



## **Touch Football**

Last updated 2016

### **GRADE**

- Mixed A (Maximum 4 males on the field)  
Mixed B (Maximum 4 males on the field)  
Open C

### **FORMAT**

- Round robin competition followed by knockout finals
- Finals will be held at the completion of the round robin
- 6 players allowed per team, plus substitutions
- Maximum of 4 males on field in Mixed Sections.
- Each team to provide one scorer / time keeper.

### **UMPIRES**

- Each group will be required to supply an umpire on a rostered rotation basis.

### **UNIFORMS AND EQUIPMENT**

- Uniforms must be of like kind and colour.
- All other equipment is provided

### **RULES AND REGULATIONS**

Touch football is like rugby. However there is no tackling, scrums or kicking. The aim of the game is to move the ball towards the opponents' score line by running and passing the ball backwards to team-mates.

**A touch football team consists of six players, of which at least two players must be female in Mixed Sections.**

The game begins with a "tap". To do a tap, the player with the ball places it on the ground, releases it momentarily, taps it with their foot, and then picks it up and runs or passes it.

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State Youth Games is presented by Youth Vision Victoria

*To ensure SYG participants are adequately covered in the event of a personal or sporting related accident it is strongly recommended that participating groups or individual participants arrange personal accident insurance. It is the responsibility of the group co-ordinator to ensure this is communicated to SYG participants associated with their groups.*

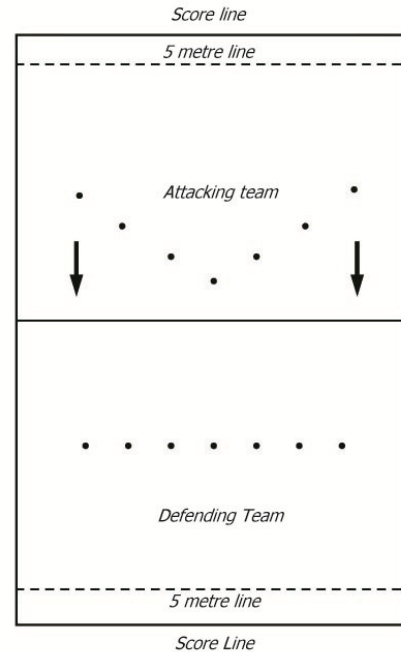


After the taps have been made, the team with possession of the ball tries to move it up field by running forward and passing backwards to team-mates. The opposition may make a touch on an opponent with the ball by touching him/her with a hand on any part of the body, clothing or ball.

A player making a touch must not hold. Hard touches are penalised by a five metre penalty.

Players are not allowed to obstruct, screen or shepherd off opponents.

When a player with the ball is touched, they must immediately stop, put the ball on the ground where the touch was made and roll the ball behind them ("roll ball") to a team mate ("acting half").



After a touch is made by a defending player, the defending team must move back five metres from where the ball is being played. If any defending players don't move back five metres, "offside" is called, and the attacking team may move forward five metres, while the defending team must get back a further five metres. Therefore, after a touch is made, players must quickly run back into position to avoid being caught offside.

When attacking, your possession of the ball can be lost in the following circumstances:

- After six touches, if the attacking team has not scored, possession is awarded to the defending team and play restarts at the position of the last touch. Play begins with a roll ball.
- If the ball is passed forward
- If a player from the defending team clearly intercepts a pass
- If a player is touched with the ball, and then passes off to a team-mate
- If the ball carrier crosses the sideline
- If the acting half is caught with the ball

## DEFINITIONS

**Touch down** - score worth one point after the attacking team places the ball on the ground past the score line

**Tap** - starting and restarting the game after a touch down or penalty

**Acting half** - the player behind the player playing the ball. The acting half may run with the ball, but if touched by the opposition with the ball, possession is turned over to the defending team.

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