

A
Quick 20 Step Guide
to
the Adult Rules

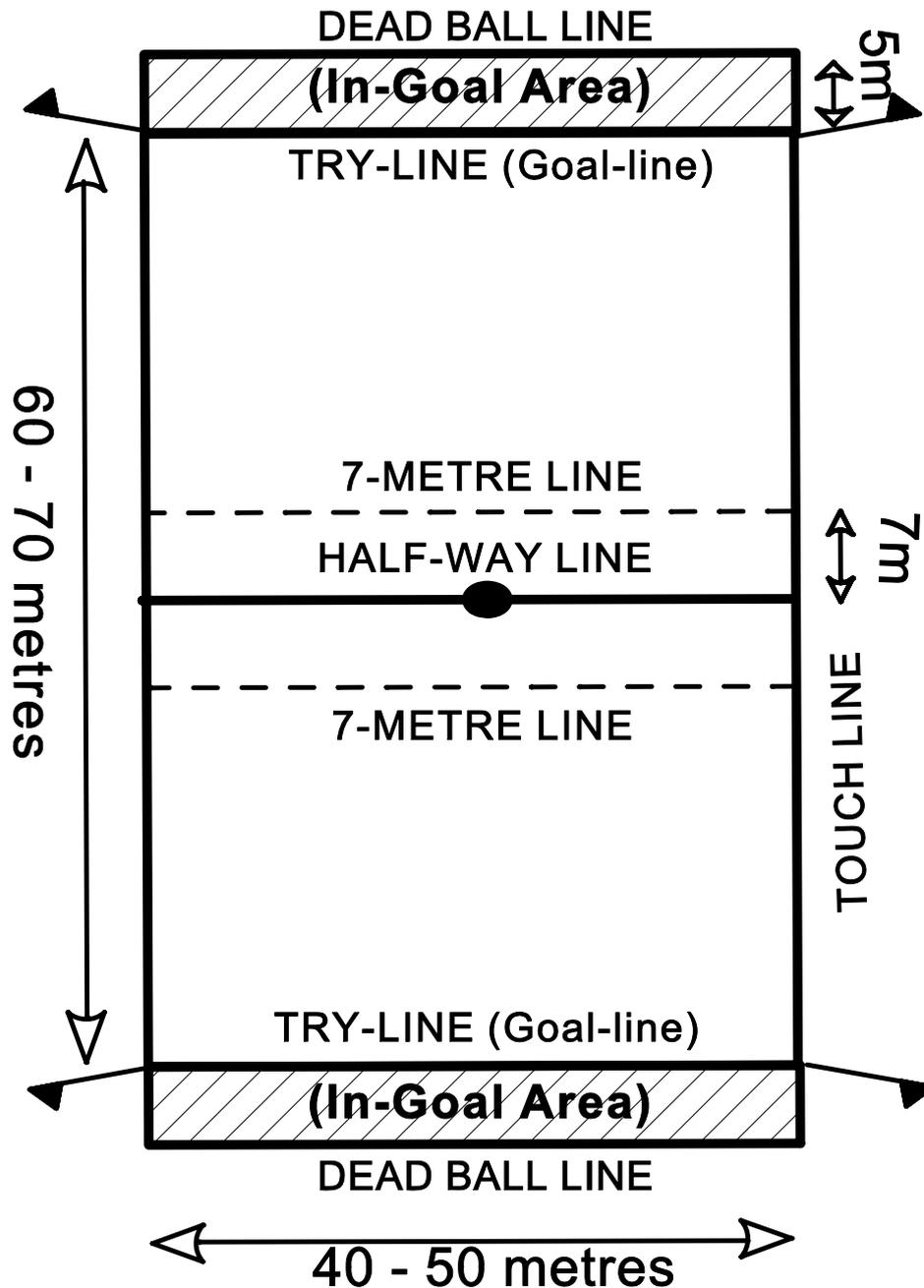


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The Playing Area for Adult TAG Rugby

For recreational and social games of TAG Rugby it is by no means essential to have available a fully marked pitch, as shown below, to play on. Such games can easily be played on a pitch marked out as a simple rectangle showing only the location of the two touchlines and try lines.



Note: One large adult step is roughly equal to one metre. A TAG Rugby pitch is more or less half the size of a normal rugby pitch, playing across ways, using the touch lines as the try lines for the TAG Rugby pitch.

The Object of the Game

The object of the game is to score tries. This is achieved by holding the ball and touching it down on the ground on, or over, the opponents' *try-line*. The player in possession of the ball (*attacker*) may run or pass the ball to achieve this but is not allowed to kick it. The ball may only be passed either sideways or backwards and not forwards to the opponents' *try-line*. It is the object of the team without the ball (*defensive team*) to prevent progress of the attacking team by removing a tag (ribbon) from the ball carrier. The attacking team have four (4) "tags" or "plays" to score. If a fifth (5th) tag is made a *changeover* occurs and the defending team is given possession of the ball and then becomes the attacking team.

A Quick 20 Step Guide to the Rules

1. **How many players in a team?** - There is a maximum of seven (7) players per team on the field at any one time from a squad of twelve (12). In mixed or social games there must be a minimum of three (3) players of the opposite sex (subject to local rules) on the pitch at all times. Rolling subs are allowed at any time during the game but in mixed/social games the appropriate number of each sex must be maintained.
2. **How long are matches?** - This is subject to local rules but the normal duration of a match is two halves of twenty (20) minutes each, with a five (5) minute interval for half time. For festival type events, matches normally consist of two seven (7) minute halves with one (1) minute for half time.
3. **Players clothing** - All players wear either the official TAG Rugby match shorts or, a TAG Rugby belt. **Shirts should be tucked in at all times.** The tags (ribbons) must be properly positioned on either side of the hips. No player can participate in the game without both tags being properly in place.

Players are not allowed to wear anything that might prove dangerous to other players, e.g. any jewellery & watches.

4. **How do players score in TAG Rugby?** - There is only one way of scoring in TAG Rugby and that is by scoring tries. A *try* is awarded to the attacking team when they touch the ball down on the ground on, or over, the *try-line*. A *try* is worth one (1) point but to encourage more team play, in mixed games, a *try* is worth two (2) points if scored by a female.
5. **Are there any scrums or line-outs?** - There are no scrums or line-outs in TAG Rugby.
6. **Is there any kicking allowed?** No kicking is allowed in TAG Rugby, except for a modified kick at kick offs (see below for further details).
7. **Can you bash into other players?** - There is strictly **NO CONTACT** allowed between players; both attackers and defenders have a responsibility to avoid each other at **ALL** times. The ball carrier is not allowed to run directly into defenders and defenders are not allowed to block the progress of the ball carrier. No hand-offs, or using your hand, elbow or ball to block or shield your tags (ribbons) in any way is allowed. No pulling of clothing or pulling/knocking the ball out of the ball carrier's hand is permitted. Any player that initiates contact should be penalised.

“Run at spaces not faces”

8. **How do you ‘tackle’ (tag) in TAG Rugby?** - Only the ball carrier can be tagged and a ‘tackle’ (‘tag’) is simply the removal by a defender of one of the two tags (ribbons) from the ball carrier. The defender then holds the tag above his/her head and shouts “tag” for all to hear. An attacking team has 4 “tags” or “plays” to score. If a 5th tag is made a *changeover* occurs and the defending team is given possession of the ball and restarts play with a *tap & go*.
9. **What happens after a ‘tackle’ (tag)?** – After a tag has been made the game then comes to a temporary halt; the defender drops the tag on the

ground, marking the position where the actual tag took place, and the game restarts with the attacker who was tagged taking a *roll-the-ball* from this *mark*.

10. **What is a *roll-the-ball*?** – A *roll-the-ball* takes place after a tag has been made. At a *roll-the-ball* the tagged ball carrier must return to the location where the actual tag took place. Play restarts when this player rolls the ball back between his/her legs, using his/her hand, to a team-mate standing directly behind him/her, the *scrum-half*. Only **after** rolling the ball back, should the attacker pick up and re-attach his/her tag and he/she is then able to rejoin the game.

A *roll-the-ball* cannot be taken any closer than five metres (5m) from the *try-line*.

11. **What must the defensive team do at a *roll-the-ball*?** - At a *roll-the-ball* the defensive team must retire back a minimum of seven metres (7m), or until they have reached their own *try-line* if this is nearer. One defender may choose to act as a 'marker'. 'Markers' are optional. The 'marker' must stand directly in front of a *roll-the-ball* and cannot move or interfere with play until the ball is back in play.

12. **What is the rule about carrying the ball in two hands?** - To encourage more passing and to avoid the ball carrier deliberately, or instinctively, trying to protect his/her tags, the ball carrier **MUST**, when they are within three metres (3m) of defenders, **HOLD THE BALL IN TWO HANDS.**

13. **What is a *tap & go*?** - A *tap & go* is used to start the game or restart it at the place the ball went out of play or an infringement or *changeover* took place. The ball may be placed on the ground or held in the hand and on the instruction "play" by the referee, **and not before**, the attacker must tap the ball with the foot, or lower leg, to restart play. At a *tap & go* the opposition players must retire back seven metres (7m) towards their own *try-line*, or until they have reached their own *try-line* if this is nearer.

A *tap & go* cannot be taken any closer than five metres (5m) from the *try-line*.

14. **What happens to the *tag count* at a *tap & go*?** - When a *tap & go* is awarded the number of tags (*Tag Count*) starts back to zero. This is a good incentive for the defensive team not to deliberately infringe.
15. **What is *off-side*?** – Defending players are only ever *off-side* if they have not moved back the required seven metres (7m) to the *defensive line*, or until they have reached their own *try-line* if this is nearer, at a *roll-the-ball* or *tap & go* situation.
Attacking players are only *off-side* if they are in front of the ball at a *tap & go* or *roll-the-ball* situation. There is no *off-side* in open play.
16. **When should players be penalised for being *off-side*?** - Players should only ever be penalised for *off-side* if they are ***Off-SIDE AND INTERFERING WITH PLAY***. If players find themselves accidentally *off-side* they must make every effort to get back on side; but if they are in no way interfering with play, then they should **not** be penalised and play should be allowed to continue. Players who are *off-side* are temporarily out of the game.
17. **How quickly can a *tap & go* and *roll-the-ball* be taken?** - A *tap & go* **cannot** be taken quickly but only after the referee has given the defensive team time (about five seconds) to retire the required seven metres (7m) and given the instruction 'play'. A *roll-the-ball* **can** be taken quickly and as soon as the ball carrier is on the *mark* of the tag and ready to do so.
18. **Can players dive to score?** – There is no diving allowed to score a *try* or to secure a loose ball on the floor; instead, players must remain on their feet to play the ball.
19. **How do you kick off?** - A modified place kick is used to start each half and restart play after a *try* is scored. The team that has scored kicks-off.

The ball must be placed flat on the ground at the centre of the *half-way line*. Kicking tees are not permitted and no player may hold the ball upright. The ball, when kicked, must travel a minimum of 7 metres (7m) forward but not above the referee's waist height. Defending players must retire back 7 metres (7m) whilst players of the team kicking off must be behind the ball when it is kicked. The ball must not be kicked so it travels over the try line, or goes directly into touch without bouncing.

Note: If playing on soft sand where it would be difficult to properly execute this type of place kick then the kick-offs and restarts are replaced by an punt kick which the defending team must be allowed to catch uncontested.

20. What happens when somebody does something wrong? – Whenever the TAG Rugby rules are broken, a *tap & go* is awarded to the non-offending team at the place the infringement took place and the number of tags (*Tag Count*) starts back to zero. If the infringement took place over the *try-line*, or within five metres (5m) of it, the *tap & go* is awarded five metres (5m) out from the *try-line* to create some space.

Note: If an infringement took place by the attacking team at a kick off then the defending team are awarded a tap & go at the centre of the half-way line.

Code of conduct

All players and coaches will be expected to abide by the rules of the tournament and decisions made by the officials and referees. They will be expected to play fairly and demonstrate good sportsmanship both on and off the pitch. In the event of misconduct and/or repeated and deliberate breaking of the rules or dangerous play, then the referee/tournament officials shall, at their discretion issue players with a red or yellow card.

Note:

For further details regarding the rules for adult TAG rugby then visit:

www.tagrugby.org