



**RULES OF TAG RUGBY**

* Tags to be worn to each side of body – shirts tucked in
* 7 a side game – **MUST HAVE A MINIMUM OF 2 BOYS AND 2 GIRLS ON THE PITCH AT ALL TIMES**
* Pitches are approx 60m x 30m

**FREE PASSES**

* Game starts with a free pass from the centre
* Restart after a try is also from centre
* If ball goes out start with a free pass from point where ball crossed line
* For an infringement start play from where offence occurred
* Opponents must stand 7m back from a free pass
* Free pass taker must pass the ball – cannot run with it.

**SCORING A TRY**

* Cannot dive to score a try – must stay on feet
* 5 points for a try

**THE TAG**

* Aim is to remove one tag from the ball carriers belt
* Only the ball carrier may be tagged
* No hand offs allowed
* Ball carrier must not deliberately run into opponent – this is a non-contact game.
* Ball cannot be pulled from ball carrier
* After 5 tags ball is given to opposition to restart with a free pass

**TAGGED PLAYER**

* When tagged the ball carrier should stop within 3 strides and has 3 seconds to pass to a team mate
* If tagged close to try line the ball carrier can only use 1 step (not the normal 3 steps) to cross the try line.
* Tagged player must replace the tag before rejoining the game

**TAGGER**

* When the tag is made stop, hold the tag in the air and shout “tag”
* Once the ball has been passed the tagger goes to the tagged player and hands back the tag before re-joining game.

**OFFSIDE**

* When a tag is made, all players from the taggers team must retire to their own side of the ball.
* If they intercept a pass from their opponents side of the ball then they are offside and a free pass is awarded

**BALL ON GROUND**

* Players must remain on their feet, not allowed to dive down to recover a ball on the ground