

PICK UP

AND PLAY

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TOUCH

Getting involved in touch rugby couldn't be simpler. You can play it in the park with friends, work colleagues and family, or you can pop along to your local rugby club. Whatever your gender, age, ability or experience, you will find a warm welcome. Just follow these basic rules. The best way to learn is by getting hands on!

Passing

The ball must be passed backwards or directly sideways at all times. A forward pass results in a penalty to the other team.

The Tackle/The Touch

A touch can be made on any part of the body, ball, clothing or hair with one hand or two. Minimum force is to be used at all times. The team in possession is entitled to six touches.

The Tap/Free or Penalty Kick

The tap restarts play from a penalty. The ball is placed on the ground at the mark and tapped with the foot.

Ruck Ball/Rollball

This restarts play from a touch. The player in possession stands on the mark, facing the opponents' defending line and rolls the ball backwards between his/her feet a distance of not more than 1 metre to the scrum half/the half.

The Scrum Half/The Half

The half is the player who picks up the ball from a ruck/rollball, they are not allowed to score and lose possession if caught with the ball.

Scoring

A try/touchdown is awarded when a player places the ball on or over the scoreline before being touched.

Substitution

Teams may interchange players at any time but substitutes may not enter the pitch until the replaced player comes off and must start in an onside position.

Extra Time (The Drop Off)

Should a knock-out match be a draw at full time, in a period of extra time, each team loses one player. After two minutes, each team then loses one more player. Once teams have only three players each, play continues until a touchdown is scored. In a mixed competition, the gender balance can be adapted appropriately while keeping both genders represented at all times.



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