



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:

A Try- this is how you score points in rugby. You have to touch the ball on the floor across a special line call 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 (catch it when it is being thrown by another player).

Kit required: Tag rugby is played outside. For this lesson, you may need shorts or joggers, a t-shirt and a sweatshirt. Always wear trainers- you may be running on slightly bumpy ground!

TAG RUGBY

Layout of pitch

Recommended TAG Rugby markings for festivals/competitive games.

