



**THE RUGBY FOOTBALL UNION  
TAG 2 TWICKENHAM RUGBY PROGRAMME  
SPONSORED BY YAZOO INCORPORATING  
THE CHILD VICTIMS OF CRIME TACKLE SAFETY PROJECT**

It is advised that the following guide lines are followed at all Tag 2 Twickenham Festivals.

### What is tag rugby?

Tag rugby is a fast-moving, non-contact invasion game suitable for mixed sex players. Its safe, non-contact nature where players are stopped by the removal of a tag combined with the speed and fun of rugby, has meant that tag rugby is now the RFU's official version of rugby for the Tag 2 Twickenham programme.

### What is a tag belt?



The tag belt is a belt worn around the waist to which two 'ribbons' (tags) are attached by Velcro. One tag hangs down each side. The belt is worn on the outside of the clothing. Shirts should be tucked in, with the tag belt on top of the shirt. Tags are positioned one on each hip and teams are distinguished by the colour of tags they wear.

### Number of players

Tag rugby is played between teams of eight players, from a squad of 12 which must be made up with a minimum of 4 from each sex, with at least of two from each sex playing at once.

Substituted players can be re-used at any time.

Substitutions may only be made when the ball is not in play, or at half time, and must always be with the referee's knowledge.

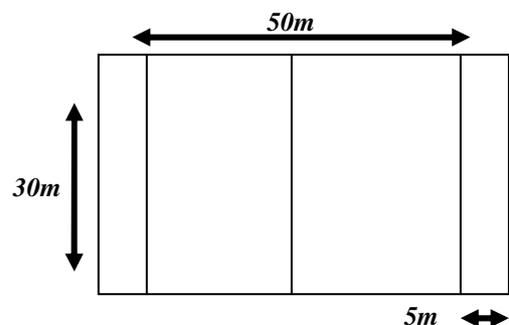
### Duration of play

It is understood that each festival will be different and therefore the length of games. It is important that the organiser takes into account pitch space and number of teams taking part. **YET NO CHILD SHOULD PLAY MORE THAN THE RFU CONTINUUM STATES.**

*RFU Continuum 9.1.2c – 70 Minutes total at a Festival (per player)*

### Dimensions of playing area

The pitch size for competitive regional games will be:  
• 60 metres in length and 30m in width. (Inc a 5m dead ball line)





## Free pass

A free pass, from the centre of the pitch, is used to start the match at the beginning of each half and to restart the match after a try is scored. It is also used at the side of the pitch when the ball goes into touch and from where the referee makes a mark when an infringement has taken place.



Free passes cannot take place nearer than 7m from the try line. If an infringement takes place over the goal line or within 7m of the goal line, then the free pass should be awarded to the non-offending team 7m from the goal line. This gives more space for both the attacking and defending teams.

At a free pass, the player taking the pass should start with the ball in both hands and, when instructed by the referee (who will call "PLAY!"), pass the ball backwards, through the air, to a

member of their team. For safety reasons, the receiver of the pass must start running from within two metres of the free pass mark.

The player taking the free pass must pass the ball and cannot just run with the ball on the referee's call. At free passes, opponents must be 7m back from the mark. They cannot start moving forward until the ball leaves the hands of the player taking the free pass.

## Scoring a try

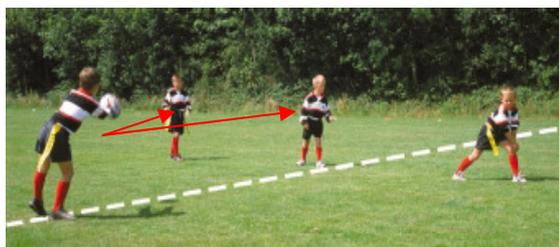
The object of the game is to score a try by placing the ball with downward pressure on or behind the opponents try line while the ball carrier is on their feet.



**NO TRY PLAYER OFF HIS FEET**

## Passing the ball

The ball can be passed only sideways or backwards through air, not handed to another player. If the ball is handed to another player or passed or knocked forwards to the ground ('forwards' meaning towards the opponents' goal line) then a free pass is awarded to the non-offending team. If the ball is pulled from the ball carrier's grasp, a free pass is awarded to the ball carrier's team.



**Backward or level pass LEGAL**



**Forward pass ILLEGAL**



## Knock-on

A knock-on occurs when a player, attempting to catch the ball, fumbles it and knocks it forwards to the ground towards the opponents' Try line. A free pass is awarded to the non-offending team unless advantage can be played.

## The tag

A tag is the removal of one of the two tags from the ball carrier's belt. Only the ball carrier can be tagged. The ball carrier can run and dodge potential tagger's but cannot fend them off using their hands or the ball, and cannot guard or shield their tags in any way. The ball cannot be pulled or wrestled from the ball carrier's hands at any time.



Players must always have two tags affixed to their belt whilst taking part in the game. If a player has one or both tags missing, and they become the ball carrier or tag an opponent, then a free pass will immediately be awarded against them unless advantage can be played.

## Actions by the ball carrier

When the ball carrier is tagged, the ball must be passed to a team mate within three seconds (including stopping time). The ball carrier should attempt to stop as soon as possible - within three strides is a reasonable guide for referees, but the ball can be passed in the act of stopping. Players are, however, only allowed one step to score a try after being tagged.

After the ball has been passed, the player must go to the tagger, retrieve his / her tag and place it back on his / her belt before rejoining play. If the player continues to play and influences the game without first collecting and re-fixing their tag, they should be penalised and a free pass awarded against them at the place of the infringement.



**1 Tag taken**



**2 Tag returned**



**3 Tag replaced**

## Actions by the Tagger

When a tag is made, the tagger should stop running, hold the tag above his / her head. At this stage the referee should shout "TAG - PASS!" to help prompt the required actions.

Once the ball has been passed, the tagger must hand the tag back to the player from whom it was removed and cannot re-join play until this has been done. If a tagger continues to play and influences the game with an opponent's tag in their hand, or throws the tag to the ground, they should be penalised and a free pass awarded against them at the place of the infringement.



## Principles of play



In attack, the ball carrier should run forward whenever possible with the other players in close support. He / she can dodge potential taggers but cannot fend them off or shield his / her tags. The ball carrier's feet should not leave the ground at any time including static spinning (when the players feet leave the ground and they turn 360°) However a pivoting movement is allowed as long as both feet do not come off the ground and the player is moving in a forward direction. The ball carrier should look to hold the ball in both hands at all times (coaching point not law), run at spaces between defenders and, if there are no spaces available, pass the ball to a team mate in a better position. The ball carrier must not deliberately make contact with an opponent - offenders must be spoken to and reminded of the non-contact rules of tag rugby and a free pass awarded to the non-offending side.

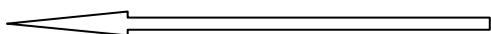
In defence, players should also be looking to run forward so that they can reduce the space their opponents have to play in. Defenders cannot physically touch the ball carrier, as the only contact allowed between the two teams is the removal of a tag from the belt of the ball carrier. Any other type of contact on the ball carrier, such as shirt pulling, running in front of or barging the ball carrier, forcing the ball carrier into touch, wrestling the ball from the ball carrier, etc, should be penalised.

## Offside

Offside only occurs immediately at the tag where the offside line is through the centre of the ball. When a tag is made, all players from the tagger's team must attempt to retire towards their own goal line until they are behind the ball.

If a player in an offside position (i.e. further forward than the ball) intercepts, prevents or slows down a pass from tagged player to a team mate, a free pass will be awarded to the non-offending team.

A player can, however, run from onside to intercept a floated pass before it reaches its intended recipient.



Black team is playing from right to left