

Touch Rugby

RULES AND REGULATIONS

Touch Rugby is to be conducted under modified rules. The following rules and regulations will apply. The SIS Code of Conduct essential points must be clearly read out by the referee to both teams and signed by the referee & coaches before the game commences.

Team Requirements

1. A maximum of 6 players are permitted to take the field.
Mixed - schools must make every effort to form a team with mixed gender – boys & girls.
When a team is not mixed gender then only 5 players may take the field.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time.

Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 4 x 10 minute quarters with a half time interval of 5 minutes.
3. A grass area usually the size of a soccer pitch (70mx50m) is required.
4. Jumpers with numbers (or bibs) are required.
5. The host school will book and provide umpires in accordance with SIS requirements.
1 Accredited Umpire is required
6. School staff and students will score.

Sport Specific Playing Conditions

1. The aim of the game is to score touchdowns by getting through the opponent team's part of the field and placing the ball down in the touchdown (try) zone.
2. Touchdown points apply as per full rules. Boys = 1 and Girls = 2
3. The game starts with a 'tap' on the half way line.
4. Whilst attacking, players need to run forward and pass the ball backward; that means the ball carrier is up front, with teammates on the same line or slightly behind, so they can pass the ball.
5. Defenders only need to 'touch' the ball carrier to stop the attacking team; the rules of the game stipulate that the 'touch' has to be made 'with the minimum force necessary'.
This can be a 1 or 2 handed touch that can be done on any part of the body, hair, ball or clothing. The 'touch' can also be made by the ball carrier on a defensive player and players should be encouraged to 'take the touch'.
6. After making a 'touch', the defending team has to go backward behind an imaginary 'defensive' line, approximately 5 metres away from where the touch has been made. The ball carrier has to perform a 'rollball', on the exact mark where the 'touch' was made. Be careful not to be 'over the mark' when performing a roll ball. This means the ball must be placed when the original touch is made. A 'rollball' in touch involves the player who was touch placing the ball on the ground, not dropping and stepping over the ball. The player does not actually roll the ball back in anyway.
7. When a touch and rollball is made the attacking team picks up the ball. This player is called 'half'. This player cannot score, however this player may run as per normal. If this player gets touched it is a turn over. If the half passes the ball they are then considered a normal player again and play as usual.

8. A team will have 6 'touches' as an opportunity to score. The 6th 'touch', dropping the ball or any infringement to the rules result in a changeover and the attacking team then becomes the defending side.
9. The ball may never be kicked.
10. The **Mercy Rule** margin is 5 points.
The rule will apply if a team is leading by 5 points at any stage during the game.
The winning team must remove 1 player from the field.
11. Any player sent off for misconduct may not be replaced.
12. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
13. When a score is tied at the end of play, an overtime period will be negotiated between coaches until a winner is decided - 3-5 mins, continuous clock, NO timeouts.
A coin toss will decide first possession, both teams drop 1 player every minute (to a minimum of 3 players on the field). It is 'golden point' ie. the first team to score in the overtime period wins.