



GIRLS TAG RUGBY YEAR 5/6

[Development Event- Look at end of document for more info.](#)

Dates and Venues: Monday 23rd June 2025 – Coalville Rugby Club (LE67 5PF)

Time: 12:00pm – 4pm – (Entries dependant)

Age Group: Year 5/6

Gender: Girls Only

Number of Pupils: Teams of 8-a-side, max squad of 12 (limit of 2 teams per school).
NOTE: Schools are permitted to bring smaller teams or individuals to this event, they will be incorporated into another team, just let us know in advance.

Target Group: Strictly for pupils who you would not bring to a performance event. This event is targeted at pupils who are above inspire standard but are not excel standard.

Format:

- Schools will rotate around rugby related stations prior to the official games starting.
- Schools will be put into pools and will play other schools in the pool in a round robin format.
- Games will be two halves of a minimum of 6 minutes and a maximum of 10 minutes each way with 1 minute for half time. This may be changed dependent on number of entries.

Equipment:

- Pupils will **need** to wear PE kit and **BOOTS**.
- Each school will need to bring their own tag belts.
- Appropriate clothing for outdoor activity is recommended.
- Pupils will need to bring their own drinks.

Rules:

- See below.

Pathway:

- **One of the main purposes of this event is to provide a link for girls between girls and club rugby.**
- All participants will be given information on Coalville RFC and Ashby RFC on the day of the competition.
- There is no level 3 progression for this event.

Tag Rugby Rules

Rules video- does not cover all rules but may help understand the main rules. <https://youtu.be/oCJvl0sm2NI>

Accompanying rules slide for video (Ignore the gender stipulation- Girls only for this event)- <https://www.nwleics-ssp.org.uk/wp-content/uploads/2017/02/Rules-of-Tag-Rugby-1.pdf>

Ball Carrying

- The ball must be carried in two hands and players must not obstruct the tags using the ball.

Free pass

- A free pass from the centre of the pitch is used to start the game, and after every time a try is scored. It is also used at the side of the pitch when the ball goes out of bounds from where the referee determines.
- Free passes cannot be taken nearer than 7m from the goal line. The pass must go backwards to a member of the team starting 2m away from the taker. Opponents must be 7m away.

Scoring

- To score a try the ball must be placed down behind the opponents scoring line (**no diving**).

Passing

- Passes must be made sideways or backwards. If the ball is passed forward or handed to a team mate the opposition is awarded a free pass.
- All passes should have air between the passer, the ball and the catcher. If there is no air between the pass it will be deemed a grab and a free pass awarded to the opposition.
- The ball cannot be slapped or grabbed out of an opposing players' hands. If the ball is slapped/grabbed out of a player hands a free pass will be awarded.

The Tag

- The tag is the removal of one of the tags from the ball carriers belt. The ball carrier can dodge but not prevent their tags being taken. Players must have 2 tags to be part of the game.
- When the ball carrier is tagged they must pass the ball within 3 seconds or 3 steps, the ball carrier has 1 step to score a try once tagged.
- After being tagged the player must retrieve and re-attach their tag before re-joining the game. The player making the tag must give the tag back to the player it came from and must not throw it on the floor.
- **If after the sixth tagging, no score has been made the ball will be turned over.**

Knock on

- A knock on occurs when a player attempting to catch the ball fumbles or drops it forwards, a free pass is awarded to the opposition.

Offside

- This is the hardest concept for the children to understand.
- An imaginary offside line is created horizontally across the pitch when a "tag" has been made.
- The defending team must get behind this line to continue playing and are only allowed over this line once the tagged player passes the ball.
- Defending players that cross this line and affects the play are offside.
- This stops defending players from standing in passing lanes and pulling tags before receiving the ball.

Penalties (Turn Over)

- Passing the ball forward/dropping the ball and it goes forward.
- Slapping, grabbing/snatching the ball off someone (your team or another team).
- Spinning to stop being tagged.
- Diving to score, pass or tag
- Contact in any form.

Free Pass

- Being offside and interfering with play (catching the ball, tagging a player, gets in the way of a pass).
- Contact in any form.

Development Competition

In this category the focus is to increase the number of individual pupils that represent schools. These competitions provide the opportunity for less-engaged students, or those that are engaged but are perhaps less talented in traditional sports, to participate in non-traditional competitions. The ideal model for this is that the pupils that represent a school in the 'Excel Competitions' would not be eligible to play in 'Development Competitions', though we understand that there may be some crossover for smaller schools.

This competition tier is a new addition but is mostly based on existing sports. Where previously many schools have entered football and rugby players into dodgeball competitions, we aim to limit this so that other pupils may have the opportunity to represent their school at sport, rather than the most talented few monopolising the competition offer. The number of competitions has therefore not increased, but the new focus caters for an increase in the number of individual pupils that participate.

The structure and format of these events may differ slightly with the potential introduction of alternative scoring and adapted rules implemented to assist with the provision of a more appropriate level of competition for the participants involved