



**Rules:**

- Two teams compete.
- There are often seven players in a team, but this is adapted depending on the children in class.
- Players must wear 2 tags each.
- Tags must be worn on the players hips.
- Players must not hold their tags to prevent an opponent from taking one off the belt.
- When tags have been removed, the person who has removed it must shout tag.
- The tagger must then hand the tag back to the player.
- Tags MUST NOT be thrown on the floor.
- No forward passes are allowed. You must pass laterally or behind.
- Only the player with the ball can be tagged (which is the same as a non-contact tackle).
- Once tagged, the player in possession of the ball must attempt to stop as soon as possible and pass the ball within 3 seconds of being tagged.
- Even at full pace, the ball carrier will be expected to stop in 3 strides.

**Overview and aims of this unit:**

This term, children will be introduced to the principles of Tag Rugby for the first time. They will develop their understanding of lateral passing/passing backwards which is very different to all other team sports they know. This is a great sport to develop the following values, whilst improving physical and mental well-being:



**Key vocabulary:**

**Try-** This is how you score points in rugby. You must touch the ball on the floor across a special line called a try line.

**Tag-** A player wears two tags on a belt. It is a strip of material which can be pulled off the belt. It usually has a specific colour which represents your team colour.

**Lateral pass-** A way of passing the ball to the side from player to player.

**Possession-** When a player is holding the ball, they have possession of it.

**Receiver-** The person who is about to receive the ball (catching it when it is being thrown by another player).

**Key Questions:**

- How does Tag Rugby make you feel physically?
- How does Tag Rugby make you feel mentally?
- What is a key skill in Tag Rugby? Why?

# Tag Rugby

**Layout of pitch**

*Recommended TAG Rugby markings for festivals/competitive games.*

