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A simple interpretation of the English flag worked almost entirely using split rings.

Abbreviations

R	ring	SR	split ring
/	after the / make 2nd half of SR	Btwn	between
T & C	Tie and cut	vsp	very small picot (smallest you can make)
+	join		

Using two shuttles using white thread CTM

Row 1

R1: 3 vsp 3 vsp 6
SR2: * 6 / 3 vsp 3 repeat from * 3 times
SR6: 9 / 3

Row 2

SR7: 6 vsp 3 / 3
SR8: 3 vsp 3 / 3 + (SR5) 3
SR9: 3 vsp 3 / 3 + (SR4) 3
SR10: 3 vsp 3 / 3 + (SR3) 3
SR11: 3 vsp 3 / 3 + (SR2) 3
SR12: 3 / 3 + (1st p R1) 3 vsp 3

Row 3

SR13: 3 / 3 vsp 3 vsp 3
SR14: 3 + (SR11) 3 / 3 vsp 3
SR15: 3 + (SR10) 3 / 3 vsp 3
SR16: 3 + (SR9) 3 / 3 vsp 3
SR17: 3 + (SR8) 3 / 3 vsp 3
SR18: 3 + (SR7) 6 / 3

Row 4

SR19: 9 / 3
SR20: 6 / 3 + (SR17) 3
SR21: 6 / 3 + (SR16) 3
SR22: 6 / 3 + (SR15) 3
SR23: 6 / 3 + (SR14) 3
R24: 6 vsp 3 + (SR13) 3 T & C

Cross sections – 2 shuttles red, of course! CTM. First work the longest left to right stripe as follows.

R1: 4 + (space btwn SR7 & SR18) 4
SR2: * 4 / 4 repeat from * 3 times
R6: 4 + (space btwn SR12 & SR13) 4 T & C

Next the up/down stripe

R1: 4 + (space btwn SR3 & SR4) 4
SR2: 4 / 4 down joins with both shuttles into centre space btwn SR's of first cross section.
SR3: 4 / 4
R4: 4 + (space btwn SR21 & SR22) 4 T & C

I did use a little red thread to gently attach the middle of the red cross to the white flag.

Flag pole 1 shuttle with black thread – starting at top with the knob on top of the pole.

R1: 4
Ch: 2 + (vsp on side of flag) 4 + (next vsp on flag) continue joining to all vsps and as long as you like to give a good pole!!!