

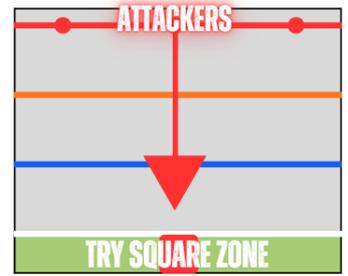
OFFESIDE TRAG

**OST
SINCE 23**

SHORT FORM RULES

Game Play (13+)

The aim of **Offside Tag (OST)** is to **score more points than the opposition** by **'grounding' the football in the 'Try (Square) Zone'**. The **'ball carrier'** is the **most dangerous, yet most vulnerable** player, as when a defender removes their **'tag'**, the **play ends**. Players **not in possession** of the ball cannot be **'tagged'** or **obstructed**.



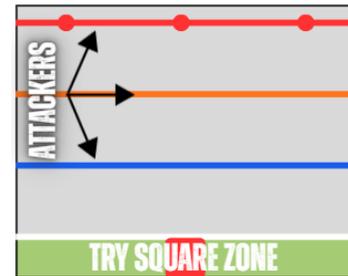
The **set commences** with

- **Attackers** on the **invisible 'red line'** with **player throwing the ball above** and **catching below head height**
- **Defenders** on the **invisible 'orange line'**



Once the ball is **thrown above head height, all players (attacking and defending), can move off their line**, except for the **player starting with the ball**, who is required to **pass once in any direction** before moving past their line.

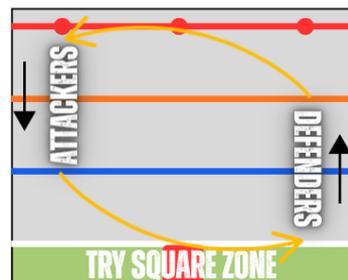
All **attackers start on the red, orange or blue line** to commence play, with **5 'downs' available**. This is determined by the **last line attackers successfully passed**. A **'changeover'** occurs if



- **Attackers do not score during their set of 5 plays/downs** or
- There is a **major infringement**

After a **set concludes, attackers become defenders and rotate running direction**.

The **defending team becomes attackers** and start their first play on **the red line**, with **defenders on the orange line**. Teams have **10 seconds to reset**.



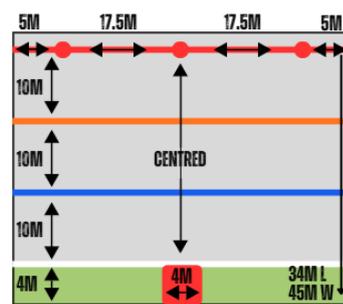
During play, **attackers can**

- **Run in any direction**
- **Be positioned in front or behind the ball**
- **Pass in a 360-degree direction**
- Have **unlimited passes** until the **ball carrier is tagged**, the **ball is dropped** or an **infringement occurs**

SHORT FORM RULES

Attackers restart play once the ball carrier is tagged or the ball touches the ground. Play restarts on the

- **Red line** - located 30m from the try line if the ball carrier has not been tagged past the orange line
- **Orange line** – located 20m from the try line if the ball carrier has been tagged past the orange line but not past the blue line
- **Blue Line** – Located 10m from the try line if the ball carrier has been tagged past the blue line and a try has not been scored



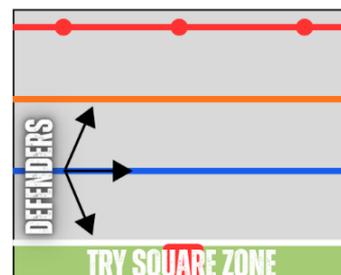
Note: If the ball touches the ground (unless scoring a try), attackers reset at their last starting line.

Restarting Key Points

- **Lost tags** should be **reapplied** before play restarts
- If attackers pass the **orange or blue line** during a down, and during the next play are tagged behind it, play recommences at **the last starting line**
- Attackers must have **control of the ball when tagged** to advance into other zones; otherwise, **play resets** at the **last restart line**
- Attackers can start **anywhere along the attacking line**
- If a defender **knocks down a pass**, it is an **attacking error**, resulting in a **down**
- If the ball is **intercepted** and it is **not the last down**, the attacking team retains possession
 - If defenders **do not score**, attackers restart at their **last starting line**
 - If defenders **score**, attackers receive a **new set on the red line**
- Defenders can **pass in any direction** from point of interception
- The attacking team **does not lose possession due to an error**, unless it is the **5th down**
- If an attacker's **knee or above touches the ground** whilst holding the ball, the **play ends** (unless over the tryline in the act of scoring)
- After a down or try, teams have **10 seconds to get set** for their **next play**. If
 - **Attackers are not set**; they may **lose a down**
 - **Defenders are not set**; they may give the attackers an **extra down**
 - Referees monitor players' **effort and urgency** in returning to their **restart line**. A **penalty may be awarded** if they fail to return within **10 seconds**

Defenders always start on the invisible

- **Orange line** if attackers start from the **red line**
- **Blue line** if attackers start from the **orange line**
- **Try line** if attackers start from the **blue line**



SHORT FORM RULES

Points & Winners

To score points

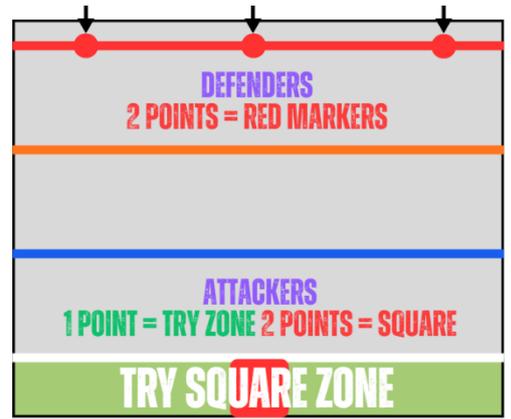
Attackers ground the ball in the

- 'Try Zone' – 1 point
- 'Square' – 2 points

Defenders touch one of the three red markers with the ball

- 'Red Marker' – 2 points

Note: In mixed games, girls are awarded 2 points per try, regardless of whether the ball is grounded in the try zone or square.



U12's Game Variations

- If the ball touches the ground, it is play on until the ball carrier is tagged or runs out of bounds. The sideline acts as a tag, with the next play restarting from the last line passed.
- Attackers and defenders cannot leave their set line until the ball has been passed twice at the start of play.

Team Numbers

- 10–12 Years: 7 players per team on the field
- 5–9 Years: 6 players per team on the field

Note: School and club training sessions may include additional players, e.g. 22 total players (11 per team).

Field Size

- 5–9 Years: Field width is halved

Note: Optional for school and club training sessions