

# TAG RUGBY RULES



## Overview

- Tag Rugby is a non-contact sport which combines key attributes from Rugby League and Rugby Union to provide a fast paced, safe, and fun sport for adults and children.
- The field is typically on half of a full-sized football field (50m x 70m) and has a restart line 15m in from each try line.
- Maximum of 7 players, with a minimum of 5 players on the field per team at any one time.
- For Adult Mixed competitions, a minimum of 2 females must be always on the field.
- Games are 30 minutes in duration divided into 2 halves with a 1-minute half time break.

## Key Rules

### Starting the game:

- A kick off will occur from the 15m Restart Line. This can be a dropkick, placekick or drop punt.
- The receiving team will be deemed the attacking team once they have controlled possession of the ball.
- If the ball is kicked out on the full, a penalty will be awarded to the receiving team at the centre of the halfway line.
- If the ball lands in the field of play, crosses the try line and touches the ground, the ball will be deemed to have gone dead, play will be restarted by a drop out at the centre of the try line.
- If the ball lands in the field of play and then goes out over the sideline;
  - Before the receiving teams 15 metre restart line:
  - The receiving team will take a tap on the sideline to commence their attacking set.
  - Behind the oppositions 15 metre restart line:
  - This will be deemed a 'Power Kick' and the team that kicked the ball will receive possession at the middle of the restart line (similar to 40/20 rule in Rugby League)

### Playing the game:

- After receiving the ball, teams have five tags/plays to promote the ball and score a try.
- After the 5th tag, a changeover occurs between the defensive and attacking teams.
- Defenders must remove one or both tags in order to initiate a tag and stop the attacker's progress.
- Attackers may dodge, twist, and jump in order to evade a defender.
- They may not inhibit the defender from making a tag with any part of their body or ball.
- This will be deemed as fending and a penalty awarded to the defending team after which a changeover will occur.
- Where a player is jumping to evade a tag, they are not allowed to lead with their knee through defenders, this will be deemed dangerous play and a penalty awarded against the attacking team.

- Tag Rugby is a non-contact sport; it is on all players not to make contact with each other. An attacker can't bump into a defender, and a defender can't block an attacker's path to stop progress. Any player that initiates contact will be penalised. The onus is on the moving player not to make contact with a stationary player.
- Once tagged, the attacker will stop at the point of the tag and 'play the ball' between their legs. There is no requirement to touch the ball with your foot to do this. The defending team can have a marker at the play of the ball.
- Excluding the 'marker', defenders must be back seven metres (marked by the referee)
- Defenders can only move forward once the dummy half touches the ball.
- The dummy half may pass the ball without tags on as long as they do not take more than one (1) step in doing so.
- If an attacker's tag falls off (ie not removed by a defender) before they have past the defensive line, they will be deemed tagged. If they have broken the defensive line, the touch rule will apply, defenders only need to touch the attacker for them to be deemed as tagged.
- Knock On's, Knock Backs, forward passes etc are as per Rugby League / Union
- Advantage rules are applied to promote fast paced, attack orientated games. Benefit of the doubt in decisions will be provided to the attacking team e.g. simultaneous tag, 50/50 forward passes etc.
- A try is awarded to the attacking team when they ground the ball on or over the try line.
- Tries are awarded as 2 points over the line.
- Tries are awarded as 3 points if grounded within the designated boxed areas.
- Players can dive to score a try; however, they may not dive through the defensive line. One or both tags need to be removed to stop a diving player from scoring.
- Once a try is awarded, the game will restart when the ball is returned to the middle of the restart line and the referee reach halfway.
- It is assumed that all players will behave in a sportsmanlike manner. Any sledging or abuse of players and referees will not be tolerated. Penalties and further disciplinary actions may be taken where this occurs.

#### **Kicks in General Play:**

- A team may kick the ball on any tag whilst in possession of the ball.
- Kicks in General play can be along the ground or in the air (there is no restriction on type of kick)
- Where a kick goes higher than the referee, the defender has complete priority over the ball until it lands. This applies in all instances where a defender is within 5 metres of the ball's landing point and applies whether they are attempting to catch the ball or not.
- Generally, the kicking team can only challenge for a high kick after it has bounced (unless no defender within 5 metres).
- Attacking team cannot dive on a kicked ball in any situation but can kick on as long as this does not endanger a defender attempting to pick up the ball.
- Kicks that are taken behind the 15-metre line that go out (after bouncing) behind the defensive team's 15 metre line will be deemed a 'power kick'. The team that kicked the ball will receive possession back, play will commence with a tap restart at the middle of the 15-metre line (similar to a rugby league 40:20).