

## TAG RUGBY RULES.



- Tag Rugby is an exciting form of non-contact Rugby.
- The object of the game is to score a try by placing the ball with a downward pressure behind the opponent's goal line. If a player dives or slides across the line to score a try, the try will be disallowed.
- Tag Rugby players wear a belt with two ribbons attached to it by Velcro. The tags must be visible at the sides of the hip and not covered in any way by an untucked shirt or top.
- Tag Rugby is 7-a-side game; squads are made up of 10 players and each team must include at least three girls on the pitch during a game.
- A 'TAG' is the removal of one of the two tags from the ball carriers belt and then the ball carrier must pass. Only the ball carrier can be tagged. The ball carrier can run and dodge potential taggers but cannot fend them off using their hands or the ball and cannot guard or shield their tags in any way. The ball cannot be pulled out of the ball carrier's hands at any time.
- **Whilst it is recommended that the ball is carried in two hands this is not a law of the game. Players are not allowed to hand off or guard their tags in any way. Doing so will result in a penalty against them.**
- The ball carrier is not allowed to 'spin' out of a tackle.
- When the ball carrier is tagged he/she must pass the ball within 3 seconds or 3 strides, failure to do so results in free pass to opposition.
- The defender must give the tag back after the ball has been passed.
- A player can take no part in the game until the tag has been returned and fastened to belt.
- Players are allowed 1 step to score after being tagged.
- Players score by placing the ball down over the try line, players are not allowed to dive to score a try.
- All substitutions can be at any time as long as it doesn't impact on the flow of the game. Substitutions can be reused at anytime.
- Games are started with a free pass on the ½ way line.
- Knock Ons, forward passes, out of play, offside are all a free pass to the opposition.
- Opposition must be 7 metres back at all free passes and cannot move until first pass has been completed
- Off-side can only occur after a player has been tagged. All players on the taggers team, should move back towards their own goal line, but stay front of the tagged player (this puts them onside). When the person who has been tagged stops, he must pass the ball backward to a team mate. The opposing team must not intercept that first pass, unless they are in front of the player who was tagged. If a player behind the tagged player intercepts the first pass, this is offside.
- A player can, however, run from an onside position to intercept a floated pass before it reaches the intended receiver.
- The referee's decision is final