



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 each week. (2 x 20 minute halves)
- 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.

2.

TAP RESTART

- 6.** 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.
- 7.** A tap is performed by 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.
- 8.** The defending team must be back 10m at all tap restarts. For indoor games the defence must be back 7m.

3.

THE TOUCH

- 9.** 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". An attacker can initiate a touch by making contact with a defender.
- 10.** After being touched, the player touched must perform a roll ball on the mark where they were touched.
- 11.** 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 5m from the goal line.
- 12.** The attacking team continues play until they have had 6 touches.



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4.

THE ROLL BALL

- 13.** The Roll ball is performed by placing the ball on the floor and moving it through the legs. It is permissible for the ball to be rolled but it must travel directly backwards, through the legs and cannot travel more than 1 metre.
- 14.** If touched within 5m of the goal line then the attacker may, if they wish, take the roll ball back to a point 5m from the goal line.
- 15.** All defending team members must retreat 5m from the roll ball. If the prescribed distance would result in the defenders standing behind the goal line then they only have to retreat to the goal line.
- 16.** Defending players can only move forwards once the ball has touched the ground.
- 17.** A roll ball turnover occurs when possession changes from one team to the other and play is restarted with a roll ball.
- 18.** 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.
- 19.** A roll ball turnover can be awarded against the offending team in the following situations:
- Once a team are touched for a sixth consecutive time
 - If an attacker loses control of the ball and doesn't regain it before it hits the ground or an opponent in any direction
 - If a defender plays at a ball and makes contact with ball without retaining it whilst the ball is in flight and it then hits the ground
 - Dummy half touched before passing the ball or places the ball over the try line
 - Ball thrown or carried out of play
 - If the ball carrier loses control of the ball whilst performing a roll ball

5.

PENALTIES

- 20.** A penalty tap restart is performed by 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
- 21.** The defending team must be back 10m at all penalty restarts. 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.
- 22.** The referee, at their discretion, may exclude players from the field of play. This can be temporary for a period of five minutes or permanently for the remainder of the match.
- 23.** A penalty can be awarded for the following offences:
- If a touch is considered to be aggressive.
 - If the ball is passed in a forward direction.
 - If the ball is deliberately knocked out of the ball carriers hand
 - If the defence are not back the required distance at a tap restart, penalty restart or roll ball
 - If a player is not touched and performs a roll ball
 - If the ball rolls more than one metre at a roll ball
 - If the attack obstruct a potential touch from the defending side.
 - If the ball is kicked
 - If the defence interfere with the roll ball being made
 - If a defender claims a touch when no touch has been made. This includes a player claiming a touch but then immediately correcting themselves.
 - If the ball carrier passes the ball after being touched
 - If a restart is not taken in the correct manner
 - Any other incident which is seen as contrary to the spirit of the game
- 24.** 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.