



# UdeC



## English online Touch Rugby Workshop

### **What is Touch Rugby?**

**Touch rugby is a fun, minimal contact sport for all ages and abilities focusing on fitness and skill. Tackles are replaced by touches.**

### **How many players?**

**Normally the game is played six-a-side on a pitch measuring roughly 60m x 40m, but it's adaptable from four to nine-a-side.**

### **Where do I play?**

**You can play touch in any open space, ideally on grass. It can also be played indoors in sports halls or gyms.**

### **What do I need?**

**You'll need a rugby ball, and a set of cones to mark out a pitch with sidelines and trylines. Just wear what you feel comfortable exercising in and either trainers/tennis shoes or football/ rugby boots with moulded studs (metal studs are discouraged).**

## **What are the rules?**

**For anyone who hasn't played touch before, here is a basic outline of the rules:**

- **Play starts and restarts at the center with a tap of the ball on the ground with the foot and then picking it up. Penalties are performed the same way**
- **Re-starts and penalties require the defending team to retreat 10 meters.**
- **A try is scored by grounding the ball on, or behind, the try-line. One point is awarded.**
- **A touch can be on any part of the body, clothing or the ball. A player claims the 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, when the ball must not roll more than a meter. 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 meters in line with the mark of touch. The defending team cannot move forward until play restarts, nor interfere with play while 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 times. If passed forward or dropped, or if a player crosses the sideline before being touched, change of possession will occur 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 ball 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!**