

Touch Rugby Rules

Within the current context, there should be seven players per side given the size of the pitch. Teams should be mixed gender, with a balance of ability where possible.

It is at the discretion of the referee to add or remove players from teams on grounds of the following:

- player conduct
- lack or surplus of players on individual teams.
- overall team ability
- injury
- substitutes

- Pitches should be clearly marked with appropriate equipment.
- Presence of a qualified First Aider is mandatory.
- Scoring must be noted in an appropriate format by the match stewards.

1. The conventional rules of the game as laid out by the Federation of International Touch (F.I.T) will apply.
2. The fields are 50x70m though local variations may occur.
3. The attacking team must start with a tap from the middle of the field.
4. The defending team must be back 10m for the start of play and after each touchdown.
5. After a team scores the play begins again with a tap in the middle.
6. The person who takes the role of dummy half can cross the try-line but not score.
7. If the half is touched while possessing the ball it is a turnover. ROLL BALL.
8. After being touched, the player touched must roll the ball between their legs.
9. The attacking team continues play until they have had 6 touches.
10. After being touched 6 times the ball is handed over to the other side. ROLL BALL.

11. After touching the attacking player with the ball, all defending team members must retreat 5m.
12. Ball to Ground: When the ball is dropped on the ground it is a turnover.
13. Turnover: When the attacking side loses the ball to the opposition
14. No control: When the ball is thrown, dropped, knocked on, in a touch. ROLL BALL.
15. When someone is penalised, their team must then retreat 10m.
16. If the defending players do not retreat, they are offside. PENALTY
17. If a touch is considered to be too strong. PENALTY
18. Offside: when the defending players have not retreated 5m. PENALTY
19. Forward Pass: When the ball is passed in front of the player who possessed the ball. PENALTY
20. Touch and Pass: When the person who is touched then passes the ball. PENALTY
21. Voluntary Rolled Ball or No Touch: When the player is not touched and rolls the ball between their legs. PENALTY
22. More than a Meter: the ball must not be rolled more than one meter. ROLL BALL
23. Shepherd or Obstruction: Obstructing a touch from the defending side. PENALTY
24. Deviation: When a defender changes their direction before retreating straight back 5m. PENALTY
25. For minor offences i.e. bickering with refs, shouldering, leg trips etc. the player will be sin binned for five minutes without replacement.
26. Foul play of any nature (the referee being the sole judge) will result in the offending player being sent from the field without replacement.

NOTE:

PENALTY: ball on the ground - let go of the ball - touch the ball with your foot - pick up the ball.

Failure to comply with any of the rules and conditions will result in team expulsion from the competition and may incur further disciplinary action.