

## WHY PLAY TOUCH RUGBY

Touch is one of the fastest growing sports in England, played by people of all ages and skill levels. Introduced from the Southern Hemisphere in the 70's,

Touch is a fast, evasive, minimal contact sport.

Touch is a minimal contact sport played on a pitch area of 50m x 70m. The game emphasises running, agility, passing, catching and communication. Touch is often referred to as Touch Rugby, but there is NO tackling, lineouts, scrumming or kicking involved. This makes it appealing to a wide range of ages and abilities, from juniors to masters and from slight to heavy builds.

Touch is one of the few team sports where men and women compete on teams together not only socially but at an international level. There are currently approximately 5,000 people playing touch in organised leagues around the UK.

## QUICK GUIDE TO TOUCH RUGBY

- The simple aim of Touch Rugby League is to score a try by grounding the ball over the opposition's try line.
- The basics of the sport are similar to the traditional game in that you pass the ball backwards and have six opportunities to score.
- To stop the other team from scoring you must touch the player with the ball. A legal touch is on any part of the body, clothing or ball and constitutes a tackle.
- After six touches the ball is handed over from the attacking team to the defending team.
  - The game consists of two 20 minute halves.

**SRFC WEB:** <http://www.pitchero.com/clubs/skiptonrugbyfootballclub/>

**RFU WEB:** <http://www.englandrugbyfiles.com/o2touch/>

**ALL LEVELS OF ABILITY WELCOME!!**