**LEAGUE RULES**

1. Substitutions are “roll on/roll off”, typically every 2 minutes to ensure all members play.
2. There can only be 7 players on the pitch at any time.
3. There must be a minimum of 5 players to start a match.
4. There must be at least 3 women on the pitch at all times.
5. There can be a maximum of 4 men on the pitch.
6. Teams must be paid in full ***BEFORE*** *the league starts*
7. Players can play with only 1 team.
8. Tag shorts are compulsory.
9. No jewellery, watches or glasses are permitted on the pitch.
10. Each match shall be 15 minutes in duration. There is no half-time.
11. Each team must nominate a captain.
12. Only the captain may speak to the referee.
13. Backchat & dissent to the referee's will not be tolerated.
14. The referee's interpretation of the laws is final.
15. Injury time may be played at the referee's discretion.
16. Their sole purpose is as touch judge, they cannot call the referee's attention to any other incident unless called upon by the referee.
17. If a team has less than 5 players, then they forfeit the match and a walkover is awarded with a score of +20.
18. Games will be started by means of a hooter. The hooter will sound 5 min before the match begins for teams to be on the pitch and ready for the match to start on time.
19. Teams that are late will be penalised by 1 point for every min they are late after the match start hooter sounds.
20. Teams must sign in 15 minutes before their designated kick-off time.
21. Failure to arrive on time will mean forfeiting the match

**FIRST AID**

If you or one of your team mates gets injured please contact Michael Toughey, Other First Aid personnel include Pearse Hahessy, Paul Cunnane or Kevin O’Malley. . If a player requires more than the available first aid then, if requested by the injured party or their team mates Michael Toughey can call an ambulance or taxi to take the injured player to hospital. If a player has a serious injury and requires more than basic first aid, it is the responsibility of the team captain (or another designated person) to accompany the injured player to hospital.

While Claremorris RFC coaches have first aid training, they are ***not medically trained.*** Their role is to manage the venue and care for the general well-being of all players.

**FIRST AID KIT**

Please note that the First Aid Kit is primarily for **minor cuts and bruises** and does not contain more advanced medical treatments. The First Aid Kit is **only** to be used by the First Aiders named above.

We recommend that each player bring a supply of items, such as blister pads, Deep Heat spray/rub and strapping for any muscle strains or pulls that may occur while playing.

**PLAYER INSURANCE**

We strongly recommend that each player has their own personal accident cover when playing tag rugby.

**DISCLAIMER**
*As every tag rugby player has different insurance needs; it is the decision and responsibility of each player to ensure they are adequately covered in accordance with their specific requirements, in the event that they sustain an injury while participating in a Claremorris RFC Event. Claremorris RFC takes no responsibility for injuries that may occur and players are participating at their own risk.*

**PERSONAL ACCIDENT COVER**

Please make sure that both you and your team mates are adequately covered for any injury that may occur while playing tag rugby. Claremorris RFC strongly recommends that every player has their own Personal Accident Cover when playing the game, which you can purchase from your local financial adviser

**HEALTH CHECK-UP**

**Claremorris RFC** recommends that all players, who have health-related concerns about taking part in Tag Rugby, visit their local GP for a health check-up before participating.

**Welcome to Claremorris RFC Tag Rugby!**

**Please note the following before playing:**

**ZERO TOLERANCE.** The most important rule about tag rugby is to have fun and enjoy yourself! Remember that both the opposition and the referee are also there to enjoy the game. There is a strict Zero Tolerance attitude on abuse towards referees, opposition players, team mates etc. Yellow and/or red cards will be issued immediately if there is any abuse during the game.

**SQUAD NUMBERS.** Tag Rugby is played between two teams of 7 players on a pitch, roughly half the size of a normal soccer/GAA/rugby pitch.

**GIRLS ARE KEY!** In mixed tag rugby, you must have at least 3 female players on the pitch at all times, including injuries and sin binning. While a guy scoring a try is worth just one point, a girl try is worth three so involving all the females on your team is hugely important.

**ABSOLUTELY NO CONTACT.** Tag Rugby is a strict non-contact game. There are no scrums or line outs and tackling is strictly forbidden. With a strict Zero Tolerance attitude towards contact, the referee will stop play immediately and award a penalty against the team who initiated the contact. Both accidental/clumsy and deliberate/reckless contact will be penalised. If two players are running towards the ball and the referee predicts that contact may occur, the referee may award a penalty to the defending team. ***Remember to run at spaces, not faces!***

**SAFETY.** Jewellery, watches, baseball caps, long fingernails, glasses etc are not allowed for your own, and your opponents’, safety. Players should wear the appropriate footwear for the weather conditions. T-shirts should also be tucked into your shorts to prevent finger injuries and from illegally blocking tags.

**WARM UP / COOL DOWN.** To help prevent injuries, we recommend at least 10 minutes warm up (with stretches) before your game and 10 minutes cool down after the match.

**REGISTRATION**

If you are playing in a Claremorris RFC hosted training night, you must sign the registration form before the training starts.

**LEAGUE REGISRATION**

If you are playing in a Claremorris RFC League or Blitz, every player must print & sign their Team Registration Form before each session. The completed team registration form must be handed to the Referee before the match starts.

**WHAT TO WEAR**

**Tag Shorts.** All tag players must wear tag shorts. For health and safety reasons – the shorts do not have pockets and can help significantly reduce finger injuries caused by grabbing a tag; and to enable a better and faster game.

**Footwear**. The best footwear are studded/mouldy football boots as they are good on both dry and wet grass. Runners are OK but may be too slippy for the wet conditions. (NO METAL BLADES)

**Eye Protection** (if necessary). Despite being a non-contact game, when playing such a team sport, there is bound to be some contact made between players. For these reasons, eye glasses and sunglasses are not allowed while playing, and for the health and safety of all tag players, this rule will be strictly enforced. If you do need corrective lens, please wear either contact lenses or prescription polycarbonate goggles, which have been designed especially for sports use. All eye protection should fit securely and have cushions above your eyebrows and over your nose.

***Team Kit.***  We recommend that your team all wear the same coloured Tee shirts/tops as this makes it easier for players and referees to distinguish between teams.

**RUBBISH**

**Please help keep the club in the pristine condition and pick up any rubbish you have on the field. There are bins at the gate.**

**PERSONAL PROPERTY**

Claremorris RFC takes no responsibility for, and hereby, excludes liability to the fullest extent permitted by law, for any personal injury or loss or damage to any personal property sustained while playing tag rugby or while present at the venue.

**THIRD PARTY ORGANISATIONS**

All players use the services of third party organisations at Claremorris RFC Events at their own risk.

**EVENT MANAGER: Fergal Leonard - 087 6944669 - info@claremorrisrfc.com**