



Official Associate Member of SA Rugby

# YOUTH RULES & LESSON PLANS

Prepared by the Tag Rugby® Association





PLAY YOUR PART.

# YOUTH TAG RUGBY® RULES

## RULE 1: Teams/Clothing

1. 1 A maximum of seven (7) players per team on the field at any one time. Squads are made up of ten (10) players. For practices teams can have ten (10) players in each team depending on the size of the field
1. 2 SA Rugby Tag Rugby® licensed belts are the official belts to be used for all games, leagues and Festivals and must be worn around the waist on the outside of the clothing. The tags must be properly positioned on either side of the hips and teams are distinguished by the colour of tags. Shirts must be tucked in at all times.
- 1.3 It is advised that the colour of the tags worn by a team should not be the same colour as the shorts the players of that team are wearing as this could make "tagging" difficult.
1. 4 Rolling substitutions/replacements are allowed at any time during the game but in mixed games, the appropriate number of each sex must be maintained. The replaced player should leave the field of play before the replacement can participate in the game. All replacements during the game should be from the same side of the field and at the halfway line.
1. 5 Players are not allowed to wear anything that might prove dangerous to other players e.g., any jewellery & watches.
- 1.6 Footwear should be suitable for the weather and the surface conditions. Wherever possible players should play barefoot.
- 1.7 Players may not wear spectacles or sunglasses. Contact lenses or sports goggles are permitted.

## **RULE 2 - Duration of Play/Start of the Game**

2. 1 The length of a game is normally 15 minutes (one way). If coaches decide on playing two halves, they will be 7 minutes long with a minute for half time.
2. 2 The captain who wins the toss can choose either in which direction his team plays or if his team starts with the ball.
2. 3 The game starts with a tap & pass at the centre of the half-way line.

## **RULE 3 - Scoring**

- 3.1 The attacking team must pass the ball to three (3) different players before scoring. A try is awarded when the ball is placed on the ground on, or behind, the try-line in the ingoal area. Note: For safety, when playing on hard surfaces, a try can be scored by the ball carrier crossing the try-line and grounding the ball, NO DIVING is allowed.
3. 2 One point is awarded for a try. To encourage more team, play in mixed games, if a femalescores a try, then it is worth two (2) points.
- 3.3 After a try has been scored, the opponents of the team that scored restart play with a tap & pass in the centre of the half way line.
- 3.4 If an attacking player is tagged before they have actually grounded the ball for a try then a try should NOT be awarded. Instead, it will count as a tag and the game will restart with a tap & pass to the attacking team, five metres (5m) out from the try line.  
If this is the 3rd tag then a changeover should occur.

Note: When tagged near, or over, the tryline the attacking player still has the option of passing the ball to a team mate to score, within 3 seconds.

3. 5 Penalty Try - A try will be awarded if a try would probably have been scored but for foul play by an opponent. If the try was going to be scored by a female, then this will be worth two (2) points.



PLAY YOUR PART.

## RULE 4 - Playing the Game

4. 1 **No Contact Rule** - There is strictly NO CONTACT allowed between players. Both attackers and defenders must avoid each other at ALL times. The ball carrier is not allowed to run directly into defenders and defenders are not allowed to block the progress of the ball carrier. No hand - offs, or using your hand, elbow or ball to block or shield your tags in any way is allowed. No pulling of clothing or pulling/knocking the ball out of the ball carrier's hand is permitted. Any player that initiates contact should be penalised and the player(s) concerned reminded of the rules.  
**Penalty:** Tap & pass

Remember "Run at spaces not faces"

- 4.2 **Ball in Two Hands Rule** - If the ball carrier holds the ball in just one hand or under one arm when close to defenders, there is every likelihood that his/her 'free hand' will in some way, either deliberately, or instinctively, interfere, block or fend off a defender attempting to remove his tag. THE BALL CARRIER MUST HOLD THE BALL IN TWO HANDS WHEN THEY ARE WITHIN THREE METRES (3m) OF DEFENDERS. Referees are encouraged to reinforce this rule by shouting out "TWO HANDS" when necessary, but should only penalise the ball carrier if he/she ignores this warning, or has used their free hand to interfere, block or fend off a defender in anyway.  
**Penalty:** Tap & pass
4. 3 No forward passes or knock - ons are allowed.  
**Penalty:** Tap & pass

## RULE 5 - The 'Tackle' (Tag) and Tag Count

5.1 Only the player with the ball can be tagged and a 'tackle' (tag) is simply the removal of one of the two tags from the ball carrier. Ball carriers can run or dodge defenders attempting to make a tag, but cannot hand them off or guard or shield their tags in any way. This includes using the ball or their elbows.

5.2 Once a defender has removed a tag he/she holds the tag above his/her head and shouts "TAG" for all to hear. The referee will then confirm a legitimate tag has taken place by also shouting "TAG", followed by the number of tags that team have used up at that stage, the tag count e.g. "TAG ONE...PASS", "TAG TWO...PASS" etc.

5.3 What must the ball carrier (attacker) do after being tagged? In Youth Tag Rugby® there is no actual stoppage in play when a tag is made, instead the player in possession of the ball, must stop running and pass immediately. The ball carrier is allowed a maximum of three (3) steps and three (3) seconds to pass the ball. If this is not done a tap & pass is awarded to the non-offending team at the place the infringement. The referee can assist players in this situation by calling "TAG ONE PASS", "TAG TWO PASS" etc.

**Penalty:** Tap & pass

**Note:** The ball carrier can pass in the act of stopping.

5.4 What must the tagger do after making a tag? - The tagger, and other defenders, must back off at least one metre (1m) from the ball carrier (attacker), allowing space for the ball carrier to pass. The tagged attacker and the tagger can take no further part until the tagger has, in a sporting manner, handed back the tag to the attacker (not thrown it on the floor). The attacker can only rejoin the game once he /she has two ribbons attached to their belt.

5.5 The attacking team have two (2) consecutive 'tags' or 'plays' to score a try. If a third (3rd) tag is made, a changeover occurs and the opposition are awarded a tap & pass at the place the third (3rd) tag took place.

**Note:** When dealing with beginners or players of low ability then, at the discretion of those in charge, players can be given longer than three (3) seconds to pass the ball after being tagged and/or the number of the tags (tag count) can be unlimited with possession changing on infringements only. Similarly, with more able players, or when playing in a restricted area, the tag count can be reduced to less than three (3).

5.6 Whenever a tap & pass is awarded the tag count will start back to zero. This is a good incentive for the team not in possession of the ball not to deliberately infringe.

5.7 If the ball carrier is tagged simultaneously in the act of passing, i.e., the ball is leaving the ball carrier's hands the moment he/she is tagged, the referee will always rule in favour of the attacking team, shouting "BALL AWAY, PLAY ON".

5.8 A try will not be awarded if the attacking player in possession of the ball is tagged before they have actually grounded the ball for a try even if they are over the line.

- 5.9 For a tag to be legal, the ball must still be in the hands of the ball carrier at the moment the tag is made. If a defender deliberately removes a tag from the ball carrier after he/she has passed the ball, or before the player has received the ball, the defender will be deemed to have made an illegal tag. In both instances the referee should, if the non-offending team gain no advantage, award a tap & pass to the non-offending team at the place the offence occurred.

**Penalty:** Tap & pass

- 5.10 If a defender calls "TAG" without physically removing a tag (a 'phantom tag') then the attacking team shall be awarded a tap & pass if the attacking team have gained no advantage.

**Penalty:** Tap & pass

- 5.11 For safety, if the ball carrier accidentally falls or slips to the ground while in possession of the ball (this includes if the knee or elbow touches the ground) and a defender is within tagging distance, a tag will be deemed to have been made. In this situation the referee should stop the game immediately and restart it with a tap & pass to the team in possession of the ball, adding a tag to that teams' tag count tally. If this is the 3rd tag then a changeover should occur.

- 5.12 No player can participate in the game without both tags being correctly in place.

**Penalty:** Tap & pass

**Note:** However, in the spirit of the game, if the referee believes a tag has dropped off the ball carriers' Tag belt purely by accident and a defender is within tagging distance, the referee can stop the game and award a tap & pass to the ball carrier's team, counting this as one of the tags towards their tag count tally. The place where this tap & pass is taken is at the discretion of the referee, but is normally where the tag originally dropped off, or where, in the view of the referee, the ball carrier would probably have been tagged by a defender if the tag was properly in place. If this is the 3rd tag in the tag count then the referee should award a changeover of possession.

## RULE 6 - Tap & Pass

- 6.1 A tap & pass is used to start the game or restart it at the place the ball went out of play or an infringement or changeover took place. Any player may take a tap & pass awarded to their team. The ball may be placed on the ground or held in the hand and on the instruction "PLAY" by the referee, and not before, the attacker must tap the ball with the foot, or lower leg, and pass the ball. Tapping the ball with the knee is not allowed and the referee should stop play and request the tap & pass be retaken in the proper manner.

**Note:** If playing Tag Rugby® without a referee the instruction "PLAY" can be given by the opposition captain.

- 6.2 At a tap & pass, the defending team must retire back three to seven metres (3-7m depending on field size) towards their own try-line to an imaginary line called the defensive line, or until they have reached their own try-line if this is nearer. Defending players are not allowed to move forward from this defensive line until the attacking player has actually passed the ball.

**Penalty:** Tap & pass (to be taken at the defensive line)

- 6.3 A tap & pass cannot be taken quickly but only after the referee has given the defensive team time (about five (5) seconds) to retire the required three - seven metres (3 7m) and given the instruction "PLAY". Play must restart with the attacking player passing the ball, players are not allowed to tap the ball and run themselves. If they do the referee should stop play and request the tap & pass be retaken in the proper manner.
- 6.4 If a defending player, who has not retired back the required - seven metres (3 - 7m), interferes with play, the referee should award a tap & pass to the non-offending team if the attacking team gain no advantage. This tap & pass is awarded at the defensive line the defending players should have retired too.

**Penalty:** Tap & pass (to be taken at the defensive line)

- 6.7 For safety reasons, at a tap & pass the receiver of the pass must not start from more than two meters (2m) back from the mark to avoid the potentially dangerous 'crash ball' move.
- 6.8 If an infringement takes place over the try-line, or within five metres (5m) of it, a tap & pass is awarded five metres (5m) out from the try-line to create some space.
- 6.9 If a tap & pass is awarded but the offending team is guilty of further misconduct e.g. disputing the referees decision, the referee cautions or orders off the guilty player and advances the mark of the tap & pass seven metres (7m) forward. Further misconduct can result in the referee advancing the mark a further seven metres (7m).

## RULE 7 - Off side

- 7.1 What is off side? - Once a tag has been made there is an imaginary off-side line that runs through the ball and across the pitch, (except for the actual tagger for whom it is one metre (1m) further back. When a tag has been made, all defenders must attempt to retire towards their own try-line until they are behind the ball by at least 3 metres (the off-side line). Defenders in front of the ball at a tag, and therefore off-side, are not allowed to inter with play in any way e.g., by blocking or intercepting the pass, marking up support players or immediately tagging the receiver of the pass.

**Penalty:** Tap & Pass

**Note:** There are no off-side in open play.

- 7.2 When should players be penalised for being off-side? Players should only ever be penalised for off-side if they are OFF-SIDE and INTERFERING WITH PLAY IMMEDIATELY AFTER A TAG. If players find themselves in an off-side position at a tag they must make every effort to get back on side; but if they are in no way interfering with play then they should not be penalised
- 7.3 Legal interception - A defending player who is in an on-side position (behind the ball) at a tag is permitted to run forward and intercept a pass made by the attacking player who is tagged, providing ~~they~~ they are still in an on-side position when the actual pass is made.

## RULE 8 - Ball out of play

- 8.1 If the ball or the ball carrier touches the touch - line or anything or anyone on or beyond the touch-line, the ball is out of play and a tap & pass is awarded to the team who was not in last possession of the ball or last touched the ball before it went into touch. This tap & pass should be taken five metres (5m) in from the touch-line to create some space.



## **RULE 9 - Advantage**

- 9.1 Except where safety is an issue, advantage should be played wherever possible to allow the game to flow.
- 9.2 The advantage rule states that if an infringement has occurred, rather than blow the whistle and stop play immediately, the referee will allow play to proceed if it is to the territorial or tactical advantage of the team which has not committed an offence or infringement. The referee should communicate this to the players verbally by calling out "PLAY ADVANTAGE" and physically, by giving the correct referee's hand signal for advantage (an arm outstretched, waist high, pointing towards the non-offending team). However, if the non-offending team does not in fact gain an advantage, the referee shall whistle and bring play back to the place of the original infringement and award a tap & pass to the non-offending team.

## **RULE 10 - Things to avoid.**

- 10.1 No Kicking - no kicking is allowed in Youth Tag Rugby®.
- Penalty: Tag & Pass
- 10.2 No Spinning/Jumping-Ball carriers are not allowed to deliberately rotate their body around in a pirouette type movement or jump up to avoid being tagged by a defender.
- Penalty: Tap & Pass
- 10.3 No Pulling or Knocking the ball out of the Ball Carriers Hands - at any time.
- Penalty: Tap & Pass
- 10.4 No Obstruction - Attackers cannot deliberately get in the way of a defender attempting to make a tag, and defenders cannot deliberately make a tag, and defenders cannot deliberately impede the progress of the ball carrier or any other attacker.
- Penalty: Tap & pass
- 10.5 Whenever the Tag Rugby® rules are broken, a tap & pass is awarded to the non-offending team at the place the infringement took place and the number of tags (Tag Count) starts back to zero. If the infringement took place over the try-pass is awarded five metres (5m) out from the try-line.

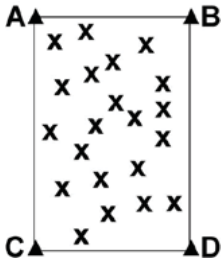
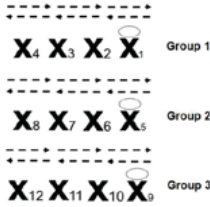
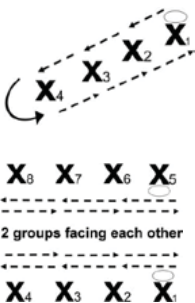
## LESSON PLAN ONE

**Time:** 45 Minutes

**Aim:** To introduce the game of Tag Rugby® through different activities.  
Teach children about the appreciation of rules in games and society.

**Equipment:**

- ☒ Official Springbok licensed Tag Rugby® belts (one per child)
- ☒ Rugby balls
- ☒ Cones/Marker discs
- ☒ Whistle
- ☒ First Aid Kit

ACTIVITY	SET-UP	NOTES & SKILLS
<p><b>Warm Up Activity</b> <b>"Tag Tails"</b> (10 – 15 mins)</p> <p>On the whistle the participants chase after each other and attempt to collect as many tags as they can by tagging the other players and shouting "Tag" as they remove a tag.</p> <p>To stop activity, blow the whistle and ask the participants to count up how many they each got. Whoever has the most is the winner. Make a song and dance of the winner and challenge other players to get more tags in the following round.</p>	<p>Start with everyone spread out in the playing area</p> 	<p>Players are not allowed to pull off their own tags and may not prevent players from taking their tags i.e., no handoffs</p> <p>Players still remain in the game even if they have been tagged</p> <p>This is the only game where the 'tagger' keeps the tag he or she has collected until the end of the game.</p> <p><b>NB:</b> Do not make area too big as participants must learn to dodge in a restricted area</p>
<p><b>Skill Development</b> <b>Basic Passing with 3 progressions</b> (10 – 15 mins)</p> <p>All players stand still, the ball is not passed but simply handed on to the next player, along the line and back again. Players position themselves along a straight line.</p> <p><b>Progression 1</b> When the ball gets to the end of the line, all the players swivel around and face the opposite way before the ball is then passed back along the line. In this way, none of the passes are forward ones.</p> <p><b>Progression 2</b> The above can be repeated with two groups facing each other</p>	 	<p>Having the players stand in a straight line, these 'passes' will be slightly forward.</p> <p>Don't be too concerned at this stage as the aim of these early exercises is to get players to experience the basic passing movement.</p>
<p><b>The Tag Rugby® game</b> (20 – 25 mins)</p> <p>Emphasis on Fun and allowing the game to flow.</p>	<p>Ideally about 35 m x 20m. (Note: 1m = about one large step)</p> <p>Adjust the field size according to the number of children playing the game</p>	<p>Explain the No Forward Pass rule &amp; what happens when a tag is made. Encourage players to run forward and gain as much ground as possible before being tagged. Don't panic if tagged. A try is scored by placing the ball on the ground with two hands once over the try line.</p>

## LESSON PLAN TWO



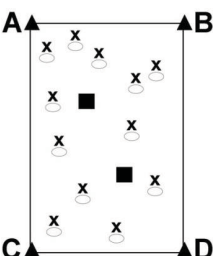
PLAY YOUR PART.

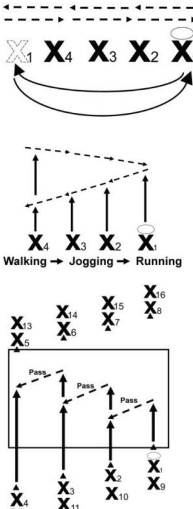
Time: 45 Minutes

### Equipment:

- ☑ Official Springbok licensed Tag Rugby® belts (one per child)
- ☑ Rugby balls
- ☑ Cones/Marker discs
- ☑ Whistle
- ☑ First Aid Kit

**Aim:** To develop passing and catching skills whilst on the move. Teach the children regarding one another's rights as individuals / communities.

ACTIVITY	SET-UP	NOTES & SKILLS
<p><b>Warm Up Activity</b>  <b>"Keep the Ball"</b>            (10 – 15 mins)</p> <p>On your "Go" command, the chasers try and tag the ball carriers, shouting "Tag" after they remove the tag.</p> <p>A tagged ball carrier must place the ball (dead ball) outside the playing area, but then can rejoin the game.</p> <p>That player can then help other ball carriers by being available to receive passes. Play until the final ball is "dead".</p>	<p>Split the group into teams of 3, 4 or 5. One team is designated as chasers, and the other players have a ball each.</p> 	<p>Skills coaching points Ball</p> <ul style="list-style-type: none"> <li>☑ in two hands</li> <li>☑ Running with the ball</li> <li>☑ Evasion</li> <li>☑ Defending</li> <li>☑ Communication</li> <li>☑ Tagging</li> <li>☑ Passing &amp; catching</li> </ul> <p>Tactical understanding coaching points</p> <ul style="list-style-type: none"> <li>☑ Support</li> <li>☑ Ball in two hands</li> <li>☑ Teamwork</li> <li>☑ Spatial awareness</li> <li>☑ Attacking strategy</li> <li>☑ Defensive strategy</li> <li>☑ Type of pass</li> </ul>

<p><b>Skill Development</b>  <b>Basic Passing with continued progressions</b>            (10 – 15 mins)</p> <p><b>Progression 4</b>            The basic loop passes</p> <p><b>Progression 5</b>            Stationary passing can now progress to jogging and running            The general rule is - pass sideways and run forwards.</p> <p><b>Progression 6</b>            The lines are positioned facing each other about 20 metres apart. Cones are placed in a diagonal line and indicate where players start when it is their turn to run and pass.</p>		<p>This activity is a good introduction to the basic loop in rugby, a method by which an attacking team can create an 'extra' player in attack. Remember, players should always pass and then run behind their team mates. If they run in front, they are not only momentarily out of the game but risk being penalised for obstructing a defender.</p>
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<p><b>The Tag Rugby® game</b>            (20 -25 mins)</p> <p>Emphasis on Fun and allowing the game to flow.</p>	<p>Ideally about 35 m x 20m.            (Note: 1m = about one large step)</p> <p>Adjust the field size according to the number of children playing the game.</p>	<p>Explain the No Forward Pass rule &amp; what happens when a tag is made. Encourage players to run forward and gain as much ground as possible before being tagged. Don't panic if tagged. A try is scored by placing the ball on the ground with two hands once over the try line.</p>
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## LESSON PLAN THREE



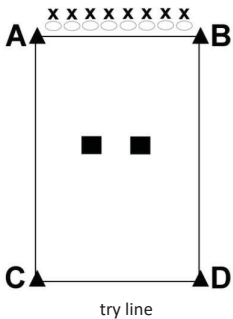
PLAY YOUR PART.

Time: 45 Minutes

**Aim:** To further develop passing & catching skills. To introduce running & evasion skills as part of the warm up activity. Through the activity teach the children the idea of making the correct choice i.e. drugs /alcohol /crime or a balanced lifestyle.

### Equipment:

- ☒ Official Springbok licensed Tag Rugby® belts (one per child)
- ☒ Rugby balls
- ☒ Cones/Marker discs
- ☒ Whistle
- ☒ First Aid Kit

ACTIVITY	SET-UP	NOTES & SKILLS
<p><b>Warm Up Activity</b> <b>"Bulldog Tag"</b> (10 – 15 mins)</p> <p>Start with one defender in the middle of the designated area. All other players start from one end of the "pitch" and on command "go" must try to get to the other end of the pitch without being tagged. The defender when removing the attackers tag must shout "Tag". When the players cross the C – D line they must score a try by placing the ball on the ground with two hands.</p>		<p>Skills coaching points</p> <ul style="list-style-type: none"> <li>☒ Running with the ball</li> <li>☒ Run forward</li> <li>☒ Use your vision</li> </ul> <p>Evasion</p> <ul style="list-style-type: none"> <li>☒ Change of direction</li> <li>☒ Change of pace</li> <li>☒ Side step</li> <li>☒ Swerve (moving hips away from tagger)</li> </ul> <p>Tagging</p> <ul style="list-style-type: none"> <li>☒ Focus on the ball carrier</li> <li>☒ Removing the tag</li> </ul> <p>Tactical understanding coaching points</p> <ul style="list-style-type: none"> <li>☒ Spatial awareness</li> <li>☒ Run forward</li> <li>☒ Tactics of running</li> <li>☒ Defense – establishing a line of defense</li> <li>☒ Team tagging</li> </ul>
<p><b>Skill Development</b> <b>Ball Manipulation</b> (10 – 15 mins)</p> <ul style="list-style-type: none"> <li>☒ Pass the ball from hand to hand</li> <li>☒ Throw the ball in the air and catch it</li> <li>☒ Throw the ball in the air, clap three times and catch it</li> <li>☒ Swap with the ball with another player who is running past them</li> <li>☒ On the coach's instruction, place the ball on the ground and continue running. On a second instruction, pick up the nearest ball as quickly as possible.</li> </ul>	<p>Players have a ball each (doesn't necessarily have to be a rugby ball). Let the players run around the area with the ball in their hands so that they get used to the ball.</p>	<p>Skills coaching points</p> <ul style="list-style-type: none"> <li>☒ Ball in two hands</li> <li>☒ Dynamic stretching</li> <li>☒ Hand-eye co-ordination</li> <li>☒ Running skills</li> <li>☒ Ball familiarization</li> <li>☒ Placement of the ball (e.g., To score)Picking ball up (e.g. When dropped). Players must remain on their feet, step over ball (head up), bend at knees to pick up</li> </ul>
<p><b>The Tag Rugby® game</b> (20 – 25mins)</p> <p>Emphasis on Fun and allowing the game to flow.</p>	<p>Ideally about 35 m x 20m. (Note: 1m = about one large step)</p> <p>Adjust the field size according to the number of children playing the game.</p>	<p>Explain the No Forward Pass rule &amp; what happens when a tag is made. Encourage players to run forward and gain as much ground as possible before being tagged. Don't panic if tagged. A try is scored by placing the ball on the ground with two hands once over the try line.</p>

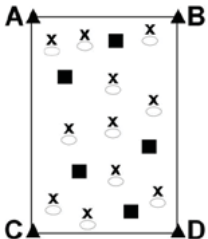
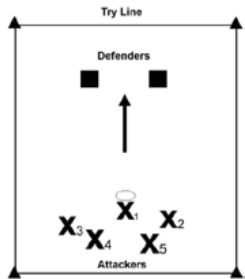
## LESSON PLAN FOUR

**Time:** 45 Minutes

**Aim:** To encourage ball carriers to maintain space for their teammates and to develop decision making skills. Teach the children about community and how they can assist you another in school and at home.

**Equipment:**

- ☑ Official Springbok licensed Tag Rugby® belts (one per child)
- ☑ Rugby balls
- ☑ Cones/Marker discs
- ☑ Whistle
- ☑ First Aid Kit

ACTIVITY	SET-UP	NOTES & SKILLS
<p><b>Warm Up Activity</b> <b>"Stuck in the mud"</b> (10 – 15 mins)</p> <p>Half the group has balls (attackers), they run around and try to avoid being tagged. The defenders attempt to remove the ball carrier's tags. On removing the tags, the defender shouts "Tag". The attacker is then stuck until freed by another attacker rolling the ball through their legs. The game continues for 5 minutes then rotate the attackers and defenders.</p>	<p>Set up a team of 2,3, 4 or 5 without a ball.</p> 	<p><b>Skills coaching points</b></p> <ul style="list-style-type: none"> <li>☑ Ball in two hands</li> <li>☑ Running with the ball</li> <li>☑ Evasion</li> <li>☑ Defending</li> <li>☑ Communication</li> <li>☑ Tagging</li> </ul> <p><b>Tactical understanding coaching points</b></p> <ul style="list-style-type: none"> <li>☑ Spatial awareness</li> <li>☑ Support</li> <li>☑ Teamwork</li> <li>☑ Defensive strategy – working together, not just defending the ball carriers, but anticipating what might happen next</li> </ul>
<p><b>Skill Development</b> <b>Decision Making</b> (10 – 15 mins)</p> <p>In this practice, the aim is for the attackers to score a try without getting tagged whilst in possession of the ball.</p> <p>The defenders must initially start at least 7 metres back from the attackers and the 'game' starts by one of the defenders saying, "play".</p> <p>The ball carrier then begins by making a free pass to a team-mate.</p>		<p>Only the ball carrier can be tagged.</p> <p>If an attacker is tagged whilst in possession of the ball, then the defenders win (or the attacking team have used up all their allocated number of tags.)</p> <p>If a defender picks up a loose pass, then the ball becomes dead and the defenders win.</p> <p>Swop position after 3 tries winner, defenders are then changed.</p>
<p><b>The Tag Rugby® game</b> (20 – 25 mins)</p> <p>Emphasis on Fun and allowing the game to flow.</p>	<p>Ideally about 35 m x 20m. (Note: 1m = about one large step)</p> <p>Adjust the field size according to the number of children playing the game.</p>	<p>Explain the No Forward Pass rule &amp; what happens when a tag is made. Encourage players to run forward and gain as much ground as possible before being tagged. Don't panic if tagged. A try is scored by placing the ball on the ground with two hands once over the try line.</p>

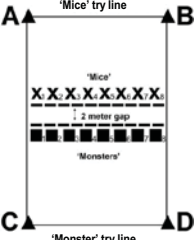
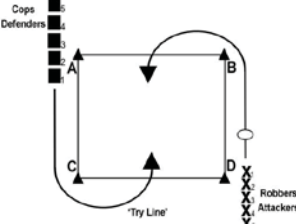
## LESSON PLAN FIVE

Time: 45 Minutes

**Aim:** To introduce the game of Tag Rugby® through different activities.  
Teach children about the appreciation of rules in games and society.  
(For more experienced players)

**Equipment:**

- ☑ Official Springbok licensed Tag Rugby® belts (one per child)
- ☑ Rugby balls
- ☑ Cones/Marker discs
- ☑ Whistle
- ☑ First Aid Kit

ACTIVITY	SET-UP	NOTES & SKILLS
<p><b>Warm Up Activity</b> <b>"Mice &amp; Monsters"</b> (10 – 15 mins)</p> <p>The coach calls out either Mice or Monsters. If the call is Mice, then all the Mice run and try get to their home line without being tagged while the Monsters chase the mice and try tag them before they get there.</p> <p>If the call is Monsters, then the Monsterstry to get to their home line before the Mice can tag them. When the tag is removed the defender shouts "Tag".</p> <p>One point is scored for a tag and one point is scored for every successful run home.</p>	<p>Split the group in two then have them line up back-to-back in partners with about a 2-meter gap in between them</p> <p>The players on one side are the Mice and the other side are the Monsters.</p> 	<p>Skills coaching points</p> <ul style="list-style-type: none"> <li>☑ Evasion</li> <li>☑ Running</li> <li>☑ Turning</li> <li>☑ Tagging</li> <li>☑ Listening</li> </ul> <p>Tactical understanding coaching points</p> <ul style="list-style-type: none"> <li>☑ Be prepared to attack or defend with very little notice</li> </ul>
<p><b>Skill Development</b> <b>Cops and Robbers</b> (10 – 15 mins)</p> <p>The rugby ball is placed half a meter in front of the robber's line.</p> <p>Each participant goes one at a time.</p> <p>A robber must pick up the ball in two hands run around cone B and then try to get past the Cop to score a try.</p> <p>While the robber is picking up the ball, a cop runs around cone C and tries to tag the robber before the robber crosses then line. If a tag is removed the defender shouts "Tag".</p> <p>Once everyone has gone, switch the roles so each team gets a chance to be a cop or a robber</p>	<p>Split the group up into two teams</p> <p>The one team will be the cops (defenders) and one will be the robbers (attackers)</p> 	<p>Skills coaching points</p> <ul style="list-style-type: none"> <li>☑ Evasion</li> <li>☑ Running</li> <li>☑ Direction</li> <li>☑ Turning</li> <li>☑ Tagging</li> <li>☑ Defending</li> <li>☑ Attacking</li> </ul>
<p><b>The Tag Rugby® game</b> (20 – 25 mins)</p> <p>Emphasis on Fun and allowing the game to flow.</p>	<p>Ideally about 35 m x 20m. (Note: 1m = about one large step)</p> <p>Adjust the field size according to the number of children playing the game.</p>	<p>Explain the No Forward Pass rule &amp; what happens when a tag is made.</p> <p>Encourage players to run forward and gain as much ground as possible before being tagged. Don't panic if tagged. A try is scored by placing the ball on the ground with two hands once over the try line.</p>

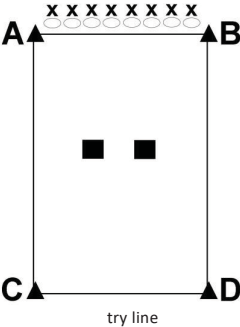
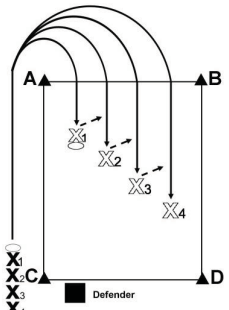
## LESSON PLAN SIX

**Time:** 45 Minutes

**Aim:** To develop teamwork, cooperation and leadership skills. Teach the children that by working together anything is possible.  
Communication is a focus of the session.  
(For more experienced players)

**Equipment:**

- ☒ Official Springbok licensed Tag Rugby® belts (one per child)
- ☒ Rugby balls
- ☒ Cones/Marker discs
- ☒ Whistle
- ☒ First Aid Kit

ACTIVITY	SET-UP	NOTES & SKILLS
<p><b><u>Warm Up Activity</u></b> <b><u>"Bulldog Tag"</u></b></p> <p>Start with one defender in the middle of the designated area. All other players start from one end of the "pitch" and on command "go" must try to get to the other end of the pitch without being tagged. The defender when removing the attackers tag must shout "Tag". When the players cross the C – D line they must score a try by placing the ball on the ground with two hands.</p>		<p>Skills coaching points</p> <ul style="list-style-type: none"> <li>☒ Running with the ball</li> <li>☒ Run forward</li> <li>☒ Use your vision</li> </ul> <p>Evasion</p> <ul style="list-style-type: none"> <li>☒ Change of direction</li> <li>☒ Change of pace</li> <li>☒ Side step</li> <li>☒ Swerve (moving hips away from tagger)</li> </ul> <p>Tagging</p> <ul style="list-style-type: none"> <li>☒ Focus on the ball carrier</li> <li>☒ Removing the tag</li> </ul> <p>Tactical understanding coaching points</p> <ul style="list-style-type: none"> <li>☒ Spatial awareness</li> <li>☒ Run forward</li> <li>☒ Tactics of running</li> <li>☒ Defense – establishing a line of defense</li> </ul> <p>Team tagging</p>
<p><b><u>Skill Development</u></b> <b><u>Passing around the bend</u></b></p> <p>The group jog up to and around cone A where they fan out and run back at pace, passing the ball from X1 through to X4. X4 can score a try by placing the ball on the ground with two hands when crossing line C – D.</p> <p>A progression on the exercise is to add another defender to make it interesting. Remember to rotate defenders.</p>	<p>In groups of 4 or 5, one ball per group. The group lines up one behind the other at cone C, with the ball at the front.</p> 	<p>Get the players to call "left/right" when waiting to receive the ball.</p> <p>Receivers must give passer a target to pass to by placing their hands in front of their chests.</p>
<p><b><u>The Tag Rugby® game</u></b></p> <p>Emphasis on Fun and allowing the game to flow.</p>	<p>Ideally about 35 m x 20m. (Note: 1m = about one large step)</p> <p>Adjust the field size according to the number of children playing the game.</p>	<p>Explain the No Forward Pass rule &amp; what happens when a tag is made. Encourage players to run forward and gain as much ground as possible before being tagged. Don't panic if tagged. A try is scored by placing the ball on the ground with two hands once over the try line.</p>



**PLAY YOUR PART.**

Prepared by The Tag Rugby® Association

For all your SA Rugby Official Licensed Tag Rugby ®  
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