

Touch Rugby and the RFU

The RFU is promoting Touch Rugby and has already got 17,000 regular players involved in the game.

Touch is recognised as a competitive but fun and social sport that can be played by just about everyone. It means we can all play the game we love and at the same time adopt its values.

Touch Rugby at Chobham

At Chobham we have been running Touch Rugby since Jan 2011. Its run on Club night (Thursdays) which is the same night as senior training. It now runs all year round right through the close season.

We follow the RFU O2 Touch Programme which means

We do a warm up before we play.
We play to the O2 laws for Touch Rugby
This approach means we have less injuries and pulled muscles and we also have a consistent framework to play our games.

Playing Fees

Touch is free to playing members of the club. You can purchase a Touch membership for £79 for the whole season which is about £1-50 a session.

Touch is also open for non-playing members and we charge on the night £3 a session



Chobham Rugby

www.chobham-rugby.co.uk



Womens Only Touch Rugby
Every Wednesday Night
7:30 until 9:00



**Touch Rugby
at Chobham**

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Every Thursday night
Womens only on a Wednesday night
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7:30 until 9:00

How to play Touch Rugby

The Attacking Teams aim: To score a Try by placing the ball on the ground over the opposition's Try line.

The Defence: To prevent the attacking team scoring by making a touch tackle on the ball-carrier:

The touch may be one-handed anywhere.

Including clothing and the ball

Defender should call "Touch!", as the ball-carrier may not feel it!

Must NOT be dangerous (avoid head, neck, genitalia, & feet)

When a touch is made, a **rollball** is used to restart the game. After the **6th** touch, possession of the ball is **turned-over** to the defending team.

1. Rollball

A rollball is made following: A touch tackle.

The **ball-carrier** stepping over the sideline (touch line) causes possession to be conceded. The restart is by a rollball.

A player may not perform a rollball unless touched (doing so is a **dropped ball**).

1.1 Defence at Rollball

Every defender must retreat 5 metres further away from the position of the rollball to be 'on-side'.

No player is allowed to obstruct play or to make a tackle until they have **retreated** to an on-side position AND their opponents have picked the ball from the ground again.

1.2 Attack at Rollball

When touched the ball-carrier places the ball on the ground at the **position where the touch** was made and steps over it.

If **momentum** carries the ball-carrier forward, the ball **must be carried back**.

Do not actually roll the ball backwards, it may not travel more than a metre along the ground (and, also, it is more difficult for your team-mate to pick up!)

The nearest offensive player picks the ball from the ground, becoming the Dummy Half until they **release** the ball.

1.3 The Dummy half

The **Dummy Half cannot score**, a touch made on the Dummy Half results in a **turn-over**.

If an attacking player, when making a quick start, is touched by an off-side defender, play is allowed to continue. If an attacking side gains no advantage, a penalty will be given.

2. Penalties

The following incidents result in a penalty tap kick:

Forward Pass or knock on: The ball travels towards the tryline without being carried.

Touch Pass: The ball is passed after a touch is made. **Ball carrier runs on after a tackle.**

Off-side Tackle: an offside player attempts to make a touch OR obstruct the path of another player. performing a roll ball past the place where a touch was made.

Aggressive Tackle: a potentially dangerous touch. A tap kick is awarded to the opposing team to re-start the game after a team is penalised.

3. The Tap Kick

The tap kick restarts the game on 5 different occasions.

- i. To initially start the game
- ii. To restart after a halftime break
- iii. To restart after a Try

In these 3 situations the tap kick is taken at the halfway mark.

The game is restarted with a tap kick where the incident occurred after a :

- iv. Turnover or
- v. A penalty is awarded.

3.1 Defence at tap kick

Every defender must retreat 10 metres further away from the position of the tap kick to be 'on-side' (this is the case for all tap kicks).

No player is allowed to obstruct play until they have **retreated** to an on-side position **and** the tap kick has been made.

3.2 Attack at tap kick

The ball-carrier places the ball on the ground at the centre of the pitch for a start or restart or where the turnover or penalty was given.

Play restarts by moving the ball **on the ground** with the foot, free from the hands, and then picking it up. The **Penalty Taker may** score and can get touched without losing possession. (un-like the **Dummy Half**).

4. Other Rules

4.1 Rollball or Tap kick near the Tryline

At a rollball or tap kick, defending teams only have to retreat to their own tryline.

If a rollball or tap kick restart is within 5 metres of their tryline, the defence can stand with their feet just behind the line.

A rollball or tap kick due to occur within 5 metres the tryline (including OVER the tryline), may be taken out to a point 5 metres from the tryline.

Note: When performing a rollball within 5 metres of the opponents' tryline, taking it out 5 metres will reduce the risk of possession being conceded through the Dummy Half being touched.

4.2 Interceptions

If a defending player touches the ball mid-flight, they are deemed to have taken possession of the ball.

If the interceptor touches the ball and it is caught by a team-mate **behind** the intercepting player, play may continue.

If the interceptor touches the ball and the ball is caught by a team-mate in front of the intercepting player, a penalty is awarded to the original team for a **Forward Pass (knock-on)**.

If the intercept is not made and the original team reclaim it OR if the ball is lost to the ground (directly or via any other player), the touch count is cleared – if the original team reclaim the ball, play continues until a touch, which will be 'touch 1'; if the ball is lost to the ground, the original team restart with a rollball and the subsequent touch is 'touch 1'.

4.3 Dropped ball

If the ball touches the ground during a passing move possession is turned over.