

The Ottawa Junior Flag Rugby (“OJFR”) aims to grow the game of rugby at grassroots level in the Greater Ottawa region. We believe in fostering an inclusive community and encourage everyone to embrace World Rugby values of integrity, passion, solidarity, discipline and respect ([WR link](#)).

OJFR provides a game-centered and player-empowered approach:

- Games and substitutions are player-led
- Games are led by youth referees
- Games follow basic rugby-rules that enable decision making, team play, and open field skills

(01) Teams

- 6-7 players on the field a side, maximum 10 players per team
- Teams are co-ed; at any point in time, the team on the field should be co-ed
- Unlimited substitutions are allowed at any time
- Referee and Game Managers will encourage substitutions during stoppages

(02) Length of Game:

- 2x9 minute halves with a 2 min halftime break and 5 min between games.
- Games can end in a tie; there is no overtime
- Rules for play-off games (week 8) will be distributed at a later stage

(03) Substitutions:

- To ensure equal playing time, players not currently playing when their team is will sit on the sideline in order of least recently subbed off to most recent.
- Teams shall not tactically adjust the substitution order; the exceptions being injury or fatigue.
- Players can sub off at any time, without checking with the referee – as long as it does not interfere with ongoing play.

(04) Scoring:

- There is one continuous try zone (no super try zone in the middle)
- Each try is worth 1 point
- Place the ball, with downward pressure, on or behind the opponent's try line.
- The ball carrier must remain on their feet when scoring.
- Scoring by diving is not allowed (*sanction: free pass to the defending team*)
- The ball carrier is allowed one-step to score a try after being flagged.
- A try scored on the 5th flag will not count; a free pass is awarded to the defending side 7-metres out from their try line.

(05) Flags & Flagging:

- Two flags attached with Velcro to a belt worn around the waist – one flag on each hip.
- The flag must be attached with a fold “a dog’s ear”
- Flag belt must be secure and excess belt tucked away.
- Flags must be unobstructed, with shirts tucked into shorts.
- When a defender (*flagger*) pulls a flag from the ball carrier (*flagee*):
 - *Flagger* shouts “FLAG” and holds the flag in the air
 - Referee calls out: “FLAG!...PASS!”
 - The defending team must retreat to an onside position
- Ball carrier / *flagee* must stop running and pass the ball within 2-seconds/2-steps; (sanction: penalty and a change of possession).
- *Flagee*, after having passed the ball, retrieves their flag from the *flagger*.
- *Flagger* must hand the flag back; no throwing, or dropping to the ground
- *Flagger* cannot rejoin play until after they have given the flag back to the *flagee*.
- *Flagger* must rejoin play from an onside position
- *Flagee* must put their flag on their belt before they can rejoin play.
- If a player without two flags on their belt impacts play, either (1) by flagging the ball carrier or (2) by receiving a pass, a free pass is awarded to non-offending side.
- If a player falls to the ground near a defender, their flag is automatically “pulled”. They must stand up and pass as soon as possible; tardiness at the discretion of the referee will result in a turnover.
- After 5 flags have been pulled, the ball will be turned over; game will continue with a free pass
- If a ball carrier has their flag pulled in their own in goal area, the defending team gains possession with a free pass on the 7 meter line.

(06) Starting the Game:

- Play starts with a kick from centre with the ball being flat on the turf (no tee allowed).
- A different player must kick after each try.
- Kicks must not go higher than the shoulder height of the referee (except if it bounces).
- Kick-off must go at least 7 meters.
- Receiving team must be at least 7 meters back.
- Kicking team cannot move until the ball has travelled at least 7 m
- If the ball is kicked through the opponent’s in-goal, the receiving team will take possession at centre field and start play with a free
- Referee calls “PLAY”.

(07) Passing:

- The ball can only be passed backwards or sideways (*Sanction: turn-over & free pass*).
- The ball cannot be knocked forward by the defending team (*Sanction: free pass*)
 - Deliberate knock-on’s will also result in reset of the number of flags pulled
- Advantage will be played on knock-ons and forward passes that are intercepted.
- If the ball hits the ground on a pass backwards, play continues, and the ball is live.
- Players cannot dive on the ball (*Sanction: free pass to the non-diver*)
- Ball carrier cannot hand-off the ball (*Sanction: turn-over & free pass*).

(08) Kicking (during play):

- Kicking during play does NOT apply to the u12-group
- The attacking team may kick, but only after their 2nd flag has been pulled.
- If the attacking team retrieves their own kick, their number of flag pulls shall not reset.
- Kicks cannot travel above the shoulder height of the referee (excluding if the ball bounces); (*Sanction: free pass from point of kick*)
- If a kick travels straight out of bounds, the non-kicking team restarts play with a free pass at the point where the kick took place.
- If a kick bounces out of bounds, the non-kicking team restarts play with a free pass at the point where it travelled out of bounds; at minimum 7 meters from the try zone.
- If an offensive kick travels into the in-goal area:
 - If the kicking team dots the ball down, a try is scored
 - If the defending team dots the ball down, they will take control with a free pass on their 7 meter line.
- If an offensive kick travels through the in-goal area, the defending team will take control with a free pass on their own 7 meter line.

(09) Offside:

- The offside line is an imaginary line through centre of the ball and parallel to goal line.
- The offside line occurs:
 - (1) at the time of the FLAG
 - (2) 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 retreat towards their own goal line until they 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.
- A player cannot interfere with the pass from an offside position (*Sanction: free pass*)
 - Deliberate offside will also result in a reset of the number of flags pulled

(10) Free pass:

- A free pass is executed as a 'tap-and-pass', either from the ground or from the hand
- Player taking the free pass cannot run, but must pass to a teammate
- A free pass to be done:
 - Restart from a penalty (at referee's mark).
 - Restart from ball into touch (at touchline at the point where ball went into touch).
 - When the attacking side loses possession after a 5th flag-pull
- The defending team should be at least 7 meters from the person taking the free pass

(11) Prohibited play:

- No play detrimental to the spirit of the game and the OJFR concept (*referee discretion*)
- Players must not make deliberate contact with an opponent and make every reasonable effort to avoid the opponent.

- No fending. The ball carrier must not use their hands or ball to shield their flags or push against a defender.
- A player shall not spin or jump to shield their flags
- No kicking the ball over shoulder height (excluding if it bounces)
- No tackling or deliberate obstruction
- No diving to ground.
- No taunting.

OJFR

19 December 2024

For questions, comments or suggestions, please reach out to us, either in person or via this email:

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