

# Tag Rugby

## What is tag rugby?

Tag rugby is a non-contact version of rugby, in which each player wears a special belt that has two TAGS attached to it.

Instead of being “tackled”, a player carrying the ball can be ‘tagged’ by having a tag removed from their belt by a member of the opposite team.



Tag rugby involves players staying on their feet at all times, including when scoring a try.

Seven players from each team are allowed on the pitch at one time.

The attacking team has six plays or tags to try to score a TRY or take the ball down the field as close to the line as possible.

## What's the difference between tag rugby and rugby?

The main difference is that here contact is not permitted, and because of that, the tag has to be removed to do a TACKLE.

## The history of tag rugby

Tag rugby was first developed in Gibraltar by the Gibraltar Rugby Union. They were looking for a way to continue playing rugby when they were lacking grass pitches.



In England, in 1990, a teacher created a more structured version of tag rugby after hearing how Navy servicemen could play this version of rugby on board their ships, or on the hard grounds of Gibraltar.

The PE teacher, Nick Leonard, devised a set of rules for a children's game of tag rugby and the very first school's tag rugby festival took place in Plymouth in the UK in 1991.

## How do you score in tag rugby?

Know that you know what is tag rugby, let's see how we can score! The object of the game of tag rugby is to score a TRY by placing the ball with downward pressure behind the opponents' goal line. A try is worth 1 point.

Unlike in a game of rugby union, for safety reasons, a player must not dive over the line to ground the ball.

The player must ground the ball with downward pressure, so, if the player *drops* the ball over the line, the try is not given. If this happens, it is called a 'knock-on' and the opposing team receives a free pass.

## Rules of tag rugby

- A game begins with a pass backwards from the centre spot.
- A try can only be scored when the ball is touched to the ground.
- You cannot pass the ball forwards.
- When a try is scored, the game is restarted by a free pass from the centre of the pitch by the non-scoring team.
- The only contact allowed between players is the removal of a tag by a defender from the belt of the ball carrier.
- Once the tag is removed, the defender must shout 'TAG' and return it to the attacker.
- After being tagged, the ball carrier must pass the ball within three seconds. If the player takes longer than this, the ball will be given to the other team.
- Once a player is tagged, the defending team must move 7 metres behind the ball carrier to allow them to pass, otherwise, they will be in an offside position and penalized.

In addition to these tag rugby rules, you CANNOT:

- kicking of the ball on the ground;
- diving onto the ball to score a try or to pick up a dropped ball;
- pulling or knocking the ball out of the carrier's hands;
- spinning or jumping to avoid being tagged;
- hiding of tags - they must be visible and not tucked into shorts;
- missing tags - a player must have both their tags on to participate in the game;
- throwing tags on the floor by defenders when taken from the ball carrier;
- contact between players, including shirt pulling or pushing the ball carrier.

### What are the tags for in tag rugby?

A 'TAG' is the removal of one of the two tags from the ball carrier's belt. 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.



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Players must always have two tags affixed to their belt whilst taking part in the game. If a player has one or both tags missing, and they become the ball carrier or tag an opponent, then a free pass will immediately be awarded against them.

### Passing in tag rugby

The ball can be passed only sideways or backwards through air, not handed to another player.

A forward pass is illegal, and the referee would have to award a free pass to the other team.

Because tag rugby is a non-contact sport, if the ball is pulled from the ball carrier's hands, a free pass is awarded to the ball carrier's team.

## Attacking and defending in tag rugby

In the game of tag rugby, an attacker can dodge/avoid the defender, pass to a supporting player, and look for, or run into a space.

To be a successful attacker, players need to have excellent hand-eye coordination. They will use this skill to pass the ball accurately, and be aware of where their teammates are.



Defenders in a game of tag rugby need to mark the opposing team, defend the space they're in, and work with their teammates to defend as much of the playing field as possible.

Players who are successful in defending will have high fitness levels, and be quick on their feet. They need to stay close to their opponents to have a better chance of intercepting the ball.