



# GAME CARD

## FLAG RUGBY

### LEVEL: INTERMEDIATE



## OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

### GAME SETUP

**EQUIPMENT:** Rugby Balls, 8 Cones, Flag Belts

**PLAYERS:** Two teams of 5-7 players

**TIME:** 14-20 mins (7-10 min halves)

**SPACE:** 20 x 30 yard grid

### PRINCIPLES OF PLAY

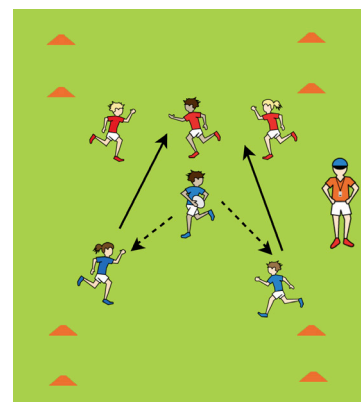
Apply Pressure • Score Points • Contest Possession  
Go Forward • Provide Support • Create Continuity

### FUNDAMENTAL SKILLS

Agility • Balance • Passing • Coordination  
Catching • Pulling • Running

## HOW TO PLAY

1. Split players into two equal teams and begin on opposite sides of the field.
2. Have players prepare by wearing flag belts and two flags.
3. Incorporate all lateral/backwards passing.
4. All stoppage in play restarts with a free pass, laterally or backwards.
5. Have players work on all concepts such as offense and defense.



## GAME PROGRESSIONS

1. Add scrums.
2. Add lineouts.
3. Add kicking.

### MODIFICATIONS

- Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

### KEY CONCEPTS

- Make sure players are mastering skills and game concepts before advancing.