



# PE: Tag Rugby

## Rules

- The object of the game is to score a try by placing the ball with downward pressure on or behind the opponents try line. For safety reasons the player must not dive to the floor.
- The ball can only be passed sideways or backwards through the air, not handed to another player. A free pass is awarded for a forward pass.
- If the ball is pulled from a players grasp, a free pass is awarded.
- A knock-on occurs when a player, attempting to catch the ball, fumbles it and knocks it forwards. A free pass is awarded to the non offending team.
- A tag is the removal of one of the two tags from the ball carrier's belt. The ball carrier cannot fend off using hands or the ball.
- When the ball carrier is tagged they have to stop as soon as possible and have 3 seconds to pass backwards to a team mate. Players are allowed one step to score a try after being tagged.
- Offside only occurs immediately at the tag where the offside line is through the centre if the ball. When a tag is made, all the 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 intercepts, prevents or slows down a pass from the tagged player to a team mate, a free pass will be awarded to the non-offending team.
- There is no kicking allowed.



TP offside rule -- in the diagram above, O1 has been tackled by X1.  
X2 is currently in an offside position as he is preventing O1 to pass it to O2.  
X2 must retreat back in line with where the tackle has been made.

## Vocabulary and Key Skills

Passing	Stand side on, hands on opposite panels on the ball, thumbs on top, keep arms straight, swing arms like a pendulum. Release the ball with fingers pointing at target, look at the target. Keep the trajectory flat.
Tagging	A tag is the removal of one of two tags from the ball carrier's belt. When a tag is made, the tagger should hold the tag above his/her head and shout tag. The sequence should be tag taken, ball passed, tag returned and tag replaced.
Running with the ball	Run into space and change direction quickly to evade the defenders with both hands on the ball. The side step is a way of disguising which direction the ball carrier is going to go. As the ball carrier approaches a defender, he/she steps to one side of the defender, pushes off and steps to the opposite side moving past the defender quickly. An increase in speed will also make the sidestep more effective. The Dummy Pass is where a player fakes a pass to a player but continues to run themselves.
Attack	In attack the ball carrier should run forward whenever possible and the other players are encouraged to run in close support ready to receive a pass. The ball carrier should be looking to run at the spaces and not directly at the defenders. An attacking line is a diagonal line spread across the width of the pitch from where the player in possession is standing. This formation ensures that the ball is more likely to be passed backwards.
Defence	Players should be looking to make a defensive line, this is a flat line spread across the width of the pitch that reduces the size of the gaps between players, reducing the space and opportunity for the ball carrier to run through. Players should also move forwards to reduce the space their opponents have to run into.