



## KEY RULES

**Game Basics:** JagTag is a non-contact version of American Football played between two teams. The aim is to move the ball up the field and score a touchdown by catching the ball in the opponent's end zone. The game begins with a throw-off, and play starts from the line of scrimmage after each down.

**Passing and Movement:** The attacking team has four downs (attempts) to reach halfway, and another four downs to score a touchdown. Players can only pass the ball forward once per play and only from behind the line of scrimmage. Backward passes and laterals are not allowed. Players cannot dive or jump to avoid a tag, but they can spin or change direction quickly to stay in play.

**Scoring and Possession:** A touchdown is scored when a player catches the ball in the opponent's end zone. If the ball is dropped or intercepted, the play is dead and the next down begins from the same spot. If the attacking team fails to reach halfway or score within four downs, the defending team takes possession and becomes the offence.

**Defending and Tagging:** Defenders aim to stop the attack by tagging the player with the ball or intercepting passes. Only one defender may rush the quarterback during a play. Defenders can use either man-to-man marking or zonal defending depending on their tactics. Contact is not allowed, and all defensive actions must be controlled and fair.

**Fair Play and Safety:** Players must wear JagTag belts securely with visible flags. No pushing, holding, or physical contact is allowed. Teamwork, communication, and respect for referees and opponents are essential. All players should follow the rules to ensure a fun, safe, and inclusive game for everyone.

## NATIONAL GOVERNING BODY (NGB)

**JagTag:** The official school and youth programme supported by the Jacksonville Jaguars, promoting safe and inclusive flag-style American Football for young players.

**British American Football Association (BAFA):** The national governing body for American Football in the UK, responsible for coaching, competitions, and development of the sport.

## USEFUL LINKS

**JagTag UK:** [jaguars.co.uk/grassroots/jagtag/](http://jaguars.co.uk/grassroots/jagtag/)

**British American Football Association (BAFA):** [bafa.org.uk](http://bafa.org.uk)

**NFL UK:** [nfl.com/uk](http://nfl.com/uk)

**Your School Games American Football:** [yourschoolgames.com/taking-part/our-sports/american-football/](http://yourschoolgames.com/taking-part/our-sports/american-football/)