



TAG RUGBY RULES FOR WOMEN'S TOURNAMENT
MERCANTILE RUGBY SEVENS - 2026



The above mentioned tournament will take place on **13th, 14th & 15th November 2026**.

1. PLAYERS & OFFICIALS REGISTRATION:

- 1.1. Each participating company will be allowed to register a team consisting of a squad of Twelve (12) players and Three (3) officials (Manager, Coach and medically trained personnel).
- 1.2. If a single company cannot find sufficient players to form a squad, they are allowed to combine with another company in order to field a team. However, this arrangement will have to be communicated to the MRFA at least three (03) weeks prior to the tournament.
- 1.3. The entry form should be signed by the respective company CEO/Personal Manager / Head of HR with company seal confirming of the Players Full Name, NIC Number and EPF Number.
- 1.4. Entries close on **30th September 2026**. All entry forms duly completed should be submitted along with the photocopies of NIC/Company ID of the all the players.
- 1.5. In addition to the entry form, the Team Manager shall submit the Team List of twelve (12) players along with the relevant jersey numbers on the official Team Declaration form on the day of the tournament prior to its commencement.
- 1.6. The team manager shall ensure that all players must retain the same jersey number throughout the tournament. Preferably Jersey Numbers from 1 to 12.

2. SIZE OF PLAYING AREA:

The playing area will be a minimum of 50 (Fifty) meters width, 60 (Sixty) meters Length plus 5 (Five) meters for each in-goal area.

3. BALL SIZE:

To ensure uniformity, will use Size 5 ball in all matches. The specified ball will confirm to the Laws of the Game Rugby Union.

4. ON FIELD PRESENTATION

- 4.1. Each team must have no more than Seven (7) players and Five (5) Replacement / Substitutes.
- 4.2. Players must retain the same jersey number throughout the tournament.
- 4.3. All players must wear sports shoes. Players wearing boots or bear feet will not be permitted to play.

5. SUBSTITUTES

- 5.1. Substitutions must be made at half time except in the case of injury.
- 5.2. An injured player can be substituted, but only after the injured player has left the playing area.
- 5.3. Any substitution of an injured player must be approved by the referee, and an injured player who has been substituted cannot re-join the game. Players who are substituted at half time may re-join the game when replacing an injured player under Rule 5.2.

6. DURATION OF A GAME:

- 6.1. A game is made up of two halves of seven (7) minutes each.
- 6.2. There will be a two (2) minute interval between the two halves.
- 6.3. No extra time will be played during the pool matches.

07. TOSS:

- 7.1. The coin toss to decide to right to start off or choice of ends will take place at least 15 mins. prior to the game.
- 7.2. The match referee shall conduct the toss with the captain or manager of each team.
- 7.3. If one or neither team's representative is in attendance the referee will determine the outcome.

8. START / RESTARTING PLAY

- 8.1. One team starts each half of the game from the center of the field with a free pass.
- 8.2. When a try is scored, the non-scoring team starts at the center of the field with a free pass.

09. SCORING:

- 9.1. When an attacking player who is onside is first to ground the ball in the opponent's in goal, the player scores a try.
- 9.2. There will be no conversions taken for a try.
- 9.3. Players cannot dive for a try or dive on the ball for a try.

10. REFEREES:

- 10.1. The referee for each match will be assigned by the SL Society of Rugby Football Referees.
- 10.2. The referee will shout, "PASS!" when a TAG has been made, and "TURNOVER!" after the Third (3) TAG.
- 10.3. The referee will signal to the team who is starting with a free pass by pointing with an outstretched arm towards that team.

11. POINTS & RANKINGS - POOL COMPETITION

Points awarded	-	Win	03
	-	Draw	02
	-	Loss	01

On completion of the group games the teams will be ranked in each group according to the following in order of sequence.

- A. Best Record
- B. Head to head competition (The winner of the match between the teams concerned.)
- C. Best point differential. (difference between the number of points scored and the number conceded)
- D. Most points scored.

12. KNOCKOUT COMPETITION

- 12.1 In the case of a draw in the knockout stage, extra time of five (05) minuets will be played on a "sudden death" basis.
- 12.2. If there is no scoring done during extra time, the team that scored first during normal time will be declared as the winner.
- 12.3. If at the end of extra time the scores are NIL all, then the winner will be decided upon a toss of a coin.

However, this will not be applicable in the final and both teams will be declared as joint winners.

13. FREE PASS:

- 13.1. To make a free pass, the player making the pass starts with the ball on the ground, moves the ball slightly forward using the side of their foot, then picks up the ball and passes the ball backwards to a member of their own team.
- 13.2. The Defenders must remain five (5) meters back from the player making the free pass. They cannot start moving forward until the ball leaves the hands of the player making the free pass.
- 13.3. A free pass is also used to restart play at any time that play has halted and needs to be restarted.
- 13.4. If the ball travels out of the field of play, the game is restarted with a free pass to the side that was not the last side to touch it inside the field of play.
- 13.5. Free passes cannot take place less than five meters from the try line.

- 13.6. A free pass is also awarded to the non-offending team when their opposition infringes the rules, such as a forward pass, a penalty, an offside or for not returning the flag to the Tagged player.

14. THE TAG BELT

- 14.1. The belt must be worn outside the clothing, shirts tucked in and Tags free so they can be tagged off.
- 14.2. If a player accidentally loses a Tag when they have the ball, the game will be stopped to allow the player to replace the flag. Once Tag has been replaced the game will restart with a free pass by the player in possession. The stoppage will not count towards the Tag count.

15. ATTACKERS

- 15.1. The ball carrier cannot fend defenders off using their hands, or the ball.
- 15.2. The ball carrier cannot guard or shield their Tag in any way. A player can spin once (360) in a movement (no helicopters – more than one spin per movement).

16. DEFENDERS

- 16.1. There is no contact in Tag Rugby. Defenders ripping the Tag off the belt of the ball carrier stops the ball carrier's progress.
- 16.2. Defenders cannot physically touch the ball carrier.

17. TAG

- 17.1. To complete a tag one of the two tags from the ball carrier's belt must be removed.
- 17.2. The only person who can be tagged is the ball carrier.
- 17.3. The Defender must stop, hold the Tag above their head and shout "TAGGED!"
- 17.4. Three (3) Tags in a row lead to turnover in possession.
- 17.5. After the ball carrier has passed the ball the Defender must hand the Tag back to the player who then reattaches it to their belt before they re-join play. If either of these players doesn't adhere to this, they will be penalized and a free pass will be awarded to the non-offending team at the place of the infringement.
- 17.6. If a player is tagged before the try line and doesn't pass before they get over the line, they restart play five meters out from the try line with a free pass.
- 17.7. Restarting the Tag count occurs when there is a turnover or when either team is penalized.

18. KNOCK ON

When a player knocks the ball forward and does not regain control of the ball before it touches the ground or another player, a free pass is awarded to the non-offending team unless the referee feels that an advantage can be played.

19. OFFSIDE

19.1. Offside only occurs at a Tag.

19.2. When a Tag is made, all players from the Defender's team must get back until they are behind where the Tag was made. Failure to do so, results in a free pass to the team in possession and the Tag count will restart at zero.

19.3. If a defending player is offside and they intercept, prevent or slow down a pass, they will be penalized and a free pass will be awarded to the non-offending team, unless an advantage can be played.

19.4. In general, play a player is offside if the player is in front of a team mate who is carrying the ball. A player who is offside must not play the ball or obstruct an opponent.

19.5. A player who is in an off-side position is liable to sanction only if the player does one of three (3) things below. • Interferes with play or, • Move forward, towards the ball or, • Fail to comply with five (5) meter law.

20. ADVANTAGE:

20.1. Not stopping the game when an infringement happens is called 'advantage'.

20.2. Referees should play 'advantage' to the non-offending team if there is any chance that they may be advantaged by there being no stoppage in play, for instance if the team gets the ball or retains the ball in circumstances that are more favorable than if a free pass was called.

20.3. The referee should call 'ADVANTAGE' followed by 'PLAY ON' if an advantage is deemed by the referee to occur.

20.4. If no advantage occurs within a reasonable period play restarts with a free pass.

21. PASS:

21.1. The ball can only be passed to the ball carrier in a backwards direction.

21.2. Attackers cannot hand the ball to another Attacker.

21.3. A free pass will be awarded to the opposition if an Attacker passes the ball forward or hands the ball to another Attacker.

22. KICKING

22.1. Kicking the ball is not permitted.

22.2. If a player kicks the ball, she will be penalized and a free pass will be awarded to the non-offending team.

20. FOUL PLAY:

20.1. Foul play is anything a player does with in the playing enclosure that is against the letter and spirit of the Law of the Game. It includes obstruction, unfair play, repeated infringements, dangerous play and misconduct which is prejudicial to the game.

20.2. A player is liable to sanction for foul play if the player does one of the following things below and the player will be penalized and a free pass will be awarded to the non-offending team, unless an advantage can be played. • A player must not tackle an opponent player. • A player must not hand-off an opponent player. • A Player must not hold or pull an opponent player's jersey or short. • A player must not push an opponent player with or without the ball in her hand. • A player must not punch, strike, stamp, trample, kick, trip or charge an opponent player. • A player must not repeatedly infringe any law.

20.3. A player infringes any part of the above Foul Play Law must be admonished, or cautioned and temporarily suspended (Yellow Card) for a period of Two (2) minutes playing time, or sent off (Red Card).

20.4. A player who has been cautioned and temporarily suspended (Yellow Card) then committed a second cautionable (Yellow Card) offence in the same match within the Foul Play Law must be sent off (Red Card)

20.5. A player who is sent off (Red Card) will receive a one (01) match ban and will not be permitted to play in their team's next match.