugby should be an introductory step in the rugby continuum as prescribed in Rugby Canada's Long Term Rugby Development Model.

In this pack you will find information on:

- Rugby Ontario
- Ontario Trillium Foundation
- Practical Flag Rugby drills and games
- How to organize a FREE Flag Rugby Workshop
- Flag Rugby Rules
- Flag Rugby Lesson Plans
- Long Term Rugby Development Model
- A video of Flag Rugby in action
- A large array of additional Rugby Information.

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Rugby Ontario

Rugby Ontario is the governing body for the sport of Rugby in Ontario.

OUR MISSION

To promote, develop and administer, the playing of Rugby Football under safe conditions throughout Ontario

OUR GOALS

- To increase the number of communities, age groups, and educational establishments playing rugby in an organized manner.
- To increase the number of male and female participants in member rugby organizations.
- To raise the standards of play, discipline, coaching, refereeing, administration and facilities at all levels.
- To increase the awareness of Rugby and improve its public image.
- To establish and apply standards and regulations which collectively prescribe an acceptable level of safety for players, officials and spectators.
- To deliver programs and services which meet the needs and aspirations of member rugby organizations and enable rugby athletes to achieve their maximum potential.

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THE ONTARIO TRILLIUM FOUNDATION LA FONDATION TRILLIUM DE L'ONTARIO

The Ontario Trillium Foundation

With the goal of growing rugby, Rugby Ontario with assistance from Ontario Trillium Foundation and in collaboration with Rugby Canada, have very successfully developed a Flag Rugby Program that can come to schools across the whole province of Ontario to introduce the sport free of any charge in the form of workshops, clinics and classes.

The Ontario Trillium Foundation, one of Canada's leading grantmaking foundations, is an agency of the Government of Ontario.

Our vision

The Ontario Trillium Foundation is a catalyst that enables Ontarians to work together to enhance the quality of life in their communities.

We believe that communities across Ontario are rich in talent, creativity and drive, and our grants stimulate communities to build on these assets.

Our mission

Building healthy and vibrant communities throughout Ontario by strengthening the capacity of the voluntary sector, through investments in community-based initiatives.



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A new school year and a new Community Development Manager

Greetings,

Following the departure of Drew Macpherson I have assumed all responsibilities as Rugby Ontario's Community Development Manager. With the new school year dawning I want to take this opportunity to introduce myself and create awareness of the opportunities that Flag Rugby can offer all schools across the province.

I originate from New Zealand and have just settled in Ontario with my family. I have had a long history within rugby and look forward to helping continue the growth of the sport here in Ontario.

With the goal of growing rugby, Rugby Ontario with assistance from Ontario Trillium Foundation and in collaboration with Rugby Canada, have very successfully developed a Flag Rugby Program that can come to schools across the whole province of Ontario to introduce the sport free of any charge in the form of workshops, clinics and classes.

Flag Rugby is a non-contact form of game that promotes fitness, teamwork, and participation. It introduces the basics of one of the fastest growing team sports in Ontario. It connects with Ontario phys-ed curriculum and OPHEA safety guidelines. Flag Rugby is a great team game for boys and girls aged five and up.

I am now actively taking requests from schools across Ontario to provide sessions on introducing and developing Flag Rugby to students, teachers, coaches, referees and parents.

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The sessions can be designed to fill a standard phys-ed period or developed to suit any requirements. Rugby Ontario will provide ALL of the necessary equipment and also provide resources with on going support to help continue the development of the game.

Flag Rugby is a fun and active game for everyone and is a great alternative to traditional sporting activities.

Please feel free to contact me for further information on Flag Rugby and organizing your sessions for the new school year.



Andrew Hall

Community Development Manager / Flag Rugby
Rugby Ontario



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Introductory Flag Rugby Workshops

Developed to expose non Rugby players to Flag Rugby using a progressive teaching model to teach the tactics and skills.

The clinics are designed to fit into an average Ontario gym class of 30 – 45 minutes. Ideally class size should be no larger than 35.

Rugby Ontario's Community Development Manager will come to your school and run the workshop. Rugby Ontario will provide all the necessary equipment for the workshop and provide resources for on going development of the game at zero cost.

Please contact Andrew Hall - flagrugby@osrc.com for more information

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Resources

Flags, Balls, Kit.....

Flag in a Bag

Rugby Ontario's produces a total resource kit for Flag Rugby called **Flag in a Bag**. It contains all material needed to outfit two teams, including the new belt and flag system the **Holy Moly Strap**, balls and some cones.

The Flag in a Bag is available for sale from Rugby Ontario.

Holy Moly

You can purchase the Holy Moly Strap by visiting www.holymolystrap.com.



Canada Rugby Shop

Holy Moly Strap System

Canada Rugby Shop is dedicated to providing the leading brand options of the finest rugby apparel to the Canadian Rugby Market.

You can purchase various rugby merchandise such as balls and uniforms. Please visit - www.canadarugbyshop.com

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The Game of Flag Rugby

Flag Rugby is a fast moving, non-contact invasion game suitable for boys and girls to play together. The key to the game is enjoyment, with running and handling skills. It's safe, non contact nature combined with the fun and vibrance of the sport promotes fitness, teamwork, and participation. It introduces the basics of one of the fastest growing team sports in Ontario. It connects with Ontario phys-ed curriculum and OPHEA safety guidelines.



The interchangeable nature of possession, leading to rapid switching of attack and defense, means that a range of skills are cultivated and developed. Co-operation, integration and determination, along with individual and collective responsibility, are key elements in the game of Flag Rugby.

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General Rules of Flag Rugby

Teams

Equal sides of not more than 8 and not less than 5 players.

Substitutes allowed, but only when play is stopped.

Scoring (Try = 5 points)

Placing the ball, with downward pressure, on or behind the opponent's goal line.

Ball carrier must remain on his/her feet when scoring.

Scoring by diving is not allowed – try may be awarded but players reminded and successive diving tries will be disallowed – free pass to defending side 7-metres out from goal line.

Ball carrier is allowed one-step to score a try after being flagged.

**Try scored on 7th flag will be disallowed and free pass awarded to defending side 7-metres out from goal line*

Length of Game

Game times vary.

ORU advises 7-minute halves with 1-minute break.

Time is agreed at each tournament: 2x10-min or even 2x15 have been observed.

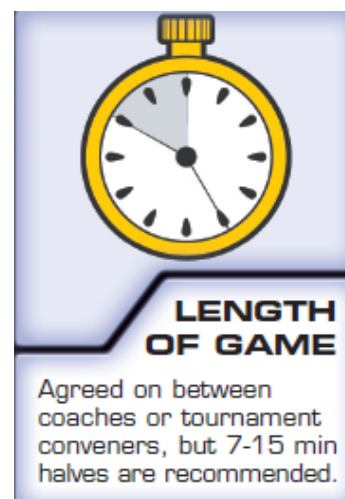
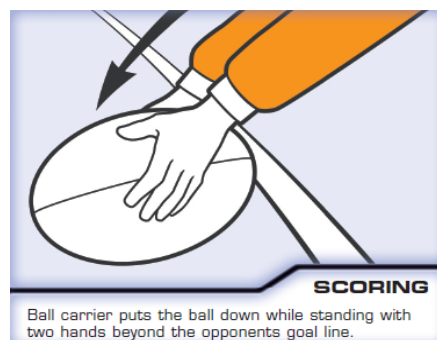
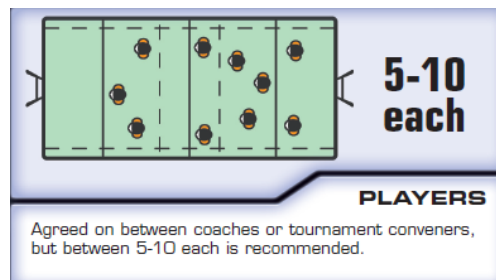
Flags

Two flags attached with Velcro to a belt worn around the waist - one flag on each hip.

Flag belt must be secure and excess belt tucked away.

Flags must be available and unobstructed – shirts tucked into shorts.

Any players without both flags cannot impact on the play – if a player without both flags 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.



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General Rules of Flag Rugby

Free pass – what is it?

Starts play and resets flag count to zero.

Free pass – how?

Opposition must be 7-metres back.

Opposition cannot move until ball has left the free passer's hands.

Player taking the free pass cannot run, but must pass.

Referee calls "PLAY".

Player receiving the free pass must be within 2-metres.

Free pass – when?

Starts the game and the half (at centre).

Restart after a score by non-scoring team (at centre).

Restart from a penalty (at referee's mark).

Restart from ball into touch (at touchline at the point where ball went into touch).

Flag count returns to zero when a free pass is awarded.

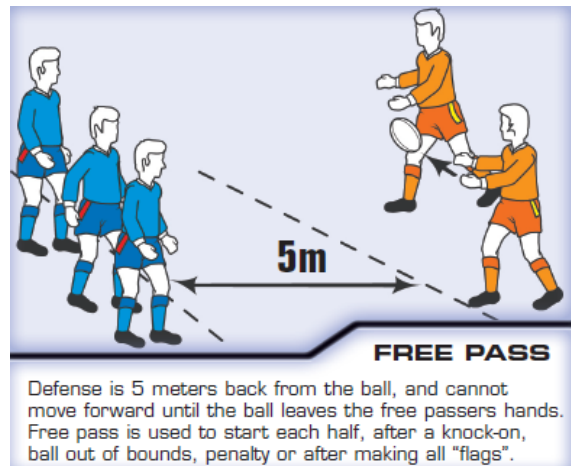
Flagging

Defender (flagger) removes the flag, shouts "FLAG", then stands still holding flag aloft (until flagee retrieves the flag)

Flagger must not move or rejoin play until the flag is given back.

Referee shouts "FLAG!...PASS!". **Play does not stop!**

Ball carrier (flagee) must pass the ball within 3-secs/3-steps – flagee must not rejoin play until his/her flag is retrieved.



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General Rules of Flag Rugby

Flagging continued...

Flagee, having passed the ball, retrieves his/her flag from the flagger and reattaches flag.

Both players may now rejoin play.

Free pass to defending side on the 7th flag (or agreed number of flags) *see scoring**

Passing

The ball can only be passed backwards or sideways through the air.

The ball cannot be handed off to another player – free pass to non-offending side.

The ball cannot be passed/knocked forward – free pass to non-offending side.

Play advantage if other team picks up knock-ons or intercepts forward passes.

Offside

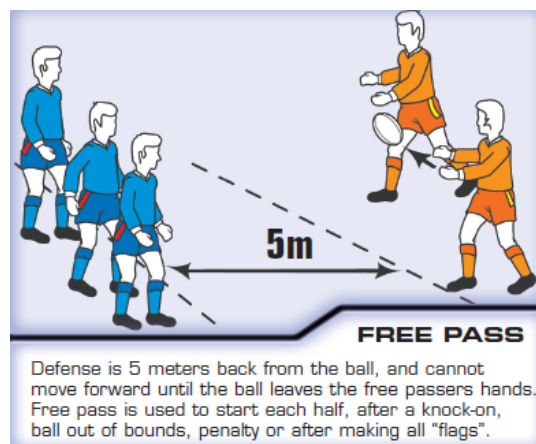
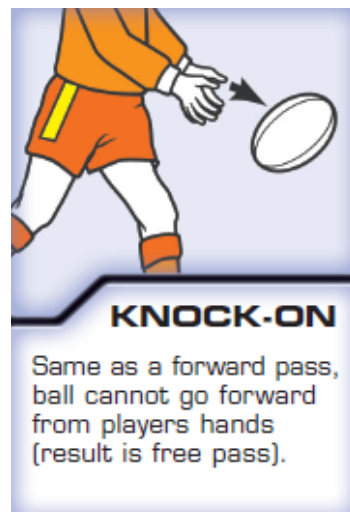
The offside line is an imaginary line through centre of the ball and parallel to goal line.

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 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.

If player in an offside position interferes with the pass from the flagged player, then free pass to the attacking team.



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General Rules of Flag Rugby

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 off - ball carrier must not use hand or ball to shield his/her flags.

No hand off - ball carrier must not use hand or ball against opposing player's face or body.

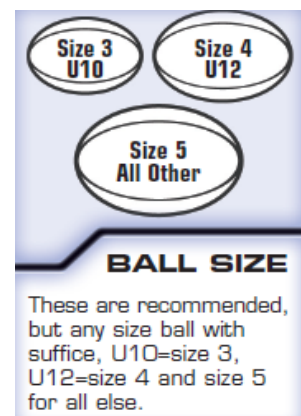
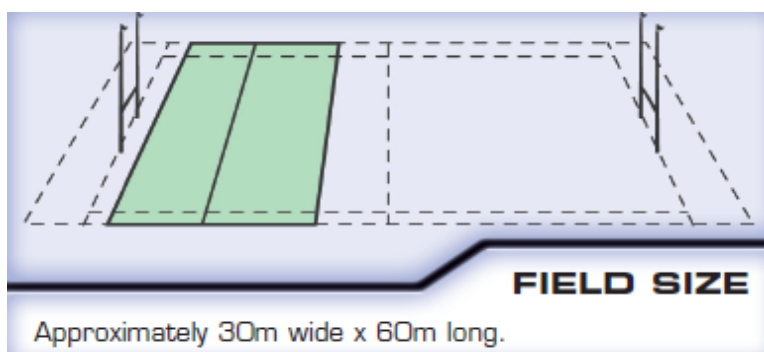
No kicking the ball.

No tackling.

No going to ground.

No ripping the ball.

No handing off the ball.



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Introductory Games and Drills

These drills are designed to progressively build rugby skills in away that the participants have maximum fun and enjoyment. Each drill has an underlying skill set that when used can introduce or further develop a skill required for Flag Rugby and Rugby in general.

They have been developed to introduce new participants with no rugby experience to the game.

You can pick and choose the drills to create a full session or use various ones as warm up ideas.

Bubble Ball

Set up – Each participant requires a rugby ball.

Instructions - Introduce the concept of holding a rugby with two hands. Find space in a designated area. They run around in the space for as long as the teacher determines. They must try to run around not getting too close to another participant or they will break their bubble. It is important that the teacher makes it clear that running should be done both laterally and in a straight line.

Outcomes - This drill is a great warm up activity as it gets the blood pumping. It reinforces the skill of handling the rugby ball with two hands. It develops spatial awareness and develops the principle of space and vision. It also helps with trying to reduce bunching of players.

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Around the Body

Set Up – Each participant requires a rugby ball.

Instructions - Ask the participants to move the ball around their bodies. Then incorporate their head, through their legs and even popping the all up into the air. Start standing still and then get the participants to move around.

Outcome - This develops handling skills and hand eye coordination.

Deck the Ball

Set Up – Each participant requires a rugby ball.

Instructions – When the teacher blows a whistle or calls “deck” the participants put the ball on the ground like they are scoring a try. They must quickly move and pick up someone else's ball. When they have the ball in their hands they must be moving around.

You can speed up or slow down the whistle/calls to vary the tempo of the drill.

Outcomes – Players develop skill of grounding the ball for scoring which is unique to rugby. Players are also encouraged to move quickly to pick up another ball which develops decision making skills and builds on spatial awareness.

Flag Tag

Set Up – Each participant requires belt and two flags.

Instructions – Participants must try to get as many flags from other people as they can. They must not defend their own flags by holding them or fending off people who are trying to get theirs. If they have no flags on their belt the are encouraged to continue playing to get others flags.

Outcomes – Participants start learning how to flag.

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Blob Tag

Set up – Participants require a belt and flags.

Instructions – Choose some volunteers to be “it”. They rove and try to flag others if they flag another participant they become joined by linking arms. The continue to flag others to create a larger blob.

Outcome – Blob tag continues to develop flagging skills and incorporates team work.

Ruckopus

Set Up - Participants require a belt and flags.

Instructions – This game is Flag Rugby’s equivalent to Octopus. Choose some volunteers to be “it”. Make other participants line up at one end of the designated area and they run to other end. The “its” try to flag runners who if they are flagged become “it”. Continue until everyone is flagged.

Outcome – This develops invasion skills and continues to build on flagging skills.

Scarecrow Tag

Set up - Participants require a belt and flags.

Instructions – Like Ruckopus, Choose some volunteers to be “it”. Make other participants line up at one end of the designated area and they run to other end. The “its” try to flag runners who if they are flagged become “it” When participants are flagged they must remain stationary and can only move side to side when trying to flag runners as they pass them. The original “its” are able to rove throughout the game.

Outcome - This develops invasion skills and continues to build on flagging skills.

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Pass the Ball

Set up – Participants are required to be partnered with 1 ball between them

Instructions – Have partners start passing the ball. **IMPORTANT** do not instruct the participants how to pass let them do it anyway they want. Start stationary and ask how many passes they can make with out dropping the ball. You can also tweak this drill by having participants start close and take one step back each catch they make.

To develop the drill further have participants move around the area catching and passing.

Outcomes – Players are starting to handle rugby balls and start working on catch and pass skills.

Communication Pass the Ball

Set up – Participants are required to be partnered with 1 ball between them

Instructions – Have participants clap their hands and develop the “W” sign with their hands. This is the perfect way to catch a Rugby ball and provide a target to pass to.

Instruct players to find a space and the partner who receives the ball should clap their hands and call the name of their partner.

Like Pass the Ball start stationary and then move around.

Outcomes – Participants develop their catch and pass skills. This drill introduces communication which is fundamental in Flag Rugby and Rugby in general.



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Butchers pass

Set up – Half participants require a ball.

Instructions – Participants must pass and receive a ball from someone different every pass. They must use communication to catch and pass.

Outcomes – This drill develops catch and pass. It builds on communication. It also builds quick reactions.

Downfield Pass

Set up – Participants are required to be partnered with 1 ball between them. Line up with ball carrier in front and partner behind. Shoulder to shoulder along a line.

Instructions – Number off partners 1 – 4. Call a random number. Players pass the ball between themselves down field. Repeat a few times.

Outcomes – Players develop down field movement with passing.

Downfield Pass x 5 - 10

Set up - Participants are required to be partnered with 1 ball between them. Line up with ball carrier in front and partner behind. Shoulder to shoulder along a line.

Instructions – Number off partners 1 – 4. Call a random number. Players pass the ball between themselves down field. Participants must pass the ball between themselves a defined number of time such as 5. Repeat a few times.

Outcomes – This drill develops catch and pass. It builds on thinking about passing and how many times they passed the ball. Flag Rugby is a thinking game.

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Downfield Pass with Defense

Set up - Participants are required to be partnered with 1 ball between them. Line up with ball carrier in front and partner behind. Shoulder to shoulder along a line.

Instructions – Number off partners 1 – 4. Call a random number. Players pass the ball between themselves down field. Participants must pass the ball between themselves. Have a set of defenders try to flag the ball carrier or intercept the ball. If they successfully flag the ball carrier instruct them to take two steps and pass to another team member.

Outcomes - This drill develops catch and pass. Introduces defense and builds on evasion.

You can build on these drills by increasing the team size and defense size.

Downfield Pass Backwards

Set up - Participants are required to be partnered with 1 ball between them. Line up with ball carrier in front and partner behind. Shoulder to shoulder along a line

Instructions – Number off partners 1 – 4. Call a random number. Players pass the ball between themselves down field passing backwards. Participants must pass the ball between themselves. Have a set of defenders try to flag the ball carrier or intercept the ball. If they successfully flag the ball carrier instruct them to take two steps and pass to another team member.

You can build teams up to 5 v 5 or 7 v 7.

Outcomes – This is the first introduction of the concept of passing the ball backwards which is a fundamental skill of Flag Rugby and Rugby in general.

You can use the introductory drills and games as a full session or a warm up.

Sessions can be developed depending on the skill level and age of participants. I encourage you to develop your own games that develop a skill set of Flag Rugby or manipulate these games to keep your participants building.

For continual development of Flag Rugby please refer to the Lesson Plans that accompany this teaching resource.

Flag Rugby Lesson Plans



By:
Lina Febraro
Stephen Fish
Paul Robinson
Caleb Smith



Lesson format credited to OPHEA Curriculum Support Binders K-10

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History Of Rugby Union

It is the common belief the game of Rugby was first born in 1823 at the school of Rugby in Warwickshire, England. When the schoolboy William Webb Ellis decided to pick a soccer ball up and run with it. It has continued to develop and it is played in 100 countries around the globe.



Statue of William Webb Ellis at Rugby School, England

The Governing body for Rugby is the International Rugby Board (IRB) and is based in Dublin, Ireland. They decided to call the World Cup for Rugby, played every four years, the Webb Ellis Trophy.



South Africa winning the 2007 World Cup in Paris, France.

Rugby embraces a number of social and emotional concepts such as courage, loyalty, sportsmanship, discipline and teamwork.

Rugby rapidly spread from its origins in England, Scotland, and Ireland to middle- and working-class men in the north of England and in Wales and to the British colonies in South Africa, Australia, and New Zealand. It also spread to North America, where it was transformed into a new style of football



Rugby's growth in each country of the world has been unique to themselves. In such places as South Africa, Wales and New Zealand the game has become their number one national sport. There are few countries whose national identity is so closely embedded in one sport as New Zealand is to rugby. Pride in the country, its history, and its culture commingle in New Zealanders' huge support for the All Blacks.

Rugby maintained its amateur status for many decades striving on the traditions and cultures, until the mid 1990's when professionalism shook the foundations of the sport. Rugby embraced professionalism which has seen the introduction of new competitions and formats.

Rugby in Canada is for the majority an amateur sport with some professional athletes playing in various professional competition around the globe.



Rugby in Canada is well represented in all ten provincial unions and is played by Canadian girls and boys, men and women. Although Canadian Rugby still benefits from the occasional player from overseas, the majority of new players to the game are young Canadian athletes. These young Canadians are the game's future.

For more information about history of Rugby in Canada please go to Rugby Canada's website - <http://rugbycanada.ca>

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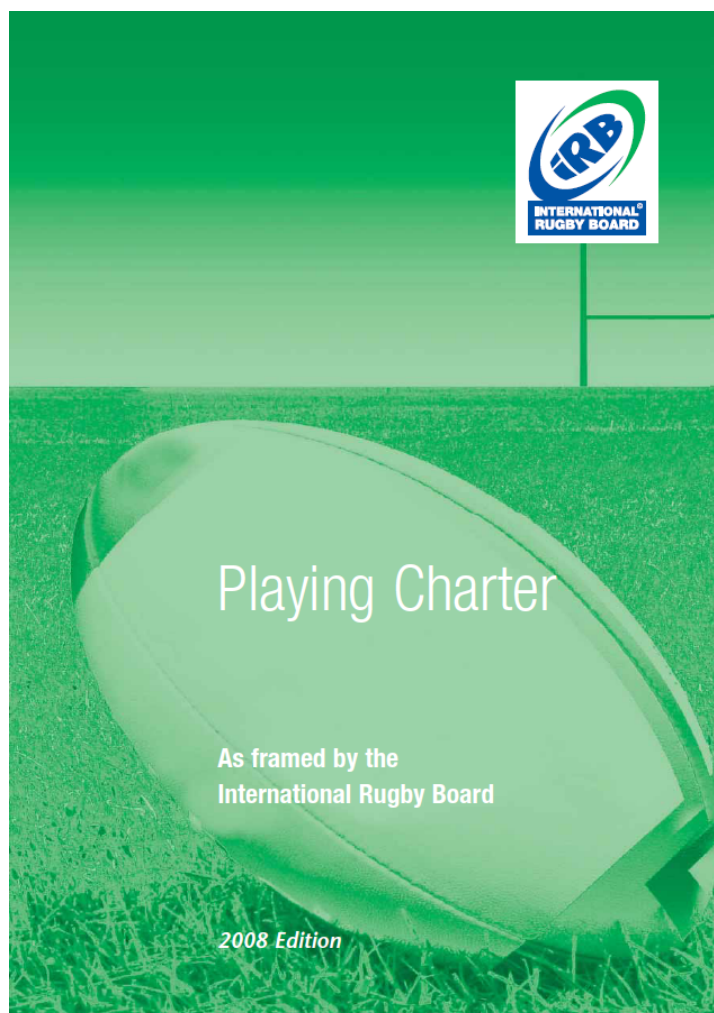


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Appendix I

IRB Playing Charter

Please find and read the IRB'S Playing Charter on information disc



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Appendix 2

Long Term Rugby Development

Rugby Canada's LTRD model consists of an 8-stage player development pathway beginning with an introduction to physical activity and sport through to elite participation in rugby. The model is structured around chronological age; however, its principles and specific content are based on a player's developmental age.

Specifically, the first three stages encourage physical literacy and sport for all. Basic skills that are rugby specific are introduced in stage 2 and further developed in stage 3 in a predominantly recreational environment.

The next four stages (4, 5, 6, and 7) focus on excellence with more emphasis on building, optimizing and maximizing rugby-specific skills in a competitive, well-structured environment. Stage 8 encourages life-long physical activity and involvement in rugby. Players can enter this stage at any time.

For more information on LTRD please see you
information disc

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Appendix 3



Introducing Flag Rugby

Flag Rugby is a fast moving, non-contact invasion game suitable for boys and girls to play together. The key to the game is enjoyment, with running and handling skills. It's safe, non contact nature combined with the fun and vibrance of the sport promotes fitness, teamwork, and participation. It introduces the basics of one of the fastest growing team sports in Ontario. It connects with Ontario phys-ed curriculum and OPHEA safety guidelines.

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Appendix 4



Introductory Flag Rugby Workshops

Developed to expose non Rugby players to Flag Rugby using a progressive teaching model to teach the tactics and skills.

The clinics are designed to fit into an average Ontario gym class of 30 – 45 minutes. Ideally class size should be no larger than 35.

Rugby Ontario's Community Development Manager will come to your school and run the workshop. Rugby Ontario will provide all the necessary equipment for the workshop and provide resources for on going development of the game at zero cost.

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Appendix 5



Do your feeder schools have Rugby skills?

Develop your area's elementary/middle schools Rugby skills by introducing Flag Rugby.

Rugby Ontario will hold a free workshops at your feeder schools and help develop Rugby skills before they start high school. Have more athletes playing rugby to build your schools Rugby program.

Please contact Andrew Hall - flagrugby@osrc.com
for more information



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Appendix 6

Useful Websites

www.rugbyontario.com

www.rugbycanada.ca

www.irb.com

www.trilliumfoundation.org

www.holymolystrap.com

www.canadarugbyshop.com/

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