



TOUCH RUGBY LEAGUE PLAYING RULES

1.

INTRODUCTION

- 1.** A full team will be required to have a maximum of 6 players on the field at one time. For indoor venues a maximum of 5 players will be permitted. A team can have no fewer than 3 players on the pitch at any one time. The playing time will be a 40 minute fixture (2 x 20 minute halves). Festival organisers can change time duration based on number of teams.
- 2.** Prior to kick off the two captains, in the presence of the referee, will toss a coin. The winning captain can choose to start with possession or chose ends, the other captain will then have the other of the alternatives.
- 3.** All players must wear clothing that is considered safe. Anything considered unsafe or inappropriate by the referee must be removed at the referee's request.
- 4.** The object of the game is for the attack (the team in possession) to score tries. The winning team is the one who score the most tries.
- 5.** A try is scored by grounding the ball in the opponents in goal area or on the try line.
- 6.** Players must always pass the ball in backwards motion, a forward pass will always result in a turnover of possession.
- 7.** All defending team members must retreat 5m from the roll ball.
- 8.** A try is worth 1 point (unless stated by event organisers)

2.

TAP RESTART

- 9.** The game starts with a tap restart from the middle of the field by the team choosing to start the game with possession. A tap restart by the conceding team will occur after a try has been scored.
- 10.** A tap is performed by (1) holding the ball and tapping it with the foot. (2) placing the ball on the ground, leaving the ball on the ground then touching the foot against it and then picking it up or passing it.
- 11.** The defending team must be back 7m - 10m at all tap restarts. This will be set before the game or tournament begins by the discretion of the Match Official. For indoor games the defence must be back 7m.



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3.

THE TOUCH

- 12.** A legal touch is on any part of the body, clothing or ball. A player must claim a touch by raising a hand and shouting "Touch".
- 13.** After being touched, the player touched must perform a roll ball on the mark where they were touched.
- 14.** The dummy half cannot score or be touched before passing the ball. If the dummy half is touched then a roll ball turnover occurs. If the dummy half scores, a roll ball turnover is awarded 7m - 10m from the goal line.
- 15.** The attacking team continues play until they have completed 6 touches.

4.

THE ROLL BALL

- 16.** The roll ball (play the ball) is performed by placing the ball on the floor and rolling it through the legs. The ball must be rolled travelling in a backwards direction, through the legs and cannot travel more than 1 metre.
- 17.** If touched within 5m of the try line then the attacker may, if they wish, take the roll ball back to a point 5m - 10m from the goal line. This will be set before the game or tournament begins by the discretion of the Match Official.
- 18.** All defending team members must retreat 5m from the roll ball. This will be set before the game or tournament begins by the discretion of the Match Official. If the prescribed distance would result in the defenders standing behind the goal line then they only have to retreat to the goal line.
- 19.** Defending players can only move forwards once the ball has first touched the ground when a roll ball occurs.
- 20.** A roll ball turnover occurs when possession changes from one team to the other and play is restarted with a roll ball.
- 21.** If a defender makes contact with the ball whilst making a deliberate attempt to play at the ball, but does not retain it, then the referee will play on and allow the attackers a new set of six touches, provided the ball has not made contact with the ground.
- 22.** A roll ball turnover can be awarded against the offending team in the following situations:
 - i.** Once a team are touched for a sixth consecutive time.
 - ii.** If an attacker loses control of the ball and doesn't regain it before it hits the ground or an opponent in any direction.
 - iii.** If a defender plays at a ball and makes contact with the ball without retaining it, whilst the ball is in flight and it then hits the ground. (attacking team will regain possession)
 - iv.** Dummy half touched before passing the ball or places the ball over the try line.
 - v.** Ball thrown or carried out of play.
 - vi.** If the ball carrier loses control of the ball whilst performing a roll ball.



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5.

PENALTIES

23. A penalty tap is performed by (1) holding the ball and tapping it with the foot or (2) placing the ball on the ground, leaving the ball on the ground then touching the foot against it and then picking it up or passing it.

24. The defending team must be back 7m - 10m at all penalty restarts. This will be set before the game or tournament begins by the discretion of the Match Official. This is reduced to a minimum of 7m for indoor competitions. If the prescribed distance would result in the defenders standing behind the goal line then they only have to retreat to the goal line.

25. The referee, at their discretion, may exclude players from the field of play. This can be temporary for a period of five minutes (yellow card) or permanently for the remainder of the single match/full event (red card).

26. A penalty can be awarded for the following offences:
i. If a touch is considered to be aggressive.
ii. If the ball is deliberately knocked out of the ball carriers hand.

iii. If the defence are not back the required distance at a tap restart, penalty restart or roll ball.

iv. If a player is not touched and performs a roll ball.

v. If the ball rolls more than one metre at a roll ball.

vi. If the attack obstruct a potential touch from the defending side.

vii. If the ball is kicked.

viii. If the defence interfere with the roll ball being made.

ix. If a defender claims a touch when no touch has been made. This includes a player claiming a touch but then immediately correcting themselves.

x. If the ball carrier passes the ball after being touched.

xi. If a restart is not taken in the correct manner.

xii. Any other incident which is seen as contrary to the spirit of the game.

27. A penalty is awarded on the mark of the offence. In the case of an offside player touching an opponent the penalty is always from where the touch was made.



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6.

REFEREE DECISION SIGNALS

- 28. Scoring a Try** – extend arm and blow whistle pointing at the ball where it is grounded - Potent blow of whistle
- 29. Disallowed Try** – crossing both hands and arms in front of the body - Light blow of whistle.
- 30. Roll Ball (Play the ball)** – balance on one leg and roll the ball through the legs of the player in possession - Whistle blow needed as soon as last touch is made.
- 31. Fifth Tackle** – Shout “five” or “fifth tackle” and raise hand above head height showing an open hand - No whistle blow needed.
- 32. Knock on (including incorrect Roll Ball)** - both hands showing the palms and arms extended in front of the body - Whistle blown as soon as Match Official realises.
- 33. Forward Pass** – Stretched right arm moves from right to left across the body or left arm from left to right. - Light blow of whistle.
- 34. Penalty** – Raise stretched arm with a flat palm to shoulder height, pointing towards the team awarded the penalty - Potent blow of whistle.
- 35. Dissent** – Hand over mouth with a flat palm, blow for penalty after hand has indicated penalty.
- 36. Offside** – Indicate penalty signal whilst bringing other arm across the body from in to out. (opposite to a forward pass signal)
- 37. Advantage (late touch)** – referee shouts “advantage” and then signal a set restart (38) after advantage is taken under the referee’s discretion
- 38. Play on (Simultaneous)** – arms crossed at head height showing palms of hand, continuously wave three or four times - No whistle blow needed.
- 39. Set Restart** – wave a closed fist at head height with arm at a right angle.
- 40. Stop the Clock/Play** – Shouting “Time Off” show palms of hands and raise both arms above the head indicating a pause in play. - Potent blow of whistle.
- 41. Yellow Card (5 minutes)** – raise one hand indicating 5 minutes and pointing with the other hand towards the offending player and then to the touch line.
- 42. Red Card** – Point towards the offending player and then off the field.