



RAINFORD  
HIGH



Year 8  
PE Knowledge Organiser  
Tag Rugby  
Rules!

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS





RAINFORD  
HIGH

# Tag Rugby Rules

**START:** The game is started with a free pass from the middle of the pitch. The opposition must start 7m away.

**TEAMS:** Each team must have an equal number of players. The team must be between 5 and 8 players.

**TAGGING:** Only the player with the ball can be tagged! Once tagged a player has 3 seconds to stop and pass the ball or a free pass is awarded to the opposition. A player can however score a try within 1 step of being tagged.



**PASSING:** The ball can only be passed sideways or backwards and cannot be handed across. If the ball is passed forwards, knocked forwards or handed a FREE pass is awarded to the opposition.

**OFFSIDE:** Once a player is tagged all other defenders must move back to at least 1m from the ball. If a defender interferes or slows down the pass a free pass is awarded. Players can however run and attempt to intercept a floated pass AFTER it has been thrown by running from an onside position.



**IN PLAY:** If the ball goes out of play a free pass is awarded to the opponents of the team who touched it last.

**CONTACT:** The game is NO CONTACT! If any player obstructs or makes deliberate contact with an opponent then a free pass is awarded to their opponents.

**SCORING:** To score a try a player must ground the ball (using two hands) on or over their opponents try line. Players should NOT dive to ground to score a try.

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS