

# Quick Guide to Adult Tag Rugby

**Object of the game** : **Have fun and score tries!**  
**Basic principle of the game** : **Run for spaces, not faces!**

- Players / Area : 5 players on the field at one time out of a total squad of 10.
- Rolling subs at anytime but the exchange of tags must take place on the halfway line.
- Field size is 45 metres in length from try line to try line, and 30 metres wide, from touchline to touchline.
- Time : Two halves of 7 min each with a 1 min interval for half time.
- Be ready for your next game as only 5 min between games.
- Kit : Official Tag Rugby Shorts / Belt.
- Shirts to be tucked in at all time with tags properly positioned.
- No dangerous items such as jewellery or watches may be worn during the game.
- Scoring : Tries count 1 point (if scored by a male player) and 2 points (if scored by a female player).
- Diving for the try line is not allowed.
- General play : Basic rules of rugby apply but no Tackling, Scrums, Line-outs or Kicks.
- Contact : Strictly **NO CONTACT** is allowed.
- The ball carrier is not allowed to run directly into defenders and defenders may not block the progress of the ball carrier unless they are pulling off a tag.
- Defenders may not impede non ball carrying players.
- Hand offs are not allowed.
- Pulling of clothing and knocking the ball out of opponents hands are not allowed.
- Ball Carrier : In order to prevent the ball carrier from deliberately trying to protect his/her tags, the ball must be carried in two hands within 3m of engaging defenders.
- Twists are allowed but no 360 degree turning.
- Tap and go : A “tap & go” is used to start and re-start the game at the location of leaving the field of play or at the changeover or an infringement.
- In a correct “tap & go” the ball must leave the foot or taken from the ground.



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- Tag (Tackle) :** Only the ball carrier can be tagged by the removal of one of his/her tags.
- The defender holds the tag above his/her head and shouts “TAG” before placing the ripped tag on the ground to indicate the mark where the restart will take place.
- The game is restarted by a “roll-the-ball” by the player whose tag has been legally removed.
- An attacking team is allowed 3 tags or chances to score, after which the defending team is given possession and restarts play with a tap-and-go.
- Roll-the-ball :** The tagged player returns to the place where the tag is dropped. Play is restarted when this player rolls the ball straight back between his/her legs. After the “roll-the-ball” is performed this player can re-attach his/her tags and rejoin the game.
- The defensive team must retire at least 5m at the “roll-the-ball” with the marker (player that made the tag) standing directly opposite the player rolling the ball.
- A “roll-the-ball” cannot take place closer than 5m to the try line.
- Off-side :** Defending players (except the tagger) must retire at least 5m at the “roll-the-ball” not to be off-side.
- Players will only be penalised for off-side if they interfere with play.
- Penalties :** Whenever the Tag Rugby rules are broken, a “tap and go” is awarded to the non-offending team at the spot where the infringement took place and the number of tags reverts to zero. If the infringement takes place over the try line or within 5m of the try line, the “tap and go” is awarded 5m from the try line.
- Repeated infringements / Foul Language / Physical Contact / Abuse or any breach of the Terms and Conditions of Adult Tag Rugby will result in on-field yellow and/or red cards at the referee’s discretion. A disciplinary process is in place for all cards issued during a match.
- Code of Conduct:** All players will be expected to abide by the rules of the tournament / league as well as the terms and conditions as set out by the Tag Rugby Association along with the general guidelines of the venue.
- Players are expected to play fairly and demonstrate good sportsmanship both on and off the field of play, as well as respect the decisions of the officials and referees.

For further information visit [www.tagrugbyleagues.com](http://www.tagrugbyleagues.com) or email [gerhard@taggroup.co.za](mailto:gerhard@taggroup.co.za)

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