



# **MULTISPORT RULEBOOK**

**TOUCH RUGBY**



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Touch is an exciting and inclusive game played by teams of agreed number of players that promotes the fundamental skills of running, passing, catching, evasion, and support play.

Played by participants of all ages and genders, Touch develops basic attack and defence skills in a minimal contact environment. Unlike other football-related codes such as Rugby Union, Rugby League and Soccer Football, Touch is also played in mixed-gender formats as well as men's and women's teams



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## TERMINOLOGY

**Forward pass:** Pass moves in a forward motion towards the oppositions try line.  
Sanction - Turn Over, ball is given to the opposing team. Restart game with a Roll Ball.

**Half Back:** The player who takes possession of the ball after a roll ball. The half can't score a touchdown; and if they get touched with the ball in their hands, their team loses possession of the ball.

**Link:** Name of the position and players positioned between middles and wingers. They are the most deceptive runners and the best ball handlers.

**Mark:** The exact point where the touch is made and the roll ball is performed.

**Middle:** Name of the position and players occupying the 'middle' of the field. Middles are the most consistent and fittest players in the team.

**Offside:** Player hasn't gone backwards enough to be onside and therefore will be penalised.

**Over the Mark:** Infringement when the ball handler does not perform the roll ball on the exact point where they have been touched. It results in a penalty for the defensive team.

**Ruck:** Area where the roll ball occurs with the ball carrier, the defender and the half.

**Roll ball:** Normal act of bringing the ball into play following a touch or a change of possession. Players should perform a roll ball by controlling the ball and placing it on the ground while stepping over it, facing their scoreline. It is the specific move of Touch.

**Touch:** Contact on any part of the body between a player in possession of the ball and a defending player. A touch includes contact on the ball, hair or clothing, and may be made by a defending player or by the player in possession.

**Wing:** Name of the position and players occupying the side part of the field. They are usually the fastest players in the team, as they have to cover a large part of the width of the field.



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## TEAM COMPOSITION

**Offense:** 4 players (2 Female athletes and 2 male athletes)

**Defense:** 3 players (1 Female athlete and 2 male athletes)

**Substitutes** can occur when you are attacking and will be rolling substitutes.

## EQUIPMENT

**The Ball** - Any oval ball will allow you to play. These will be provided on the day.

**Team Shirt** - In all competition, players on the same team need to have the same shirt. This needs to be arranged with your team leader and teammates.

**Sunscreen/Hat** - Touch can expose you to the sun. To help you stay protected from the sun, a hat can be worn whilst playing and sun cream should be frequently applied as well.

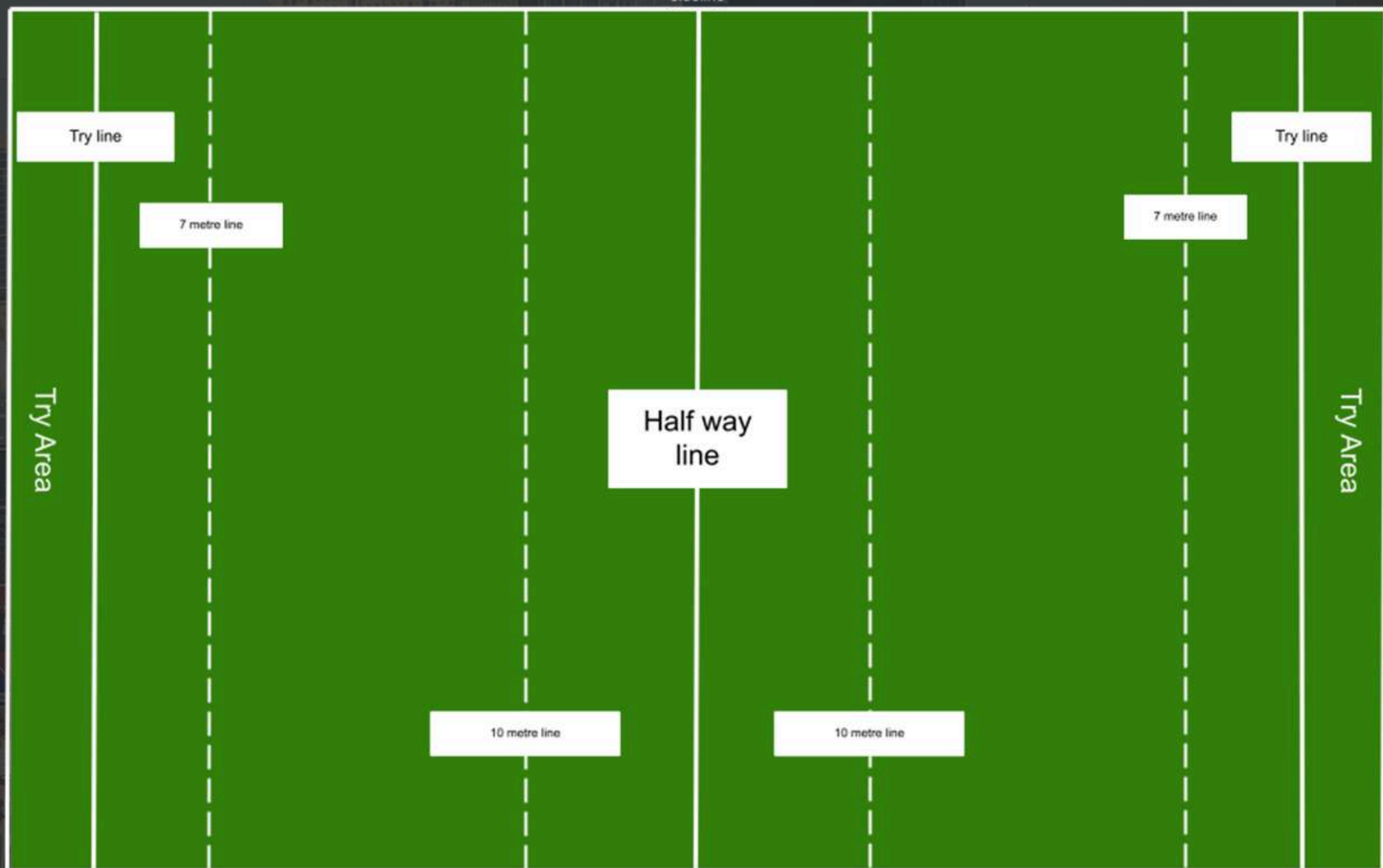
**Moulded Soles Footwear** - Touch is a game of evasion; wear appropriate footwear to maintain grip on the surface.



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## FIELD SIZE



**Field Dimensions - 20mx30m**



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## RESULTS FROM GAME

**WIN** = 3 points

**DRAW** = 1 points

**LOSS** = 0 point

**FORFEIT** = 0 points

## TIMING AND OVERTIME

**Game Duration** - 10-min halves; 3-min halftime breaks. No Overtime during pool stages. Golden point will commence in finals.

## STARTING THE GAME

The game starts by performing a roll ball along the ball carriers score line. The entire team must be behind the said score line. The defensive players will start on the half-way line. They will be allowed to go up to affect the touch once the referee has blown the whistle indicating the start of the game. This is also the starting point after a score has been made.





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## SCORING

A try is scored when the ball is placed on or behind the scoreline, ball carrier must be in control of the ball when scoring, If it is dropped or thrown, no try. Play will restart with the defending side in possession. Two cones that are 0.5m apart are placed in the middle of both score lines. If the ball is placed between the cones the team will be awarded 2 points as opposed to 1 point if the ball is placed outside the cones.

**\*\*The half back may not score or cross the score line. Crossing the score line as halfback will result in a turnover.\*\***

## TOUCHES

4 touches per possession

## LIVE/DEAD BALL

Live ball is considered open play once the ball has been rolled backwards and picked up by the Half Back. Dead ball is the time after a touch has been made, infringement which requires a restart, or a try has been scored.



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## PASSING

Passing can only be made sideways or backwards, forward passes are penalised by the referee and the ball will be given to the opposing side to start.

## SIDELINE

If a player with the ball touches or crosses the sideline s/he is deemed to be out of play and a change of possession occurs. Play restarts with a roll ball 5 metres in from where the player went out. If a touch is made before the player goes out, the touch counts.

## KNOCKDOWN

When a defensive player knocks the ball down, it will result in a turnover.

## UNSPORTSMANLIKE CONDUCT

Excessive force during a touch (referees discretion) warning will be given first then escalated afterwards if continued.



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## PENALTIES

A penalty is awarded for the following infringements:

- a forward pass
- offside play (4m from the mark)
- performing a roll ball not on the mark
- claiming a Touch when none was made
- Touch and pass
- Performing a rollball before being touched
- Performing a rollball off the mark
- Interfering with the roll ball (running around the ruck) and passing the ball once touched.
- Using more than minimum force to effect a touch
- Playing more players than the allowable number
- Incorrect substitution
- Delaying play
- Obstruction
- Misconduct

**Advantage** - If the attacking player, when making a quick start, is touched by an off-side defender, play is allowed to continue. If an attacking side gains no advantage, a penalty tap for the first down will be given.

**\*\*All turnovers and penalties will result in a roll ball. No taps will be awarded.\*\***