



England  
Rugby



**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 minimal contact sport that suits all ages and abilities. It's a fun variant of rugby focussing on fitness, skills and having fun with tackles replaced by touches. Prior experience of playing or watching rugby isn't needed to get involved.

## Who plays?

Normally the game is played 6 a-side on a pitch measuring roughly 60m x 40m, but it's adaptable game from 4 to 9 a-side (any more than that and you may as well get two games going). It can be played as a mixed sport and with players of different ages or abilities. 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) if you are going to do this. There are 260 official Touch centres nationwide, so you can also visit **findrugby.com** to find your nearest.

## What do I need?

You'll A rugby ball, and a set of cones to mark out a pitch with sidelines and trylines. You don't need any special clothing, 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". 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.
- A try is scored by grounding the ball on, or behind, the try-line. One point is awarded.
- A touch is on any part of the body, clothing and ball. A player must claim a 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. The ball may 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 whilst 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 time. If it is passed forwards, or 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.
- No kicking is allowed.
- If a ball is dropped or passed to the ground, a changeover of possession occurs where the balls 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. We suggest the set up:**

- Approximately 8 teams, with 10 minute per match
- Squads can be made up of a maximum of 10 players in total
- Games will be 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 need to the consent of a parent or guardian to play

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 260 centres across England.

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