

TOUCH RUGBY & NETBALL

www.londontouchrugby.com

- Before taking the field all players must be correctly attired in team uniforms (same colour t/shirts).
- The game shall be played in two 15 minutes halves.
- Teams can consist of 12 players maximum - 7 players on the field (you can start a game with a minimum of 5 players).
- Mixed teams must have at least two female players on the field at all times.
- A try will be scored in the normal fashion of a player having crossed the line with both feet standing and in control of the ball.
- Scoring will be as follows Male = 1 point, Female = 2 points.
- The defending team must be 10 metres from the player taking the tap at halfway. The player taking the tap can run and be touched which will count as one; from then on a dummy half must receive the ball.
- At the "play the ball" a player must play the ball between their legs for the dummy half to receive the ball no more than one metre.
- A "play the ball " may not be taken by the attacking team within 5 metres of the goal line.
- A knock on constitutes the ball being dropped or knocked to the ground in any direction. When this occurs the ball goes to the team that was not responsible for this infringement.
- All balls knocked to the ground will be ruled against the first offender.
- A touch is defined where contact is made by the defending player on any part of the attacking teams body or clothing below the shoulder. A touch of the ball carried by the attacking player is also deemed a touch.
- Defending teams cannot hold off making a touch. Phantom touching will be penalised at referees discretion.
- At the end of six touches the attacking team loses possession and the defending team obtains the ball.

- If a player passes the ball after a legal touch has been made, possession will go to the defending team.
- In the rare occasion that the referee is unable to distinguish between a pass before a touch and a pass after a touch and provided the ball does not go to ground the attacking team will maintain possession. Referees will call play on to indicate the play.
- If a defending team knocks the ball to the ground deliberately, the attacking team will retain possession and the touch count will return to one.
- Intercepts are permissible as long as the defending team is five metres back from the "play the ball"
- A player caught inside five metres while his team is defending constitutes the player being off side and will either be penalised or advantage played till a legal touch is made and the count will continue.
- If a player runs into touch possession goes to the defending team.
- If a player is touched prior to running into touch, he returns and plays the ball.
- Players can only move forward when dummy half has touched the ball. Dummy half has three seconds to do this.
- Play should be made "at the mark" where player was touched, overrunning will result in loss of possession.
- The player acting as dummy half can run with the ball but if touched by opposition player possession will be lost.
- Dummy half cannot score.
- The ball cannot be passed to a player from behind the goal line when attempting to score.
- Retiring players must not interfere with play while returning to the side line.
- A team can only substitute when they are in possession of the ball.
- After a try has been scored subs can take the field as long as there are no more than seven players on the field when play restarts.
- For minor offences i.e. bickering with refs. Shouldering, leg trips, the player will be sin binned for five minutes without replacement.

- ❑ Foul play of any nature (the referee being the sole judge) will result in the offending player being sent from the field without replacement.
- ❑ Should a team wish to protest regarding an opposing team and it's members, this should be noted to the referee before the start of the game and team captain to advise the control desk after the game. No discussion will be entered into, if this process is not followed.

For any additional details, please contact our office –

info@londontouchrugby.com