

ABSTRACT

Provided is a resin composition and the like, which exhibits low transmission loss and excellent flame retardancy, and is capable of improving the appearance of a laminate. The resin composition is, specifically as follows. A resin composition containing: (A) a thermosetting resin; (B) a polymer having a hydrocarbon chain or a polyether chain; (X) a phosphorus compound-based flame retardant; and (Y) a flame retardant other than the phosphorus compound-based flame retardant, in which the component (X) does not contain (X1) a filler-type flame retardant, and the component (Y) does not contain (Y1) a filler-type flame retardant, or, in which when the component (X) contains the filler-type flame retardant (X1) or the component (Y) contains the filler-type flame retardant (Y1), a total content of the filler-type flame retardant (X1) and the filler-type retardant (Y1) is 25 parts by mass or less with respect to 100 parts by mass of the solid content in the resin composition.