



Rugby World Cup 2015:

5 WAYS TO GET INVOLVED

How to play touch rugby

England 2015™

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What is Touch Rugby?

Touch rugby is a fun, minimal contact sport for all ages and abilities focussing on fitness and skill. Tackles are replaced by touches.

How many players?

Normally the game is played six-a-side on a pitch measuring roughly 60m x 40m, but it's adaptable from four to nine-a-side (any more than that and you may as well get two games going). We recommend players younger than 13 play in a separate group.

Where do I play?

You can play touch in any open space, ideally on grass, so your local park or rugby club are perfect. It can be played indoors in sports halls but make sure touchlines (edges) and trylines (ends) are well away from walls (more than 5m). There are 270 official Touch Centres nationwide, so visit findrugby.com for your nearest.

What do I need?

You'll need a rugby ball, and a set of cones to mark out a pitch with sidelines and trylines. Just wear what you feel comfortable exercising in and either trainers or football/rugby boots with moulded studs (metal studs are discouraged).

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What are the rules?

For anyone who hasn't played touch before, or perhaps is a little rusty, here is a basic outline of the rules:

- Play starts and restarts at the centre with a tap of the ball on the ground with the foot and then picking it up. Penalties are performed the same way
- Re-starts and penalties require the defending team to retreat 10 metres.
- A try is scored by grounding the ball on, or behind, the try-line. One point is awarded.
- A touch can be on any part of the body, clothing or the ball. A player claims the touch by raising a hand and shouting, "touch". We recommend that the touch takes place on the arm or shoulder.
- 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. This is known as a roll ball, when the ball must not roll more than a metre. A player may not perform a roll ball unless touched.
- After 6 touches possession changes to the other team. The attacking team begins play on the first down, starting with a roll ball.
- All defending players must retreat 5 metres in line with the mark of touch. The defending team cannot move forward until play restarts, nor interfere with play while retreating. A restart occurs the moment the ball is tapped or a player touches the ball at the roll ball.
- The ball must be passed backwards at all times. If passed forward or dropped, or if a player crosses the sideline before being touched, change of possession will occur by means of a roll ball.
- No kicking is allowed.
- If a ball is dropped or passed to the ground, a changeover of possession occurs where the ball first landed. A roll ball starts the game again.
- The player picking up the ball (known as the dummy-half) may run but if touched a changeover occurs. The dummy-half may not score and a changeover roll ball will be awarded if this occurs. This rule can be introduced as the game develops.
- So now you know the basics, you can go out and give it a go!

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Tournament Rules

To organise a tournament, make sure that everyone knows the rules.

- Three points awarded for a win, one point for a draw and none for a loss
- Squads can be made up of a maximum of 10 players in total
- Games played with six players per team
- Each team are allowed a maximum of four male players on the pitch at the same time, the rest must be made up of female players
- 14 – 17 year olds should receive consent of a parent or guardian to play.

Tournament Format

Taking roughly two hours, we suggest the following set up:

- Tournament formats can vary depending on the number of teams, time and space available to play
- With eight teams, 10 minute matches and two pitches, expect the tournament to last two hours
- Split into two pools of four, with teams in each pool playing each other once
- The top two teams from each pool progress to a semi-final, to be followed by a final
- The final itself should be longer than the regular group matches (you can include a half-time break if necessary)
- It's good to plan a short break after the pool stages and semi-finals.

If you can't get a group of people together but still want to get involved, head to **findrugby.com** to try touch rugby at one of 270 Touch Centres across England.

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