

FLAG RUGBY



ages
5-6

ages
7-8

ages
9-12

ages
13 +

[1 OF 5]

Rugby is a new Olympic sport that's worth learning about. It can be played by boys and girls, and there's always room for everyone.

The following info sheets introduce readers to flag rugby, a no-contact team sport based mainly on rugby. Each player wears two flags attached to a belt or directly to his or her pants.

Safety is the leading priority in rugby and flag rugby.

Rugby requires teamwork, cooperation, respect between players, and some basic motor skills, of course.

Tip

When teaching a new sport to youth, always take the time to go over the basics (Ex. the pass in rugby) and make sure all the participants understand the essential movements, which will

help them develop confidence and motivation. The goal is to remain active for life and to instill a desire to gain experience by participating in new sports.

Lexicon

The following lexicon will prove useful when referring to the game sheets.

- ▶ **Essai (try):** In rugby, points are scored by touching the ball down on the ground in the end zone and thus scoring a “try.”
- ▶ **Aplatir (Touch down):** Placing the ball, while in control of it, on the ground in the end zone to score points.
- ▶ **Passé arrière (backward pass):** The pass most often used in rugby, the backward pass must be made to a player “behind” the passer. The pass refers to the movement used to throw the ball to a teammate.
- ▶ **Defensive line:** Defenders must form a straight line with no offset, that's to say a “wall” meant to close off the space to an opposing ball carrier.

Why an oval-shaped ball?

The use of a rugby ball is recommended when teaching the sport. If you are unable to obtain rugby balls, we recommend the use of an oval-shaped ball, such as a football.

For further information, go to rookierugby.ca

Psst! You'll even find videos explaining the game sheets for each age group.

Special collaboration :



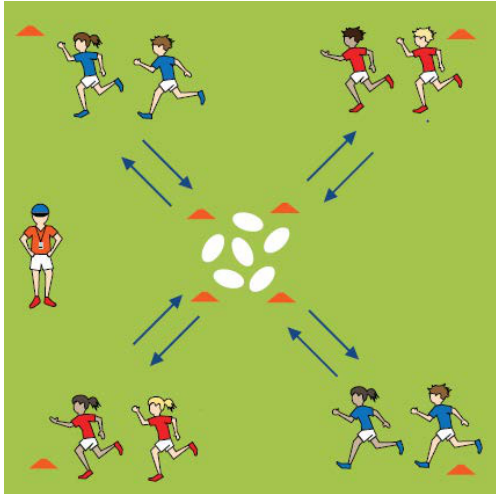
FLAG RUGBY



ages
5-6

INSIDE THE RAVEN'S NEST

[2 OF 5]



PARTICIPANTS 8 players and more

DURATION 10 minutes

MATERIAL 8-12 cones, 5-10 balls

OBJECTIVE

To encourage teamwork

GOAL

Get the most amount of balls back to their cone.

COUNSELLOR'S ROLE

1. Set up the field: Make a small square grid with cones in the centre of the larger grid (Take a look at the figure, the red triangles represent the cones).
2. Put 10-15 balls in the centre grid.
3. Have players pair up and stand by one on the outside cones.

HOW TO PLAY

1. On the counsellor's signal, one youth from each team will run to the centre grid and grab a ball. Only one youth per team of 2 can move at a time.
2. When a youth picks up a ball, he can pass it to his teammate who is waiting at the cone. When the ball is recovered and placed near the cone, the other youth can move and take his teammate's spot.
3. Once all the balls are gone from the centre, the game will end and the team with the most balls at their cone wins.

VARIATIONS

1. Use time limits.
2. When all the balls from the centre are gone, allow teams to steal balls from each other for a short amount of time.
3. Do the opposite of variation 2: youth must get rid of their balls as fast as possible by bringing them to the other team's cones.
4. You can vary the number of young per team.

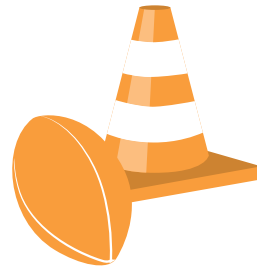
BASICS SKILLS

Agility, Balance, Coordination, Running, Passing, Catching

Special collaboration :



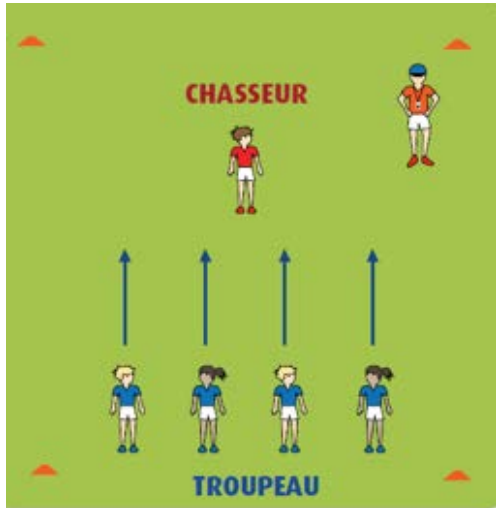
FLAG RUGBY



ages
7-8

THE HUNTER AND THE HERD

[3 OF 5]



PARTICIPANTS 10 and more

DURATION 10-15 minutes

MATERIAL 4 cones, flag belts, flags

OBJECTIVE

Learn how to build a defensive line against another team

GOAL

Run from one side of the grid to the other without getting their flag pulled.

COUNSELLOR'S ROLE

1. Set up the field: make a large square by putting a cone at each corner (Take a look at the figure).
2. Each youth must wear a flag on each side of their waist.
3. Choose the first "hunter".
4. This game is similar to the classic Sharks and Minnows or British Bulldog. One player starts in the middle facing the remaining players that are lined up along one edge of the grid.

HOW TO PLAY

1. To start the game, have the defensive player in the middle shout "HUNTER!" and then the offensive youth lined up will respond with "HERD!".
◀ Youth must remain within the boundaries of the grid during the game.
2. After shouting "HERD!", the offensive youth will attempt to run to the other side of the grid without getting caught.
3. Every youth who has his flag removed becomes a hunter.

VARIATIONS

1. Designate a 'Defensive Zone' across the middle of the grid and prevent the defense (Hunters) from leaving this area during each round.
2. Include a ball. Ask the youth to make passes while trying to cross the line of hunters.
3. Have captured youth remain frozen where they are captured and play defense from that spot for the next round.

BASICS SKILLS

Agility, balance, coordination, running, catching

Tips and tracks

- If defensive youth have trouble catching flags, increase the number of hunters.
- Suggest to /Encourage youth to form a flat line defense and move together as one rather than individually.

Special collaboration :



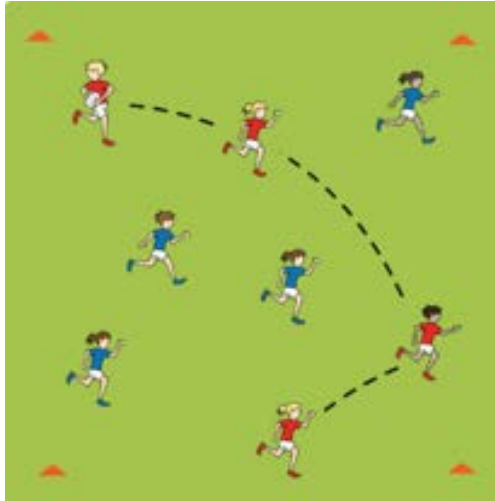
FLAG RUGBY



ages
9-12

ULTIMATE RUGBY

[4 OF 5]



PARTICIPANTS 10-14 players

DURATION 10-20 minutes

MATERIAL 10 cones, 1 ball

OBJECTIVE

Teach youth to use the field space and communicate with each other

GOAL

Advance the ball on the field to score a goal in the opposing zone.

COUNSELLOR'S ROLE

1. Set up the field (Take a look at the figure).
2. Divide youth into two equal teams.
3. Place both teams on opposite sides of the field.

HOW TO PLAY

1. One team begins with the ball and starts the game with a free pass.
 - ◀ Players cannot run with the ball.
 - ◀ Defensive youth cannot strip the ball from offensive youth and must remain at arm's length when defending.
 - ◀ Defensive players may intercept a pass.
3. If a pass is dropped or intercepted, the ball goes to the other team.
4. The team scores a point when the passes are completed to the opposing zone.

VARIATIONS

1. Youth can do 3 steps after receiving a pass.
2. Youth only have 3 seconds to do a pass. ◀
This variant promotes a nonstop game.

BASICS SKILLS

Agility, Balance, Coordination, Running, Passing, Catching

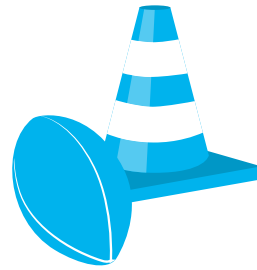
Tips and tracks

Consider modifying the rules to ensure that all players are getting a chance to pass the ball and receive the ball. For example, a try does not count unless all teammates had a chance to receive and pass the ball. Be permissive in your rules at the beginning to promote the game.

Special collaboration :



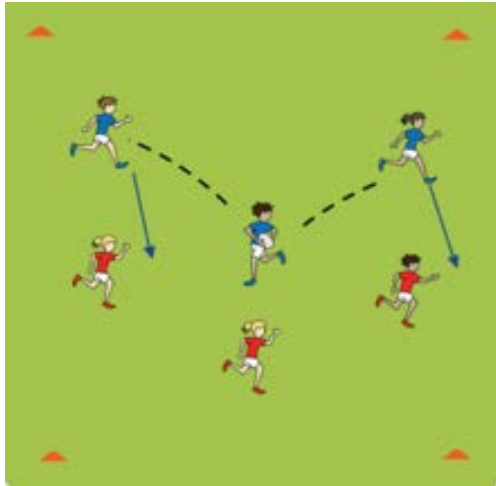
FLAG RUGBY



ages
13 +

TRANSITION FROM ULTIMATE TO FLAG

[5 OF 5]



PARTICIPANTS 10-14 players

DURATION 10-20 minutes

MATERIAL 10 cones, 1 ball

OBJECTIVE

Learn the basic of flag rugby

GOAL

Succeed the 3 progressions

COUNSELLORS ROLE

1. Set up the field (Take a look at the figure)
2. Make sure everybody has their flags on
3. Divide youth into two equal teams and place both team on opposite sides of the field
4. Take the game card Ultimate Rugby 9-12 years

HOW TO PLAY

1. Begin with the Ultimate Rugby game.
2. First progression:
 - ◀ After receiving a pass, youth must make three steps before passing the ball.
 - ◀ Youth only have three seconds to pass the ball.
 - ◀ When the ball is dropped, the ball goes to the other team and the game continues at the spot where the ball fell.
3. Second progression:
 - ◀ Youth can remove the flag from the person who has the ball. Youth who has lost its flag must make three steps before passing the ball.
 - ◀ Youth can then take his flag back and start playing again. Only the youth who possesses the ball can have his flag removed.
4. Third progression:
 - ◀ Incorporate side and rear passes.

VARIATIONS

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

BASIC SKILLS

Agility, Balance, Coordination, Running, Passing, Catching

Tips and tracks

Take the time to thoroughly analyze each progression to ensure that all youth understand. Be permissive in your rules at the beginning to promote the game.

Special collaboration :

