

### » Suggested Rules Tag Rugby



#### Equipment needed – Rugby ball and tag belts (2 per person)

- » Tag Rugby is a 7-a-side game (with up to 12 player squads) with two halves of 15 mins (or as decided by organisers).
- » 1 point is awarded for a try (3 pts for a female try). This is the only way of scoring in TAG RUGBY.
- » A place kick from the ground at the half way mark is used to start each half and after a try is scored.
- » The attacking team have 5 "plays" or "tags" to place the ball over the defending teams try line. On the 6th "tag" a changeover occurs and the defending team then becomes the attacking team.
- » The player in possession of the ball may run, or pass the ball (backwards only) attempting to get down the field and cross the opponents try line to score tries.
- » The objective of the team without the ball is to prevent this by removing a "tag" from the ball carrier. The progress of the ball carrier can only be halted if a defender removes one or both of the attackers' tags'.
- » When a tag is removed, the defender must hold the tag in the air and shout 'TAG' at the point where the tag was made. The tag is dropped to the ground, marking where the next play starts.
- » A 'Roll ball' (where the player in possession after being tagged stops and rolls the ball on the ground through his/her legs to a team-mate) re-starts play.
- » A player not in possession of the ball, either a defender or attacker cannot be tagged or obstructed during the game.
- » A turnover occurs if that team uses up their tags without scoring on the 6th tag. 'Knock On' results in turnover. 'Knock Back' is play on. So if the ball is dropped, but does not go forward, play on.
- » The game is non-contact, so neither team can deliberately make contact. If any player is impeded, a penalty is awarded.

For more details on Tag Rugby Rules visit [www.tagrugby.ie](http://www.tagrugby.ie)

**The above rules are purely as a guideline. Amend, omit and add to as appropriate.**