Knowledge Organiser | Tag Rugby

Overview



- Tag Rugby is a non-contact version of rugby where players wear a belt with two velcro "tags" attached to their sides. The aim is to score tries by touching the ball down in the opponent's try zone. Instead of tackling, defenders remove a tag from the belt of the player with the ball, signaling a "tag" and halting play momentarily.
- It is played by teams of 5-7 players, making it suitable for all ages and mixed-gender teams.
- Tag rugby is popular in schools and youth programs as an introduction to rugby, emphasizing safety, skill development, and fun.

Rules

- Team Composition: Played with 5-7 players per team, depending on the format. Mixed-gender teams are common.
- Scoring: A try is worth 1 point, and it is scored by grounding the ball in the opponent's try zone.
- Turnover: If the attacking team is tagged six times, possession is handed over to the opposing team.
- Tagging Rules: When a player is tagged (a defender pulls off a tag), they must stop, pass the ball within 3 seconds, and no more than 3 steps. The defender must then return the tag to the tagged player.
- Offside Rule: Defenders must retreat backward 7 meters from the point of the tag before they can engage in play again.

Further Support

- International Tag Federation (ITF): The global governing body for tag rugby. ITF Website
- Try Tag Rugby (UK): Organizes leagues and tournaments across the United Kingdom. Try Tag Rugby Website

Did you know?

Origins: Tag rugby was developed in Australia during the early 1990s as a safe, non-contact form of rugby.

Global Reach: The sport is played in over 40 countries, with strong followings in Australia, the UK, Ireland, New Zealand, and South Africa.

Mixed-Gender Play: It is one of the few rugby formats that encourages mixed-gender teams, promoting inclusivity.

Skills

Running: Players need speed and agility to evade defenders and make breaks toward the try line.

Passing: Accurate passing is crucial, with players often using a lateral or backward pass, as forward passes are not allowed.

Tagging (Defending): Players must practice reaching out to remove an opponent's tag quickly and accurately to stop their progress.

Dodging: The ability to change direction quickly helps players avoid being tagged.

Support Play: Off-the-ball players should position themselves to receive a pass when the ball carrier is tagged.

Ball Handling: Players need to handle the ball confidently, catch passes, and avoid dropping the ball.

Vocabulary

Try

Tag

Offside

Knock on

Pass

Tag Belt

Restart

Attack

Defence