

TOUCH FOOTBALL RULES

1. Each team is allowed 7 players on the field at one time.
2. Unlimited substitutions are allowed at any time. Substitutes are not allowed to enter the field until the player(s) being replaced have left the field of play. All changes must be made from the same side of the field.
3. The attacking team has 6 touches at a time before handing the ball over to the other team.
4. If the defending team touches the ball while it is in the air the attacking teams touch count re-starts at zero.
5. The defending team must return back 10 metres in line with the referee after each touch is made. They must not move forward again until dummy half picks up the ball.
6. A player must not call or claim a touch unless a touch has actually been made. The referee will award a penalty if he feels this is the case.
7. The ball cannot be kicked at any time.
8. When the attacking team is touched with the ball they must roll the ball under their legs (play the ball) for the ball to be back in play.
9. If the ball is dropped hitting the ground in anyway the ball is turned over to the other team. Play is restarted with a play the ball.
10. All passes of the ball between players must go backward; toward the attacking teams own goal line. If the pass does go forward the possession goes to the other team. The referee will award a penalty and play is re-started with a tap where indicated by the referee.
11. When a team is awarded a penalty they must tap the ball from the position marked by the referee. To tap the ball it must hit the player's foot and be released from the players hands.
12. For a try to be scored a player must ground the ball beyond their opponents try line, and before the dead ball line without being touched.

13. If the Dummy Half is caught in possession of the ball, possession is turned over to the defending team. Play is re-started with a play the ball.
14. THE DUMMY HALF CANNOT SCORE.
15. If a player in possession of the ball runs out of the field of play the ball goes to the other team.
16. When a player gets touched with the ball they must play the ball (by rolling it between their legs) on the exact mark of where they got touched. This means that if you have to run past the mark then you must go back to play the ball.
17. At the beginning of each half and after every try a tap is to be taken from the centre of the half way line.
18. After a try is scored, the team who have had the try scored against them start with the ball on the centre of the half way line.
19. Players MUST WEAR SHOES when playing touch football.
20. Players of the attacking team are not to obstruct defending players from attempting to affect a touch.
21. Misconduct is not allowed. Misconduct includes: back-chat the referees, swearing, fighting, tripping, bad sporting behaviour or any activity that is not in the spirit of the game.

Good sportsmanship is expected at all times

22. To win the game you must score more tries than the opposing team.
23. Jewellery must not be worn and any ear rings should be removed or tapped. Finger nails should be cut short and neat.
24. The referee has the final decision. No approaches are to be made to the referee before, during or after the game.