

ADULT TAG RUGBY RULES

TEAM REQUIREMENTS

1. There are a maximum of 7 players per team on the field at any one time from a squad of 10.
2. In mixed or social games there must be a minimum of 1 player of the opposite sex on the pitch at all times
3. Rolling subs are allowed at any time during the games but in mixed/social games the appropriate number of each sex must be maintained
4. Adult supervision/responsibility for Under 18's encouraged

COMPETITION FORMAT

1. Principle of a round robin format (appropriately sized pools leading to a knockout in later stages) should be followed, depending on number of teams entered
2. The placing within each pool will be determined by the total game points accumulated throughout the day (5 points for a win, 3 for a draw and 1 for a loss)
3. Games should be a minimum of 2 halves of 5 minutes and a maximum of 10 minutes each way with 1 minute for half time
4. Choice of ends will be decided by the toss of a coin - the team named 1st in the match schedule will call. The winning team will take the free pass; the losing team will choose ends
5. A try is worth 1 point, 2 if scored by a female playing.

GAME RULES

1. The game format is Tag Rugby, a non contact form of the game in which the tackle is replaced by a tag.
2. The object of the game is to score a try. This is achieved by holding the ball and touching it down on the ground on, or over, the opponents' try line but within the in-goal area
3. A free pass is used to start the game and to restart after an infringement has occurred i.e. forward pass, ball out of play, knock on, off side, obstruction. At a free pass, the opposing team must be 5 metres back
 - When a free pass is awarded, the number of tags starts back at zero

4. All players' wear a tag belt, which has 2 ribbons (tags) attached to it with Velcro. The belt is worn around the waist and on the outside of the clothing. The tags are positioned on either side of the hips and the teams are distinguished by the colour of their tags and/or the shirts they wear
5. Only the ball carrier can be tagged. A tag is simply the removal by a defender of 1 of the 2 tags from the ball carrier
 - Ball carriers can run or dodge potential taggers but cannot fend them off or guard their tags in any way
 - Ball carriers cannot spin to avoid being tagged
6. The defending player who makes the tag holds the tag above his/her head and shouts "tag" for all to hear.
7. After a tag has been made the game 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
8. A roll-the-ball cannot be taken any closer than 5 metres from the try-line
9. At a roll-the-ball the defensive team must retire back a minimum of 5 metres, or until they have reached their own try-line if this is nearer
10. An attacking team has 5 "tags" or "plays" to score. If a 6th "tag" is made a changeover occurs and the defending team is given possession of the ball and restarts play
11. Kicking - there will be no kicking allowed
12. There will be no scrums and no line outs