



## **Tag (Flag) Rugby Simplified Key Rules**

- 1. There is strictly NO CONTACT other than the removal of a flag from the ball carrier. "RUN AT SPACES NOT FACES"**
- 2. All players must stay on their feet at all times. If a ball carrier goes to ground, it's a turnover. If a defender goes to ground, the offense gets the ball and downs are reset.**
- 3. Absolutely no diving for loose balls.**
- 4. No grabbing the ball out of the other player's hands.**
- 5. No flag shielding or spin moves.**
- 6. 5 downs per series, unless reset by penalty.**
- 7. When tagged, ball carrier has to stop within 3 steps and pass the ball within 3 seconds.**
- 8. Turnovers on: knockons, after 5th down, not passing within 3 seconds, and penalties.**
- 9. Restarts must start with a pass and after the referee says ready. No taps are required.**
- 10. Defender is out of play until he/she returns flag to the runner.**
- 11. Ball carrier is out of play until his flag is returned to belt.**
- 12. Off-sides is marked at the place of the tag with all defenders retreating behind the ball carrier.**
- 13. Play "advantage" for off-side, and only stop play if off-side defender interferes with passer.**
- 14. No kicking the ball**

**These rules can be a little confusing if you have never played before, but Tag Rugby is really easy to learn.**