

# Touch rugby rules and regulations

## Playing Rules

### The pitch

- Games will be played across half of a standard rugby union pitch (see Figure 1)



### The teams

- Teams will consist of six players at any one time, with up to 4 substitutes. Players may be swapped on and off the pitch at any point during the game
  - Each squad must comprise a mixture of genders, with no gender constituting more than 80% of the total squad
  - There must be at least one male and one female player counted within the six players on the pitch at all times
  - Each squad must contain at least two players from each of the school year groups relevant to each tournament (see 'The tournaments')
  - No more than two 2023/24 PRFC members (playing or not) are permitted per team.

The purpose of these stipulations is to promote inclusiveness, youth development, balanced age representation, strategic substitutions, gender diversity, camaraderie, mentorship, and to ensure that no team has an unfair advantage over others. May the best team win.

### The game

- Each game will consist of two 10-minute halves, with a 3 minute break at half time
- Play starts at the centre of the pitch with a player tapping the ball with a foot then immediately passing the ball to a teammate
- The object of the game is to score tries

- A try is scored by touching the ball on the ground beyond the opponents' try line
- After a try is scored, the game is restarted by a tap at the centre of the pitch by the team that conceded the try
- Players may carry the ball and run in any direction.
- Players may only pass the ball to a team mate if that teammate is closer to their own try line i.e., the ball must travel backwards
- Apart from kick off and restarts after scores, players may not kick the ball
- Players on the defending team may "tackle" a player carrying the ball by touching the ball carrier with two hands at any point between the bottom of the sternum and the knees. In doing so, defenders must use minimum force - slapping or pushing is NOT allowed and will be penalised
- When a ball carrier is "tackled", they must immediately stop moving, place the ball on the floor and step over it, allowing a teammate to pick it up
- When the ball carrier is "tackled", all players on the defending team must retreat until they are at least 1 metre closer to their own try line than the point at which the tackle was made. They may not move forward until the attacking team play the ball again.
- The attacking player who picks up the ball after a tackle may pass or run with the ball UNLESS the tackle was made within 5 metres of their opponents try line in which case they MUST immediately pass the ball
- If the attacking team fails to play the ball within 10 seconds after a tackle, then play stops and is restarted with their opponents in possession of the ball
- A "turnover" of possession will occur if:
  - A player from the attacking team carries the ball over one of the side lines, unless they are pushed over the sideline as part of a tackle
  - The ball is passed forwards
  - The ball is dropped and travels forwards
  - A player from the attacking team obstructs a defender and prevents them from making a tackle
- As is the case in other forms of rugby, the referee is the sole judge of all aspects of the game

## The tournaments

- There are two tournaments, each for a defined set of school year age groups. These are:
  - The Blue Tournament - for registered players currently (March 2024) in school years S1, S2 or S3
  - The Red Tournament - for registered players currently (March 2024) in school years S4, S5 or S6

## Eligibility Criteria:

Player Eligibility: Individuals residing within the current school catchment areas of Penicuik High School and Beeslack High School are eligible. The age groups eligible are as follows (school years S1 to S6, approximately ages 11 to 17).