

**TARTAN  
Touch**

Simple, social rugby.

# TARTAN TOUCH

## OPERATIONAL GUIDE



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# Introduction

## Tartan Touch is Simple, Social Rugby: A game for everyone!

Tartan Touch is Scottish Rugby's Fun, Simple and Social version of non-contact rugby. It is designed to give participants a fun workout whilst playing a simplified version of the sport we love. Tartan Touch is mainly played at existing rugby clubs in the summer months, where the clubs will be transformed into Tartan Touch hubs.

Our vision is to develop a network of Tartan Touch hubs across Scotland delivering a simple, fun and sociable exercise experience to participants of every level. For each club to develop their place within their local community by providing a high quality, inclusive, non-contact version of rugby.

## Tartan Touch 2021

Due to the challenges presented by the Coronavirus pandemic, this year, clubs can run a Tartan Touch programme without going through the usual application process to become a Tartan Touch hub. Scottish Rugby will be unable to provide clubs with the usual resources, marketing support and branded kit for the 2021 season, however we would like to encourage and support clubs to use Tartan Touch as an alternative game format to help welcome people back into the club after an unprecedented year. Please note, it is essential that sessions adhere to the Scottish Government guidance in place at that time.

If you would like to run Tartan Touch at your club this season, the only requirement is that you please notify us at [tartantouch@srug.org.uk](mailto:tartantouch@srug.org.uk) with the name and email address of the lead contact for Tartan Touch at your club.

## The Game

Tartan Touch is a non-contact simplified version of Rugby Union targeting those who are unable to participate in high commitment organised sport. Participants may be ex-players, rugby beginners, friends and family of current players, rugby enthusiasts not keen on contact, or simply someone looking for an alternative to the gym. Tartan Touch will provide 70-80 minutes of exercise involving fitness, skills drills and game play.

The 8 rules are deliberately simple and easy to follow:

1. Each team has 6 players, men and women mixed, and is played on a 60mx35m pitch. (see section 6)
2. There is no referee, players will referee the game themselves
3. TOUCHES not Tackles, one or two handed
4. Six TOUCHES to score before ball given to opponents
5. When TOUCHED:
  - Pass to a teammate (within 2 seconds or 2 steps)
  - Place ball on ground (defenders must retreat behind ball)
6. When ball goes over the sideline, a pass back takes place
7. The ball goes to the other team when the attacking team:
  - Drops the ball forward
  - Throws a forward pass
  - Uses up their 6 TOUCHES
8. The attacking teams' 6 TOUCHES get reset if the defending team:
  - Do not retreat behind the ball at a 'ball place'
  - Knock the ball on attempting an intercept
  - Make deliberate heavy contact with an opponent
  - Act in any way disrespectful towards an opponent

# Running Tartan Touch Sessions

To ensure consistency and a similar experience across the country the typical Tartan Touch session should take the following structure:

- Welcome and Introductions (2-3 min's)
- Warm Up (5 min's)
- Skills Development (10-15 min's)
- Tartan Touch games (40-45 min's)
- Cool Down (2-3 min's)

The sessions will allow people to improve their fitness levels, develop their rugby skills and take part in some Tartan Touch matches.

## Welcome & Introductions

It's important to introduce yourself as the Tartan Touch Leader, welcome any new participants and provide a brief outline of the session. Ensure everyone is happy with what the session entails and explain.

## Warm Up

Every warm up should aim to follow the RAMP structure. RAMP is a progressive, priming warm up that is structured to ensure the body is physically and mentally prepared to optimally perform the movements required in the session:

**Raise** the heart rate and body temperature, switching on the players to the start of the session both physically and mentally.

**Activate** the muscles required in the session.

**Mobilise** the joints and ranges of motion to be used in the session.

**Potentiate** the movement patterns required in the session.

## Skills Development

An important aspect of Tartan Touch is making the participants improve each week, this will naturally come through participation but can be helped by dedicating part of the session to skills development drills. The skills drills will help newcomers develop the basic skills, improve handling and evasion skills of all participants and lead to higher quality Tartan Touch games week on week. All our Tartan Touch warm ups and skills drills will be stored online and a link sent to all Tartan Touch Ambassadors.

## Tartan Touch Games

The main part of every session will be the Tartan Touch games. There is no referee so players referee the match themselves in a fun and friendly manner. Tartan Touch is all about having fun with friends and playing the game in good spirit so this should be encouraged throughout.

Having a game-based approach involving some skill work also adds a bit of competition making it fun and starting the session off with the players in a positive frame of mind.

# Club Commitment

To ensure consistency across all our clubs and a similar experience for participants we ask that all clubs agree to the following commitments:

- To provide a safe and suitable surface for the games to take place on, ideally a rugby pitch.
- To provide access to changing rooms if in line with Scottish Government guidance, and for those with additional needs or requiring additional assistance.
- To ensure a robust first aid plan is in place and adequate public liability insurance covers the activity.
- To complete a risk assessment to ensure any potential risks are identified and steps to minimise them put in place.
- To provide staff to organise, coach and lead the session.
- To commit to both developing and delivering a local marketing and communications strategy to raise awareness and increase participation.

# The Tartan Touch Experience

Tartan Touch is designed to be Fun, Simple and Social and therefore there is a responsibility on each Tartan Touch hub to ensure that the correct environment is created.

All Tartan Touch hubs should strive to provide the following at each session:

- A warm welcoming environment in which to play.
- Helpful and friendly staff.
- A well organised and structured Tartan Touch session that provides a warm up and cool down, fitness training, skills development coaching and some Tartan Touch game play played in the correct spirit throughout.
- Coaching support for beginners offering an introduction to the game and basic skills coaching.

## First Aid

The welfare of our participants is of upmost importance to us, however injuries can occur as a result of playing sport, either through isolated injuries or through continuous playing of the game over time. Participants should always consider their own fitness before commencing the playing of Tartan Touch. Participants should take their own medical advice before playing and especially following an injury.

- There is appropriate first aid cover and equipment provided, determined by a risk assessment.
- There is access to a telephone to ensure emergency services can be called immediately.
- There is clear vehicular access for an ambulance or other emergency vehicle.

World Rugby provides a range of educational modules to help all stakeholders learn about Player Welfare best practice. Please visit [www.playerwelfare.worldrugby.org](http://www.playerwelfare.worldrugby.org) to access player welfare information such as First Aid in Rugby and Concussion Management.

## Risk Assessment

It is important to provide a safe environment for people to play Tartan Touch and by carrying out a risk assessment we can identify any potential risks and take steps to minimise these.

A risk assessment is a careful examination of what, in your venue, could cause harm to people, so that you can weigh up whether you have taken enough precautions or should do more to prevent harm.

In order to create a safe environment a risk assessment should be carried out regularly. Your club should have one in place already and may just need to be updated for your Tartan Touch sessions.

## Insurance

Scottish Rugby provides catastrophic injury cover under the Club Accident Insurance Scheme and recommends clubs to take out additional Temporary Disablement Cover. Clubs should also have their own Public Liability Insurance in place and carry out a risk assessment (as detailed above) for the various activities that take place there.s.

**SCOTTISH RUGBY**

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