**Tameside Tag Rugby Competition- Heats**

**Supported by Aldwinians RUFC & Dukinfield RUFC**

**INTENT:** This is a competitive pathway competition. The winners of each heat will be entered into the Tameside finals and there will be a Greater Manchester event.

**SQUAD SIZE**: Between 8 and 12 with 2 girls on the pitch at any one time. 8 in a squad.

**TARGET GROUP**: A teams/ B teams with good knowledge of the game & rules. Confident and competent players.

BASIC RULES

* Recommended 12 in a squad (8 in a team) with 4 girls min (2 on pitch at all times)
* After scoring other team starts with a free pass in centre of pitch
* Free pass if ball is passed forwards or handed to another player
* On a free pass players must wait for the referee to shout ‘play’ and non players can run until ball is passed
* Players cannot ‘fend’ off or push off the opposition using their hands
* Tags cannot be protected
* If a player is tagged then the tagger must shout ‘TAG’ and hold the tag up for the player to retrieve and restart the game
* Once tagged that player must restart the game by replacing the tag and passing the ball
* All players must be onside when this takes place (if own team then behind the ball)
* If an opposition player intercepts a ball but is offside then a free pass is given
* If a player is tagged less that 1 metre from the try zone then the try is given

**PLEASE RESPECT THE REFEREES AND OTHER PLAYERS**