



## SKILL CARD

# DEFENSE WITH FLAGS

LEVEL: INTERMEDIATE



## OBJECTIVE

To have players understand the process of playing with flags and execute smart flag pulls.



## COACHING CUES

There is a four step process when making a full defensive flag pull. This process keeps players safe and will help players learn the progressions when transitioning to tackle rugby.

### FLAG! / 3-STEPS / DEFENSE RETURNS THE FLAG / OFFENSE REPLACES THE FLAG

**Step 1: FLAG!:** Defender removes ball carrier's flag and yells "FLAG!" to communicate the flag pull.

**Step 2: 3-Steps:** Ball carrier can take up to three additional steps after a flag pull before passing to a teammate. Ball carrier then passes to a teammate.

**Step 3: Defense Returns the Flag:** Defender returns the flag to the ball carrier and then returns to play.

**Step 4: Offense Replaces the Flag:** The ball carrier replaces the flag on their belt and then returns to play. Both players are out of play until the flag is returned.

Prohibited Offensive Tactics: Flag guarding, fending off, jumping and spinning.

Prohibited Defensive Tactics: Diving, initiating contact.

### CHECK AND CORRECT

1. Make sure all flags are clearly visible and worn properly.
2. Make sure players always return their opponent's flag before returning to play and are not throwing flags on the ground.

### FOOTWORK/MOVEMENTS

- Double check to make sure players are returning flags to their belts before joining the play.
- Penalize offensive players for any unsafe actions during a flag pull like jumping, spinning or flag guarding with a turnover.

### CONNECTED GAMES

2v1  
3v2  
Flag Rugby  
Transitioning from Ultimate to Flag

### USA PE STANDARDS

S4.E1, M1-2: Personal Responsibility, K-8  
S4.M4: Working with others, 7-8  
S4.E5 & M6: Rules and Etiquette, 2-8