

VAN LINT STUDENT SPORTS WEEK

Tag Rugby

Team size: 5 (substitutions are allowed)

Duration of a game: 10 minutes

Rules & game explanation

Tag rugby is essentially a non-contact version of rugby.

Field Setup (20m × 20m)

- Length: 20m
- Width: 20m
- Scoring line that span the full width of the field at both ends
- Ball against wall is out and the ball goes over to the opposing team

Starting Play

- Game begins with a tap at halfway the field.
- Tap: place ball → tap with foot → pick up.

Touch Count

- Each team has five touches.
- After the 5th touch, possession changes.

Making a Touch

- A touch is two-handed contact on the ball carrier.
- After a touch: stop, return to mark (place of touch), place the ball on the ground
- Defenders stay behind 1 meter from the mark.

Passing

- Passes must be backwards.
- Forward pass = turnover (so the ball is passed on to the other team).

Scoring

- A try is worth 1 point.
- Ball must be grounded on/over the try line (ie. the ball must be touched down over the scoring line).

Offside

- Defenders must retreat 1 meter from the tapball.
- Failure to retreat = penalty.

Penalties

- Awarded for:
 - Forward pass
 - Offside
 - Incorrect tapball
 - Interference/obstruction
 - Unsafe contact
 - ball against wall is out
- Restart with a tap at the mark.

Safety

- No tackles, pushing, wrestling, or diving into players.
- Only light touches allowed.