

## **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