

# Basic Rules of Touch

The following are the basic rules of Touch.

For the complete rules, download a copy of the Touch Football Australia 7th Edition Rulebook.

1. **Scoring:**  
A player (not the "Half") scores by placing the ball on or over the score line without being touched. A touchdown is worth one (1) point.
2. **The Field:**  
The field is 70m (scoreline to scoreline) by 50m, exactly half of a standard Rugby League field.
3. **Substitution/Interchange:**  
Teams may interchange players at any time. The player must leave the field of play via the sideline before the replacement player enters the field of play from the same sideline.
4. **Possession of the Ball:**  
A change of possession shall occur when:
  - The ball goes to ground.
  - The Half is touched while in possession.
  - The Half places the ball in the Touchdown zone.
  - The 6th Touch occurs.
  - The player in possession steps on or over the boundary of the field of play.
  - A roll ball is performed incorrectly.
  - A tap is performed incorrectly.

At a change of possession play is restarted with a roll ball.

5. **The Touch:**  
Players from both teams are permitted to affect the touch. A touch is contact with any part of the body, ball, clothing or hair. Minimum force is to be used at all times. The team in possession is entitled to six (6) touches.
6. **Rollball:**  
Players must perform the roll ball on the mark while facing their opponent's defending score line and rolling the ball backwards between their legs a distance of not more than one (1) metre.  
Players may step over the ball instead of rolling it.  
Players must not delay performing the roll ball.
7. **The "Half":**  
The "Half" is the person who picks up the ball after a team-mate has performed a roll ball.
8. **Passing:**  
All passes must be backwards and to a player who is behind the current player in possession.
9. **Touch and Pass:**  
A player is not to pass the ball after a touch has been made.
10. **The Penalty:**  
When a player/team is penalised, the non-offending team shall restart play with a tap. The tap is taken at the mark and the defending team must retire ten (10) metres from the mark until the ball has been tapped.  
Play restarts with a tap when the following infringements occur:
  - Forward Pass
  - Touch and Pass ("late pass")
  - Roll ball performed off the mark ("overstepping")
  - Performing a roll ball prior to a touch being made ("voluntary rollball")
  - Defenders offside at the roll ball (5 metres)

- Defenders offside at the tap (10 metres)
- Deliberately delaying play
- More than six players on the field
- Incorrect substitution
- Falsely claiming a touch ("phantom touch")
- Using more than the minimum force to make a touch ("heavy touch")
- Misconduct

11. **The Tap:**

The tap is taken by placing the ball on the ground on the mark, releasing the ball from both hands, tapping the ball with the foot (a distance of not more than one metre) and retrieving the ball cleanly.

Any player from the attacking team may take the tap.

12. **Offside/Onside:**

After a touch has been made, all defending players must retire at least five (5) metres from the mark. Defenders cannot move forward until the Half has touched the ball.

13. **Sideline:**

If a player with the ball touches or crosses the sideline, they are deemed to be out of play and a change of possession will occur. Play restarts with a roll ball five (5) metres in from where the player went out. If a touch is made before the player goes out, the touch counts.

14. **Obstruction:**

Players of the attacking team are not to obstruct defending players from attempting to affect a touch. Defending players are not to obstruct/interfere with attacking players supporting the ball carrier.

15. **Team Composition:**

A team may consist of up to 14 players. A maximum of six (6) are allowed on the field at any one time. A minimum of five (5) players are required for the match to be played.

16. **Mixed Teams:**

A mixed team is made up of a ratio of male/female players. The team is not permitted to field more than three (3) male players or not less than one (1) male player at any time.

17. **The Toss:**

The captain winning the toss shall receive possession of the ball and a choice of direction for the first half. The Referee/s will supervise the toss.

18. **Duration:**

Matches consist of two halves of 20 minutes separated by a 5 minute break at half time.

19. **Extra Time and the Drop Off:**

When a match is drawn and a single winner is required (e.g. finals), extra time is played and teams drop off one (1) player every two minutes until down to three (3). The first team to score a Touchdown wins the match, once both teams have had possession.

20. **Player Attire:**

All team members must be correctly attired in team uniforms. Footwear with moulded soles is permitted. Bare feet, spikes and footwear with screw in studs are not permitted. Players are not to wear any item of jewelry.

21. **The Referee:**

The Referee is the sole judge on matters of fact and is required to adjudicate on the rules of the game during play. The Referee may impose any sanction necessary to control the match. All officials, players and coaches involved in the match are under the control of the Referee.

22. **Foul Play will Not be Tolerated:**

Any foul play (the Referee being the sole judge) will result in the offending player being penalised, dismissed for a period of time, or being sent from the field for the remainder of the match, depending on the severity of the offence.