

### Teams & Equipment

- 5 - 7 players on the field; squads of up to 10.
- Tag Rugby® belts and Tags required (socks can be used); shirts tucked in.
- No jewellery; suitable footwear; no spectacles (sports goggles allowed).

### Game Duration & Start

- Standard game: 15 minutes, or two 7-minute halves.
- Play starts with a tap & pass at halfway.

### Scoring

- Ball must be passed to three different players before a try.
- Try = 1 point; in mixed games, a female try = 2 points.
- No diving; ball must be grounded.
- Penalty try awarded for foul play preventing a likely try.

### Contact & Ball Control

- Strictly no contact. This means no hand-offs, blocking, shielding tags, or pulling clothing.
- Ball must be held in two hands within 3 meters of defenders.

### Tagging & Possession

- A tag is the removal of one ribbon by the defender,
- Ball carrier must stop and pass within 3 seconds or 3 steps.
- Defenders retreat 1 meter and return the tag before rejoining.
- Maximum of 2 tags per possession; a 3rd tag causes a changeover (the defenders get a chance to attack)

### Tap & Pass

- Used to start or restart play and for all penalties.
- Defenders must retreat 3–7 meters.
- Player must tap and pass immediately (no tap-and-run).

### Offside & Advantage

- Offside applies only immediately after a tag.
- Defenders must retreat 3 meters behind the ball.
- Advantage played unless safety is compromised.

### Prohibited Actions

- No kicking.
- No spinning, jumping, obstruction, or deliberate knock-ons.
- All infringements reset the tag count to zero.

**[For equipment and online coaching course information email coaching@taggroup.co.za](mailto:coaching@taggroup.co.za)**