

# INVASION GAMES

## Hockey and Tag Rugby

### KEY RULES

**Game Basics:** Hockey and Tag Rugby are invasion games that develop teamwork, communication, and decision-making. Both sports involve attacking to score and defending to protect your goal or try line. Players must move into space, support their teammates, and work together to maintain possession and create scoring opportunities.

**Hockey:** Played between two teams using sticks to control, pass, and shoot the ball towards the opponent's goal. Players must always use the flat side of the stick, keeping it below shoulder height for safety. The ball should stay on the ground unless lifted safely during a shot or pass. Players are not allowed to use their feet, hands, or body to control the ball. A match begins with a pass from the centre and restarts after each goal. Teams must pass accurately, dribble under control, and position themselves well to score from inside the shooting circle. Defending involves intercepting, blocking, and tackling safely using the stick without contacting other players. Communication and awareness are essential to prevent accidents and to support fair play.

Children learn to use space, stay balanced, and work as a team while following all safety rules. Respect for opponents and the referee is a key part of the game.

**Tag Rugby:** A non-contact game played between two teams. The aim is to score a try by running the ball across the opponent's try line while avoiding having your tag removed. Players must pass the ball backwards or sideways; forward passes are not allowed.

Each team is allowed a set number of tags (usually six) before possession is handed over. When a player's tag is taken, they must stop, hold the ball, and pass it within three seconds. Defenders must hand the tag back before rejoining the game. Tackling, grabbing clothing, or physical contact is not permitted.

Attacking players should use speed, direction changes, and teamwork to find space and move the ball forward. Defenders work together to block passes and close down gaps safely. The game builds awareness, agility, and decision-making while encouraging fair play and respect.

**Teamwork and Tactics:** Both Hockey and Tag Rugby promote shared learning, cooperation, and tactical thinking. Children learn when to attack, when to defend, and how to support teammates effectively. They understand the importance of working as a team, staying positive, and following the rules to ensure a fun and safe environment for everyone.

**Fair Play and Safety:** Both sports encourage honesty, inclusion, and responsibility. Players must respect officials, wear suitable equipment, and follow instructions. Hockey players must always control their stick, and in Tag Rugby, contact is not allowed. Children are reminded that participation and teamwork are as important as winning.

### USEFUL LINKS

**England Hockey:** [englandhockey.co.uk](http://englandhockey.co.uk)

**Scottish Hockey:** [scottish-hockey.org.uk](http://scottish-hockey.org.uk)

**Hockey Wales:** [hockeywales.org.uk](http://hockeywales.org.uk)

**Ulster Hockey:** [ulsterhockey.com](http://ulsterhockey.com)

**Your School Games**

**Hockey:** [yourschoolgames.com/taking-part/our-sports/hockey](http://yourschoolgames.com/taking-part/our-sports/hockey)

**England Rugby (RFU):** [englandrugby.com](http://englandrugby.com)

**Scottish Rugby Union:** [scottishrugby.org](http://scottishrugby.org)

**Welsh Rugby Union:** [wru.wales](http://wru.wales)

**Irish Rugby Football Union:** [irishrugby.ie](http://irishrugby.ie)

**Your School Games Tag Rugby:** [yourschoolgames.com/taking-part/our-sports/rugby-union/](http://yourschoolgames.com/taking-part/our-sports/rugby-union/)

**Rugby Football League (RFL):** [rugby-league.com](http://rugby-league.com)

**Scotland Rugby League:** [scotlandrli.com](http://scotlandrli.com)

**Wales Rugby League:** [walesrugbyleague.co.uk](http://walesrugbyleague.co.uk)

**Rugby League Ireland:** [rli.ie](http://rli.ie)

**International Rugby League:** [intrl.sport](http://intrl.sport)

**Your School Games Tag Rugby:** [yourschoolgames.com/taking-part/our-sports/rugby-league/](http://yourschoolgames.com/taking-part/our-sports/rugby-league/)