

TOUCH RUGBY – Mixed & Male

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards and other appropriate protective equipment be worn during play.

Keep hydrated

- 1 The game of touch has six players with at least 2 players of each sex on the field at all times (Mixed). **(General Rule 1.1, 1.2 & 1.3 apply)**
- 2 A touchdown is awarded when a player other than the dummy half places the ball on the ground over the team’s attacking score line and within the boundaries of the extended sidelines.
- 3 All penalties (except off-side) result in a change of possession, and begin with a roll-ball.
- 4 For off-side, advantage shall be paid where possible, and if not, the touch count will start again, and the play will commence with a roll - ball.
- 5 On a roll-ball, the defence can only move forward once the dummy half has touched the ball.
- 6 Dummy half cannot score.
- 7 A touch is contact on any part of the body, ball or clothing.
- 8 In the event of a tie in a final up to 5 minutes extra time is played (golden goal applies – first team to score wins). One player from either side is also removed from the game each time extra time is needed.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment