



Understanding the Game

Object of the Game

The objective of the game is for each team to score touchdowns and then in turn to prevent the opposition from scoring.

Attacking Aim

The aim for the attacking team is to score touchdowns by moving towards opponents scoreline & grounding ball over the line within the touchdown zone.

This is achieved by players running forwards and passing, knocking or handing the ball backwards between onside players of their own team who may in turn run or otherwise move with the ball in an attempt to gain territorial advantage and score.

No Kicking is allowed in Touch.

Defensive Aim

The aim for the defensive team is to prevent the attacking team from scoring or gaining territorial advantage by touching the ball-carrier.

Either defending or attacking players may initiate the touch, upon which play is restarted using a rollball at the point where the touch took place.

The attacking team have six (6) touches to score upon which there is a change of possession and the defending team have the same opportunity to score a touchdown.

Duration of Game

A Touch match is fourty five (45) minutes duration, consisting of two (2) twenty (20) minute halves. There is a five (5) minute halftime break. The duration of the game can be varied to suit local circumstances.

Team Composition

A Team consists of fourteen (14) players, no more than six (6) of whom are allowed on the field at any time. Players may substitute at any time. There is no limit to the number of times a player may interchange. Teams of between 8 and 10 helps to encourage maximum involvement and activity.

In mixed competitions, the maximum number of males allowed on the field of play is three. The minimum male requirement on the field of play is one.

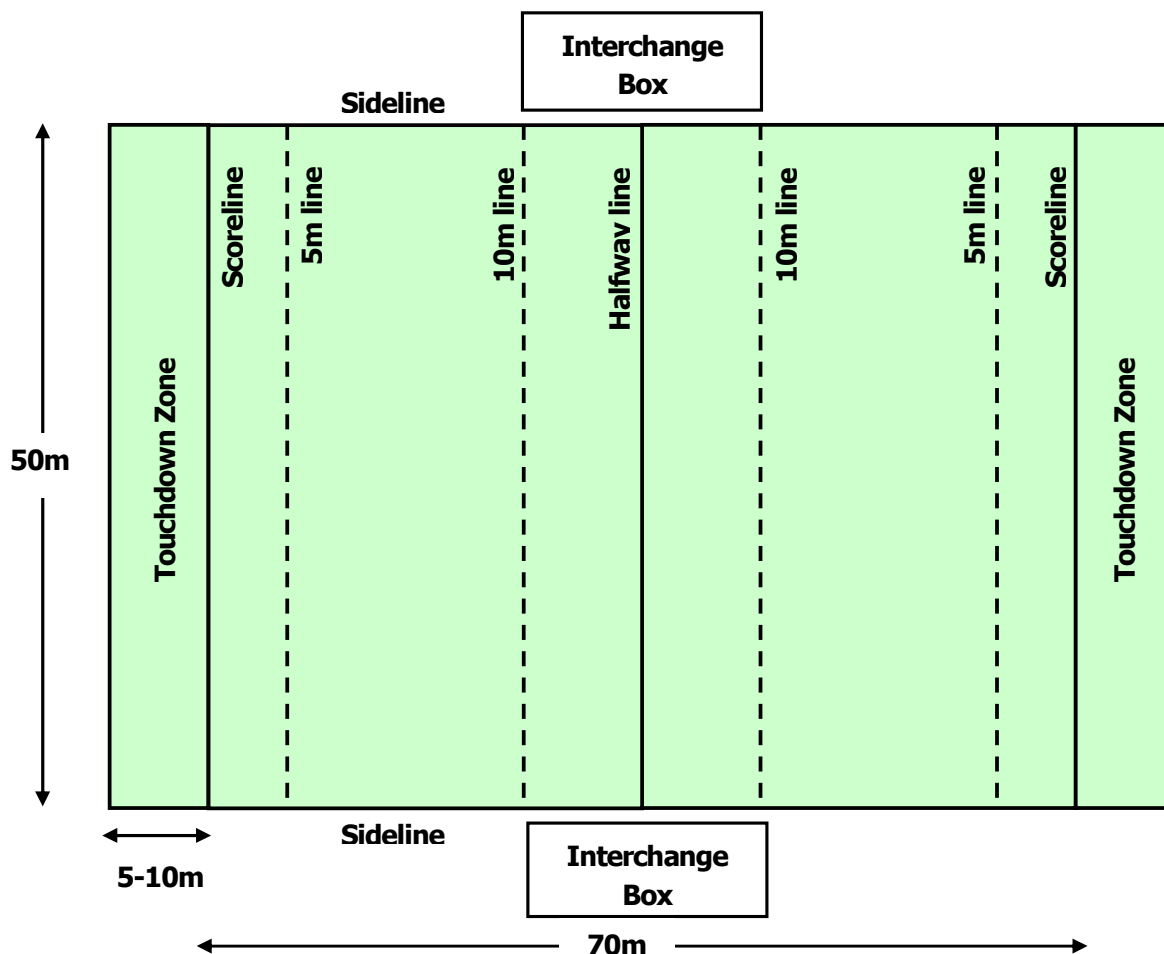
Equipment

Touch is played with an oval shaped ball, generally a size 4 rugby ball. For junior games (under 12 years) use a size 3 rugby ball.

Boots with screw-in studs or cleats are not to be worn for Touch. Boots with moulded soles or plastic blade are permitted.

The Field of Play

The size of the field can vary depending on local conditions. True touch fields of play are rectangular in shape and measures seventy (70) metres in length from scoreline to scoreline and fifty (50) metres in width.



The playing surface is normally grass. However, other approved surfaces may be used (eg sand). Ground surfaces, which may cause injury, are to be avoided.

For the majority of social tournaments in Wales, the game will generally be played on half a rugby field (playing across the field). Posts are not required to play Touch.



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Line Markings are to be laid out as shown. Sidelines are to be extended at least five (5) metres beyond the scorelines and joined by the Touchdown Zone line.

Interchange Areas measuring shall be placed on both sides of the field of play, extending either side of the halfway line and setback from the sideline.

Method of Scoring

A touchdown is awarded when an attacking player places the ball on the ground, on or over the defending teams scoreline. A touchdown is worth 1 point. There are no other ways to score in Touch.

Start of Game

The team that wins the coin toss chooses the direction of play and must start with a tap from the middle of the field.

The defending team must be back 10 meters for the start of play and after each touchdown.

Substitutions

Players may substitute at any time in accordance with the interchange procedure. There is no limit to the number of times a player may interchange, although it is recommended that substitutions are only made whilst attacking. Substituted players must remain in their interchange area for the duration of the match.

All interchanges must occur at or within the team's Interchange Area, and only after the substituted player has crossed the boundaries and entered the Interchange Area. All interchanges must be made on the one side of the field and without delay.

Glossary of Touch Terms and Definitions

Tap

The tap is used to start/re-start game at the beginning of each half, after touchdowns and following a penalty.

A tap is performed by placing the ball on the ground, letting go of the ball, touching the ball with your foot and picking up the ball.

Touch

A Touch is contact between the ball carrier and any onside player from the defending team usually with either one or two hands. Players of both defending and attacking teams are to use the minimum force necessary to affect the touch.

If a touch is considered to be too strong a penalty will be awarded against the offending team.

A touch can be made on any part of the person, their hair clothing or the ball itself.



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After a touch has been affected, the player in possession is required to stop, return to the mark where the touch occurred if the mark has been over-run, and perform a Rollball without delay.

Either an attacking or a defending player may initiate the touch.

Rollball

A rollball is the normal act to be performed once a player in possession is touched by the opposition or following a turnover.

The rollball is to be performed by the attacking player at the point of the touch. The action involves facing the defending team's scoreline, with hips parallel to the sideline.

The ball is to be placed firmly on the ground. While the rules allow for the ball to be rolled backwards between the legs of the attacking player no more than one (1) metre the preference is for the ball to be stationary and for the attacking player to stepover it. This makes it far easier for the acting half to collect the ball and restart the game.

Plant:

The plant is a static version of the rollball. The static rollball is a controlled skill reducing the chance for error.

Dump:

The dump is a quick & dynamic form of rollball. The dump enables teams to gain attacking momentum and set up attacking opportunities.

(Acting)Half:

The half or acting half is the player who receives the ball immediately following the rollball

The person who takes the role of half can pass or run with the ball but must not get touched while in possession of the ball. The half can cross the scoreline with the ball but cannot score.

If the half is caught with the ball, possession is handed over to the opposition who will recommence play with a Rollball

The Penalty:

If a player is penalised their team must retreat 10 meters from the point of infringement. Failure to do so will render the offending player offside.

A tap is performed by the attacking team to restart the game following a penalty.

Forward Pass:

A forward Pass is when the player in possession, passes, flicks or throws the ball in a forward direction. ball is passed in front of the player who possessed the ball. In this situation the ruling will be a penalty from the point where the ball was passed.



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Offside

An attacking player is offside when that player is forward of another attacking player who has possession or who last had possession of the ball.

A defending player is offside when that player has not retreated the required 5 meters (Rollball) or 10 meters (Penalty and restart of play after touchdowns) at recommencement of play.

For all offside incidents the opposition will be awarded a penalty.

Scoop:

The scoop is an attacking move performed following the dump. The scoop is performed where a player picks up the ball and runs with pace from the half position usually where quick forward progress of the ball is required and to get beyond/through the defensive line.

Ball to Ground:

If the ball is dropped to the ground by the team in possession, a change of possession results. The mark for a change of possession is where the ball first pitches or where the attacking player dropped or passed the ball. Play is restarted with a rollball.

Passing into Opposition.

A player who passes the ball at or towards a defending player, who does not attempt to catch or intercept the path of the ball, and which then results in the ball going to ground shall lose possession.

However, if the defending player attempts to catch or play at the ball and the ball goes to ground, the attacking team retains possession. Play is restarted at the mark where the ball goes to ground by a rollball and the touch count is restarted.

Touched in Flight

If a defending player intentionally touches the ball in flight and the ball is retrieved by an attacking player, play continues and the touch count restarts at the next touch.

Over-running/off the mark:

Over-running may be described as trying to break through the touch and occurs when the ball carrier continues to run beyond the point where they are touched.

In this instance the ball-carrier must return to the point of the touch to perform a rollball. Failure to do so with the rollball performed beyond the point of touch shall be defined as overstepping/off the mark and will result in a penalty to the defending side.

Touch & Pass:

Touch and pass occurs when the player in possession passes or hands the ball to a team mate after a touch has been effected, and will result in a penalty to the defending side.



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Deviation:

Having affected a touch, defensive players must retreat a minimum of 5 metres to an onside position along a single direction of movement.

Deviation occurs when the retreating defender changes the direction of their retreat before becoming onside in an attempt to obstruct or gain advantage over the attacking side. Deviation will result in a penalty to the attacking side.

Voluntary Rollball:

A voluntary rollball occurs when the ball carrier performs a rollball without a touch being effected

Phantom (Touch):

A Phantom Touch is defined where a defensive player claims a touch on the ball carrier when no touch has in fact been made. Claiming a Phantom Touch will result in a penalty to the attacking side and can result in the

Ruck pattern:

A basic attacking move intended to promote the ball down the field rather than specifically result in a touchdown.

Drop Off:

The drop off is the extra time/sudden death procedure where a winner is required from a game. The process involves teams periodically reducing player numbers every 2 minutes to a minimum of 3 players aside. The game continues until a sudden death touchdown is scored.