

TAG RUGBY LEAGUE

KEY RULES

Game Basics: Tag Rugby League is a non-contact version of rugby played between two teams. The aim is to score tries by grounding the ball over the opponent's try line. Play starts with a pass backwards from the centre and continues until a tag is taken. Each team has six tags (tackles) to score before the ball is turned over to the other team.

Passing and Movement: The ball must always be passed backwards or sideways, never forwards. Players run forward to gain ground and look for space to avoid being tagged. Once tagged, the player must stop, place the ball on the ground, and perform a 'play the ball' to restart play. Supporting teammates should stay behind the ball carrier to receive passes.

Scoring and Possession: A try is scored when a player places the ball down over the try line. If the attacking team is tagged six times without scoring, possession is handed to the defending team. The attacking side must restart play after each tag by rolling the ball back with their foot to a teammate, known as the dummy half.

Defending and Tagging: Defenders aim to remove one of the two tags attached to the attacker's belt to stop their progress. Once a tag is removed, the defender holds it up and shouts "Tag!" before returning it to the attacker. Defenders must retreat five metres after each tag and cannot obstruct or contact players.

Fair Play and Safety: Tag Rugby League is a non-contact game that promotes teamwork, respect, and inclusion. Players must not push, trip, or block opponents. Tags should be worn visibly and securely and replaced quickly after each play. Safe play, communication, and fair sportsmanship are always essential.

NATIONAL GOVERNING BODY (NGB)

Rugby Football League (RFL): The national governing body for rugby league in England, responsible for Tag Rugby League and school participation programmes.

Scotland Rugby League: Promotes rugby league and tag rugby across Scotland in schools and clubs.

Wales Rugby League: Develops rugby league and tag rugby participation across Wales.

Rugby League Ireland: Oversees rugby league and tag rugby development in Northern Ireland and the Republic of Ireland.

USEFUL LINKS

Rugby Football League (RFL): rugby-league.com

Scotland Rugby League: scotlandrli.com

Wales Rugby League: walesrugbyleague.co.uk

Rugby League Ireland: rli.ie

International Rugby League: intrl.sport

Your School Games Tag Rugby: yourschoolgames.com/taking-part/our-sports/rugby-league/

TAG RUGBY UNION

KEY RULES

Game Basics: Tag Rugby Union is a non-contact version of rugby played between two teams, usually 5–7 players per side. The aim is to score tries by carrying the ball over the opponent's try line and grounding it. Play starts with a backward pass from the centre after the referee's whistle. Each team has six tags (tackles) to score before possession changes.

Passing and Movement: The ball must always be passed backwards or sideways, never forwards. Players move forward into space to avoid defenders and look to offload the ball before being tagged. Once tagged, the player must stop, hold the ball out, and pass within three seconds. Teammates must stay behind the ball carrier to receive a pass.

Scoring and Possession: A try is scored when a player places the ball down on or over the opponent's try line with control. After a try, play restarts with a tap pass from the centre. If six tags are made before a try is scored, the ball is turned over to the defending team. The attacking team cannot deliberately delay play after being tagged.

Defending and Tagging: Defenders aim to remove one of the two tags attached to the attacker's belt. When a tag is made, the defender must hold it up and call "Tag!" loudly, then return it to the attacker. The defender must retreat at least five metres before rejoining play. No tackling, pushing, tripping, or physical contact is allowed.

Fair Play and Safety: Tag Rugby Union encourages teamwork, communication, and respect. All players must always wear their belts with tags visible. Games are played in two halves, and teams switch ends at half-time. Safe tagging, clear communication, and honesty are essential to keeping the game fair and enjoyable for everyone.

NATIONAL GOVERNING BODY (NGB)

Rugby Football Union (RFU): The governing body for rugby union in England, responsible for Tag Rugby and the schools' rugby development programme.

Scottish Rugby Union (SRU): Manages rugby union and tag rugby programmes across Scotland.

Welsh Rugby Union (WRU): Supports rugby union and tag rugby participation throughout Wales.

Irish Rugby Football Union (IRFU): Governs rugby union and tag rugby development in Northern Ireland and the Republic of Ireland.

USEFUL LINKS

Rugby Football Union (RFU): englandrugby.com

Scottish Rugby Union: scottishrugby.org

Welsh Rugby Union: wru.wales

Irish Rugby Football Union: irishrugby.ie

World Rugby: world.rugby

Your School Games Tag Rugby: yourschoolgames.com/taking-part/our-sports/rugby-union/