

Tag Rugby Knowledge Organiser

Key Skills:

Passing	Used to move the ball down the pitch. There are a variety of passes (spin, pop, flick, offload, reverse or blind) which can be used depending on position, game situation and area of pitch. Passes must be made backwards.
Handling	A vital skill involved in passing and running with the ball. Two hands in contact with the ball will help with passing the ball and making sure it is secure.
Tagging	Trying to stop an opponent who has the ball by taking the tag/s from their belt. This can be done either one handed or two.
Carrying	The act of carrying the ball around the pitch. Players can use a variety of techniques to avoid being tackled, for example a side step, swerve or spin.
Match Play	Used to describe the overall game. A combination of tactics and physical actions.

Game:

- The aim of the game is to score more tries/points against the opposition.
- The game begins with a pass from the very centre, on the halfway line.
- A competitive game is usually 40 minutes, in two halves of 20 minutes.
- The team with the most tries/points wins the game.

Scoring:

- A try is scored when a player grounds the ball on or over their opponents try line.
- Players should not dive to ground or score a try.

Key Terms

Teamwork

Respect

Target

Flow

Tackle

Hands up

Speed

Pivot

Dodge

Physical Fitness

Coordination

Agility

Reaction time

Power

Stamina

Strength

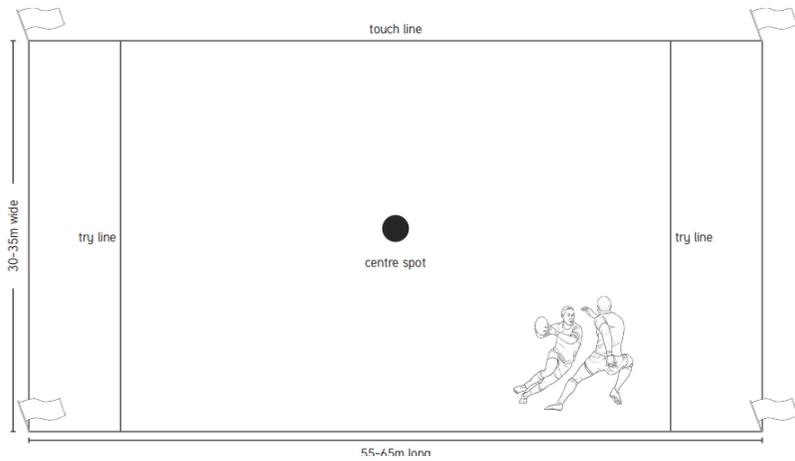
Balance

Equipment

Rugby ball

Tag rugby belts

What a tag rugby pitch looks like



Game:

- The aim of the game is to score more tries/points against the opposition.
- The game begins with a free pass from the middle of the pitch. The opposition must start 7m away.
- Each team must have an equal number of players. The team must be between 5 and 8 players.
- Only the player with the ball can be tagged. Once tagged, a player has 3 seconds to stop and pass the ball or a free pass is awarded to the opposition. A player can however score a try within 1 step of being tagged.
- If the ball goes out of play, a free pass is awarded to the opponents of the team who touched it last.
- The game is no contact. If any player obstructs or makes deliberate contact with an opponent then a free pass is awarded to their opponents.
- To score a try, a player must ground the ball on or over their opponents try line. Players should not dive to ground or score a try.
- The ball can only be passed sideways or backwards and cannot be handed across. If the ball is passed forwards or knocked forwards (dropped), a free pass is awarded.

