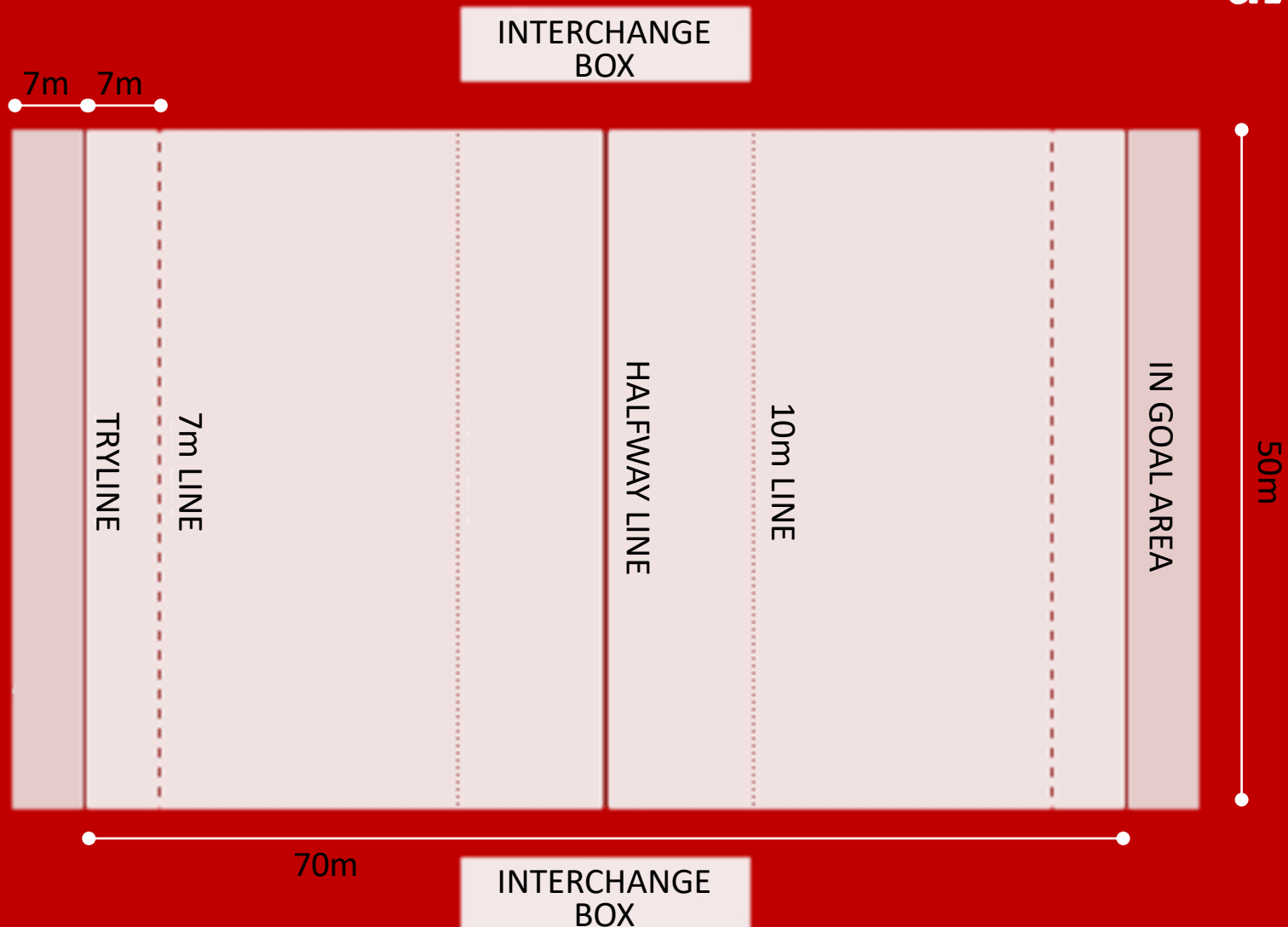


TOUCH OVERVIEW



RULES OVERVIEW



- Game duration: Two 20-minute halves with a 5-minute half time.
- Play starts and restarts at the centre with a “tap”. This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up. Penalties are performed by the same procedure. On both a re-start and penalty the defending team must retreat at least 10 metres.
- Six players are allowed on the field at any one time, with any amount of reserves off the field. Reserves can be continuously substituted at any time from one side of the field. The substituting players must make contact with each other behind the sideline.
- A Try is scored by grounding the ball on, or behind, the try-line. One point is awarded in men’s, women’s and mixed leagues.
- A legal touch is on any part of the body, clothing and ball. A player must claim a touch by raising a hand and shouting, “Touch”. The referee is the sole judge of the touch and has the discretion to overrule a claim. (Play to the whistle). An attacking player may affect the touch by deliberately touching the opposition.
- When touched, the player in possession must place the ball on the ground at the exact point of the touch. Play is re-started by stepping over the ball. It can be controlled with a hand or foot. This is known as a ROLLBALL. The ball may not roll more than a metre. A player may not perform a rollball unless touched.
- The player picking up the ball (the dummy-half or half) may run, but if touched a changeover occurs. The half may not score and a changeover (rollball) will be awarded if this occurs.
- After 6 touches possession changes. The attacking team begins play on the “first down”, starting with a “rollball”.
- All defending players must retire 7 metres in line with the mark of the touch. The defending team cannot move forward until play restarts, nor interfere with play whilst retreating. A restart occurs the moment the ball is tapped or the dummy-half touches the ball at the roll ball. If there is no half in position (within 1 metre of the mark) defenders may advance from an on-side position.

RULES OVERVIEW



- If the attacking player, when making a quick start, is touched by an off-side defender, play is allowed to continue. If an attacking side gains no advantage, a penalty tap for the first down will be given.
- When a rollball is taken within 7 metres of the tryline the defending players must retreat with both feet to behind their tryline before they can make the touch. If a player is touched in the in goal before grounding the ball the touch counts and play is restarted on the 7-metre line. At all times no team may delay the game by deliberately delaying a roll ball.
- If the ball is dropped or if a player crosses the sideline before being touched, change of possession will occur. This is by means of a roll ball.
- A penalty is awarded for the following infringements; a forward pass, offside play, performing a roll ball over the mark, claiming a Touch when none was made, interfering with the roll ball (running around the ruck) and passing the ball once touched. When a penalty is awarded, the referee will advance 10 metres from where the infringement occurred. The referee must give the exact mark from where the Tap Ball must be taken. The defending team must retire 10 metres from the mark or behind the try-line.
- If the defending team unsuccessfully intercepts the ball or it is intentionally knocked down, the attacking team starts from a roll ball.
- The principle of advantage will be applied.
- No obstruction, excessive contact, verbal abuse or foul play will be tolerated – the referee is sole judge. A penalty will be awarded in such cases and a player can receive time in the SIN BIN. Serious or continual foul play of any nature will result in the player being sent off without a replacement.

QUICK SUMMARY



Scoring

A try will be awarded when a player places the ball on or over the tryline prior to being touched. A try is worth one point.

Interchange Box

Teams may interchange players at any time. Players coming on to the field may not do so until the player being replaced has come off. Substitutions must occur at or within the team's substitution box - this is on the sideline within 10 metres either side of the halfway line.

Possession of the Ball

A change of possession shall occur when:

- The ball goes to ground
- The half is touched while in possession
- The half places the ball in the Touchdown zone
- The 6th Touch occurs
- The player in possession steps on or over the boundary of the field of play
- A rollball is performed incorrectly
- A tap is performed incorrectly

At a change of possession play is restarted with a rollball.

Passing

A player may pass, knock, throw or otherwise deliver the ball to any onside player in the attacking team. The pass must be backwards. If a pass goes a forward, a penalty be awarded to the opposing side.

QUICK SUMMARY



Rollball

A means of restarting play. Players must perform the rollball on the mark while facing their opponent's defending scoreline and rolling the ball backwards between their legs a distance of not more than one metre. Players must not delay performing the rollball.

The Tap

Play is started by a *tap* at the beginning of each half, following a touchdown and when a penalty is awarded.

- The tap is performed by an attacking player placing the ball on the ground, touching the ball with their foot, then picking it up and playing. NB: The ball must be released from the hands and come into contact with the ground or a change of possession occurs.
- The defensive team must stay at a minimum distance of 10 metres from the mark during the tap, unless they are positioned on their own scoreline.
- The defensive players can move after the ball carrier has touched the ball with his foot.
- The player who has performed the tap may be touched without losing possession.
- The attacking side must be positioned behind the ball when it is tapped.
- The attacking side may move the ball up to 10 metres directly behind the given mark when taking a penalty tap. In this case, the defending side must still remain 10-metres from the original mark, not the new mark.

QUICK SUMMARY



Penalty

When a player/team is penalised the non offending team shall restart play with a tap. The tap is taken at the mark and the defending team must retire ten metres from the mark until the ball has been tapped. Play restarts with a tap when the following infringements occur:

- Forward Pass
- Touch and Pass
- Rollball performed off the mark
- Defenders offside at the rollball (7 metres)
- Defenders offside at the tap (10 metres)
- Defender does not retreat in a straight line to an onside position.
- More than six players on the field
- Incorrect substitution
- Falsely claiming a touch (Phantom touch)
- Using more than the minimum force to make a touch
- General Misconduct

The Touch

Players from both teams are permitted to effect the touch. A touch is contact with any part of the body, ball, clothing or hair. A minimum of force is to be used at all times. The team in possession is entitled to 6 touches.

Offside/Onside

After a touch has been made all defending players must retire 7 metres from the mark. Defenders cannot move forward until the half has touched the ball.

QUICK SUMMARY



Touch and Pass

A player is not to pass the ball after a touch has been made.

Half

The Half (a.k.a previously dummy-half, or acting half) is subject to a number of restrictions that do not apply to other players:

- If the Half is touched with the ball, the attacking team loses possession.
- The Half cannot score a touchdown. Attempting to do so results in a change of possession.
- If the Half takes too long to retrieve the ball the referee can call play on and defenders are allowed to move forward before the Half has touched the ball.

Sideline

If a player with the ball touches or crosses the sideline s/he is deemed to be out of play and a change of possession occurs. Play restarts with a rollball 7 metres in from where the player went out. If a touch is made before the player goes out, the touch counts.

Obstruction

Players of the attacking team are not to obstruct defending players from attempting to effect a touch. Defending players are not to obstruct/interfere with attacking players supporting the ball carrier.

QUICK SUMMARY



Team Composition

- The teams can be male, female or mixed.
- Each team can consist of up to 14 players, of which 6 players can be on the field at any one time.
- Mixed teams typically comprise 3 females and 3 males on the field at one time. Mixed teams rules are such that a maximum of three males and a minimum of one male to be on the field at all times.

Game Duration

The standard duration is 40 minutes (two x 20 minute halves) with a 5 minute halftime, though other time frames are often used to suit local conditions and competitions and age groups.

Positions



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Buddy (2 man drive or a 'settler')

Two players perform a "buddy" when the roll-ball steps or "splits" to one side and receives the ball back from the acting half. They then run with the ball at the defence to make another touch.

Cut Out Pass or miss pass

A pass which "cuts out" the player next to you and goes to the player next to them. Use of this pass is most applicable when in a scoring situation rather than in general play.

Draw

To commit your defending player to make a touch on you, whilst drawing them in a certain direction.

Dump

See Rollball

Fade or Drag

An angled run forwards and towards the wing/sideline in an attempt to drag the defenders sideways and potentially open up gaps on the open side.

Half

The player who receives the ball following the rollball

Offside

Means in a position forward of the ball for an attacking player and in a position liable to penalty for a defending player.

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Open / Long Side

The side of the ball carrier with the most number of players.

Phantom Touch

A defensive player claiming a touch when no touch had in fact been made. A "yes/no" call is also regarded as a Phantom.

Re-Align

When an attacker moves back into an onside position (behind the ball) after passing or making a touch.

Rollball

Must be performed once a player in possession is touched by the opposition or after a turnover. The rollball is performed by placing the ball on the mark, and either rolling the ball backwards, or stepping forward over it. The ball is picked up by another player on the attacking team (see acting-half).

Ruck

The ruck is the area between the person performing the Rollball and the acting half.

3 man drive or Rucking

To ruck the ball means to use three players to take the part of A) roll the ball, B) pick up as acting-half and C) receive the ball from acting-half. A) will then roll the ball, B) will pick up as acting-half and C) will receive the ball. This will continue in this pattern.

Scoop

An attacking move following the dump, whereby a player runs from the half position in an attempt to get past the defensive line.

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Shooter

A defensive player who leaves the line and runs up to the attacker quickly to prevent any ground from being made.

Short Side

The side to the ball carrier with the least number of players. Never let your opponents score on the outside of you when you are "Short".

Shut

When the defender inside of you is beaten by the attacker, you run in and make the touch on their player.

Split

A player "splits" when they dump and then steps to the side, so that the Acting Half can give the ball back to them to go forward. This is a good way of getting the defence offside when you have no other nearby player running on to the ball, or scoring close to the line when the defence is lacking in agility.

Squeeze

Squeezing is about getting the defenders tighter near the ball to reduce the size of the gaps between individual defenders. Its a type of zone defence used to force attacking players to move the ball to the wings to gain and/or take advantage of an overlap (by which time the defence should have had time to re-position itself).

Stay Out

in defence, a reminder to the outside player not to worry about inside-attacking players getting through their inside/long side. Stay out and make sure they don't score on the outside of you.

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Sweep / Backdoor

Where a player runs from one side of the roll-ball to the other. For instance, the left hand link may pass to the left hand middle who dumps and then the winger "sweeps" around to receive the ball on the right hand side of the link and middle.

Switch or Cut

An attacking move where the ball player passes to a receiver in the direction that the receiver has come from, as they run angled lines that cross over with the receiver running behind the ball carrier.

Touch

Touch is contact on any part of the body between a player in possession of the ball and a defending player. A touch includes contact on the ball, hair or clothing and may be made by a defending player or by the player in possession.

Touchdown

The main scoring point. A Touchdown is scored whenever an attacking player (except the Half), places the ball over his or her team's attacking scoreline.

Touchdown Zone

Is the area bounded by the sideline, scoreline and Touchdown Zone Line.

Wrap

The player with the ball passes to the player next to them who runs into the gap between their two defenders at speed. If timed right, the player running into or "hitting" the gap will confuse and commit the two defenders to them. This allows the player who passed the ball to run around, or "wrap" them in the same direction as the ball was passed