



**TAG RUGBY RULES FOR WOMEN'S TOURNAMENT**  
*MERCANTILE RUGBY SEVENS - 2023*



**1. PLAYERS & OFFICIALS REGISTRATION:**

- 1.1. Each participating company will be allowed to register Two (2) teams consisting of a squad of Twelve (12) players and Three (3) officials. One manager, a coach and medically trained personnel.
- 1.2. 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.
- 1.3. The Team Manager shall submit the Team List of twelve (12) players on the official Team Declaration form prior to commencement of the tournament.
- 1.4. 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 40 (Forty) 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. NUMBER OF PLAYERS FOR A TEAM/MATCH:**

Each team must have no more than Seven (7) players and Five (5) Replacement / Substitutes.

**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 once 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. After half time the teams will change ends.
- 6.4. A half can only end at the next stoppage in play after seven minutes.
- 6.5. A half cannot end on a penalty. If a penalty is signaled the team awarded the penalty shall be entitled to a free pass and the game will continue until the next stoppage in play.
- 6.6. A Tag is not a stoppage in play.
- 6.7. No extra time will be played during the pool matches.

## **7. SHOES:**

All Players Must wear sports shoes. Players wearing boots and Bear feet will not be permitted to play.

## **8. SCORING:**

- 8.1. When an attacking player who is onside is first to ground the ball in the opponent's in goal, the player scores a try.
- 8.2. A Try value is Five (5) points.
- 8.3. There will be no conversions taken for a try.

## **09. GOING TO GROUND:**

- 09.1. Subject to
- 09.2. If the ball carrier intentionally goes to ground or a player dives on the ball, a free pass is awarded to the opposition.
- 09.3. 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 blow the whistle to signal the start of the two halves or when play is to stop.
- 10.4. The referee will signal to the team who is starting with a free pass by pointing with an outstretched arm towards that team.

**11. TOSS:**

- 11.1. The coin toss to decide who will kick off and to choose the ends will take place at the half time in the preceding match for all matches except the first match of each session.
- 11.2. The coin toss for the first match of each session will take place at least fifteen (15 minutes prior to the kick-off time.
- 11.3. The match referee shall conduct the toss with a representative of each team at the halfway line.
- 11.4. If one or neither team's representative is in attendance the referee will determine the outcome.

**12. KICK OFF (STARTING PLAY)**

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

**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 just inside the playing area, at the point where the ball travelled out 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 is adjusted to fit the waist of the player and fastened so that two flags hang one from each side (Length 30 cm x Width 3.5 to 5 cm).
- 14.2. Velcro attaches the flags so they are positioned one on each hip.
- 14.3. Care needs to be taken to ensure that for safety the tail of the belt is tucked away.
- 14.4. Each team is distinguished by the colour of the flags they wear.
- 14.5. The belt must be worn outside the clothing, shirts tucked in and Tags free so they can be tagged off.
- 14.6. 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. The ball carrier must then pass the ball immediately within Three (3) strides. She does not stop, return to the mark.
- 17.5. Three (3) Tags in a row lead to turnover in possession.

- 17.6. 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.
- 17.7. 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.
- 17.8. 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 towards the opponents' try line and does not regain control of the ball before it touches the ground, another player or the referee, a free pass is awarded to the non-offending team unless 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 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, or in front of a team mate who last played the ball.
- 19.5. A Player who is offside must not take part in the game. That means the player must not play the ball or obstruct an opponent.
- 19.6. 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. 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 infringe 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 with in the Foul Play Law must be sent off (Red Card)
- 20.5. A player who is sent off (Red Card) takes no further part in the match.
- 20.6. A Player who has been sent off (Red Card) shall be required to appear before a Disciplinary Committee or Judicial Officer independently appointed by the Tournament Organizer for the judicial hearing. The player shall not take part any match until completion of the judicial hearing.

## **21. PASS:**

- 21.1. The ball can only be passed to the ball carrier in a backwards direction.
- 21.2. Attackers must not pass the ball forward; towards the Defenders' try line.
- 21.3. Attackers cannot hand the ball to another Attacker.
- 21.4. A free pass will be awarded to the opposition if an Attacker passes the ball forward or hands the ball to another Attacker.
- 21.5. If the ball is not caught to conclude a pass but is not knocked on, play can continue.

## **22. KICKING**

- 22.1. There is no kicking of any kind in Tag Rugby.
- 22.2. If a player kicks the ball, she will be penalized and a free pass will be awarded to the non offending team.

## **23. ADVANTAGE:**

- 23.1. Not stopping the game when an infringement happens is called 'advantage'.
- 23.2. 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.
- 23.3. The referee should call 'advantage' followed by 'play on' if an advantage is deemed by the referee to occur.
- 23.4. If no advantage occurs within a reasonable period play restarts with a free pass.

## **24. TEAM OFFICIALS DURING THE MATCH:**

- 24.1. Player Bench: Only five (5) replacement/substitute Players, three (3) Officials (Team Manager, Coach, medically trained personnel) and two water carriers shall remain on the player's bench whilst play is in progress. The referee would ensure that this requirement is adhered to.
- 24.2. The Substitute players can enter the playing enclosure/playing area with the instructions from the 4th & 5th Officials.
- 24.3. Medical personnel and two water carriers must have some distinguishing mark e.g. arm bands/ vests.
- 24.4. The medical personnel may enter the field of play in accordance with World Rugby Laws of the Game at any time a player is injured. He must not obstruct, interfere or aim comments at match officials.
- 24.5. Water may only be taken on the field during stoppages in play for injuries in the playing area. The water carriers must remain in the players bench at all times unless they enter the playing area to provide water. Players may come to the touch.