FEDERATION OF INTERNATIONAL TOUCH

BEACH / INDOOR

TOUCH

PLAYING RULES

FOREWORD

This booklet on the Rules of Beach or Indoor Touch is an insight into an exciting new game, especially designed for fast action, high scoring and plenty of spectator appeal. On the beach it allows for spectacular diving either to score points or effect a touch. It is hoped that the rules will allow for sufficient interest in the media to eventually televise a national and international series similar to what Beach Volleyball currently enjoys.

The game can be played indoors on the same sized area as the beach, as a Basketball court has sufficient space for this purpose. Trials have already been completed indoors and one major appeal it has is for teachers, as the game is a fun activity that can accommodate a healthy life style for school children. The ease of organising and the numbers that can participate allows for an effortless lesson plan for teachers.

At a community or higher level the game is not effected by weather conditions. Because of the beach scenario where people generally get wet anyway, bad weather would only diminish the spectators not the participants, whilst indoors the weather won't effect the game at all.

I give you these Rules to encompass and hope that you and your friends enjoy the game.

CARY THOMPSON
President
30th January 2000

CONTENTS

Rule 1	- Definition and Terminology	1
Rule 2	- Team Composition	3
Rule 3	- Mode of Play	3
Rule 4	- Player Discipline	4
Rule 5	- Drawn Games	4
Rule 6	- Referees	5
Rule 7	- Referee’s Signals	6
Notes on Indoor Touch		6

Rule 1. DEFINITION & TERMINOLOGY

Attacking Team - is the team lawfully in possession of the ball.

Attire - is the apparel worn by players. It must consist of a minimum of swimming costume or Shorts and singlet or t-shirt, which must be numbered no less than 16 cm in height either on the front or back. Footwear is not necessary for the beach.

Defending Team - is the team without the ball.

Field of Play - is a rectangle area 15 metres wide and 30 metre long. It is bounded by scorelines and sidelines, which extend 5 metres past the scoreline. Players must stay within these confines. (See diagram)

Halfway Line - is the line that divides the field in half and the line, on or behind which defenders must stand, for the commencement of, or recommencement of, play.

Halfway Mark - is the point in the centre of a scoreline from where play is started or recommenced.

I**nfringement** - is a breach of the rules of the game and is subject to a player being dismissed from the field; and/or, possession being awarded to the non offending team; and/or, four more touches being awarded, and the non offending team being given five metres advantage towards their opponents scoreline. Infringements subject to the above actions are:-

* Allowing the ball to fall to the ground whilst in possession
* Stepping prior to making a pass, after a touch, or at the commencement or recommencement of the game.
* Stepping on or outside the sidelines
* Not touching the ground when playing the ball.
* Not playing the ball when touched.
* Passing after being touched and prior to playing the ball
* Passing the ball forward
* On a change of possession, not returning the ball to the mark or handing it to the closest opponent.
* Being offside
* A defending player failing to effect a touch
* Interfering in the play the ball
* Unsportsmanlike behaviour

The method of bringing the ball into play at an infringement is to simply touch the ground with the ball. The ball doesn't need to be tapped with the foot at any stage during the game.

Offside - is being :-

* In front of your team mate who has the ball,
* Not retiring 3 metre after a touch,
* Not retiring 3 metre after an infringement,
* Being inside 3 metres of your opponent when the ball is “played”.

*Not being on or behind the half way line at the commencement or recommencement of the game.

Onside - means in line with or behind a team mate who is legally able to participate in the game.

A Pass - is the action of throwing or propelling the ball to a team mate who is beside (but not forward of the ball carrier), or behind the ball carrier.

Penalty Point - is the awarding of a point to a team.

Play - means the action of bringing the ball into play after a touch is effected or at the commencement or recommencement of the game. The ball must come into contact with the ground before it is passed or handed to a team mate.

Points - are scored when the player in possession places the ball on or over their opponent's defending scoreline.

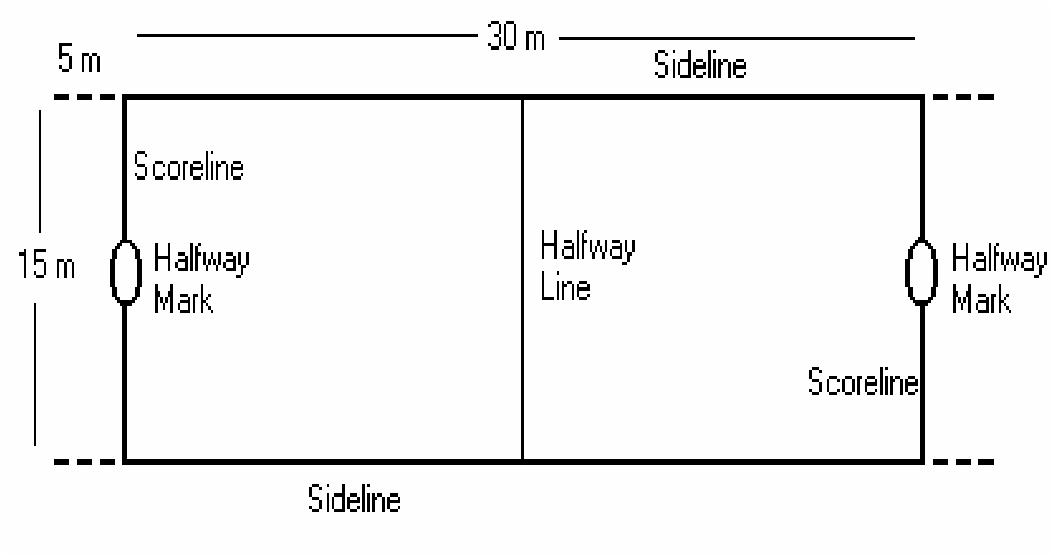
Team - is a group of five registered players.

Team Mate - is a player from your own team.

The Mark - is the position where the attacking player is at the time a touch is effected or of greater advantage to the non offending team at an infringement.

Touch - is any contact on any part of the body, hair, clothing or ball and <u>can only be made by a defending player.</u>

Field of Play



Rule 2. TEAM COMPOSITION

i) A team will consist of five (5) players of which only three (3) are allowed to be on the field of play at any one time whilst a team is in possession of the ball, and a maximum of two (2) whilst a team is defending.

ii) Players not participating in the game are to remain seated behind the sideline until a team mate indicates they wish to be substituted. They can only leave their seats when the substituted player makes their way to the sideline.

iii) Players may substitute with each other at any time. Physical contact does not have to be made but the players must interchange from an onside position and from the same sideline they are seated, unless if after a point is scored, they can substitute at will. Players dropping off can leave the field via either sideline or scoreline.

iv) A mixed team must have a minimum of two female members. A female player must be on the field of play at all times.

Rule 3. MODE OF PLAY

i) The object is to score more points than your opponent.

ii) The referee will effect a toss with both captains with the winner of the toss having the choice to either attack or defend as well as a choice of ends. If a drawn game results in a "Shoot-out", the winner of the toss at the commencement of the game has the first (and same), choices for the Shoot-out.

iii) The game is commenced and/or recommenced (after a point is scored) by placing the ball anywhere along the scoreline by the team commencing play or who were just scored against. Upon the referee blowing the whistle, the ball is picked up by an attacking player and must be passed immediately -the player picking up the ball cannot take a step before passing unless that step is part of the passing action.

iv) Any infringement by the attacking team at the commenced or recommenced is a change of possession and the ball is taken by the non offending team to the halfway mark of their scoreline for the restart.

v) The player in possession of the ball may run or pass the ball in an attempt to negotiate the opposition. To retain possession, the attacking team must not allow the ball to touch the ground (unless after a touch to bring it back into play) - this applies even when the defending team may cause the ball to go to ground. The ball cannot be kicked.

vi) If a touch is effected on a player in possession, that player must return to the mark and play the ball, (i.e. touch the ground with the ball), then immediately effect a pass, again without taking a step before passing, unless that step is part of the passing action.

vii) The ball must be allowed to be cleared after a touch is effected. Any infringement at the play the ball will result in the infringing player being ordered to take a position ten (10) metres from the mark (other player only five (5) metres). In the case of any such infringements within five metres of the scoreline, a penalty point may be awarded.

viii) A team retains possession of the ball until FOUR (4) touches have been effected or an infringement causes the ball to be handed over to the opposition. Play is recommenced by touching the ground with the ball and effecting a pass.

ix) If a touch is effected on the ball in flight, by a defending player, the attacking team must retain possession for the touch count to continue. A team is not however awarded “four more touches”
because of the action by the defender.

x) The defending team may move forward to effect a touch as soon as the ball touches the ground.

xi) Any unsportsmanlike behaviour will result in the mark for the infringement being advanced five metre towards the scoreline.

xii) A team in possession may score one point by placing the ball on or over the scoreline (within the boundaries of the extended sidelines), prior to, or without being touched.

xiii) After scoring a point the ball is to be left on the ground at the mark, or immediately given to the closest opposition player. Failure to adhere to either of these rules may result in an immediate Penalty Point awarded against the offending team at the other end of the field. Play will recommence as per normal after a point is scored.

xiv) The game is of fifteen minutes duration played in seven minute halves with a one minute half time break.

xv) The winner of the game is the teams with the most points.

Rule 4. PLAYER DISCIPLINE

i) Unsportsmanlike Behaviour is subject to a loss of possession, dismissal from the game and/or a loss of five meters for the offending player's team.

It includes :-

* Throwing the ball away at a change of possession.
* Continual breaches of the rules.
* Fighting or using physical force in the game.
* Back chatting referees or officials.
* Tripping.
* Swearing.
* Any actions considered by the referee to be bad sportsmanship.

ii) If a player is dismissed from the game they can no longer take part in that game but may be substituted by one of the other four team mates. The player must leave the playing area and cannot sit with the rest of the team.

iii) Players may be dismissed for a period of time at the absolute discretion of the referee. A team mate may substitute for any player sent off for a period of time provided they have not been dismissed for the remainder of the game.

Rule 5. DRAWN GAMES

In the event of drawn games and when a single winner is required the "One Touch Shoot-out" concepts is used :-

i) The Shoot-out is a system where three attacking players, using the whole field have to negotiate two defender from the other team and score a point without being caught in possession (touched) and/or causing an infringement. The "Shoot-out" is commenced as per any game.

ii) A team has one attempts to score points then the roles are reversed. If no result is obtained the sequence continues one set at a time until each team has completed the same number of attempts to score and a result has eventuated.

Rule 6. REFEREES

i) Two referees will officiate at each game. They will stand outside the sidelines, one, either side of the field. They are sole judges of the rules and matters associated with the sidelines.

ii) The referee may call a defender "offside" and any subsequent contact between the defender and the player in possession will not be deemed a touch until the defender has retired to a position where they can legally effect a touch. If an illegal touch is effected the referee may call play on and/or penalise the offending player if no advantage is apparent.

iii) Both referees have equal jurisdiction.

iv) If two whistles are blown at the same time the referees will confer with each other, with the dissenting referee (that is, the last one to have blown the whistle), having the right to make the final decision.

v) Both referees must be in agreement before a point is awarded to a team and penalty points may be awarded if the actions of a defender (deemed illegal by the referee) prevents what would have been an otherwise fair score.

Rule 7. REFEREE'S SIGNALS

i) For ease of adjudication, there are only three basic signals to be used by the referee. They are:-

a) Arm held vertically in the air to signal an infringement
b) Arm held horizontally at shoulder height to indicate what team has possession
c) Arm pointed at an angle to the ground indicating the awarding of a point.

ii) Referees will call their decisions to the players and need only acknowledge each other by a nod or affirmation before awarding a point. The arm may be held vertically in the air to signal the Tournament Control area they are ready to commence a game.

NOTES FOR INDOOR TOUCH

* The time of the games may be varied to suit the environment and skill level of participants

* The placing of the ball over the scoreline to record a point may not be mandatory.

* The Rules should be adjusted to cater for the environmental and indoor court conditions to ensure the safety of all participants