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: knock-ons, 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.