

## Quick Reference Guide to Basic Rules for Touch Rugby



*These rules are the ones being played for this event and may be variations of the usual FiT standards. Full rules can be found by contacting Oman Rugby.*

Subject	Point #1	Point #2	Point #3
<b>Pitch</b>	Up to 70m by 50m Try area 2-3 m	Subs box at half way line - marked out by cones/chalk line	Cones/chalk line in field will mark; try line, and every 7 metres from try line to try line
<b>Squads</b>	10 - 14 per squad 6 a side on field	Rolling subs - Player off (to subs box) then on, at any point as long as it does not disrupt play	Teams cannot be more than 50% female.  Teams cannot be more than 50% under the age of 16
<b>Time (TBC on day)</b>	Minimum 10 min each way - played until turnover	2 min half time	5 min change over between games
<b>Touch</b>	One handed on any part of the player or ball, or use of the ball to initiate touch (attack)	6 touches per drive	<b>Must</b> announce the touch
<b>Tap ball (No pass required)</b>	Kick off / Half Time	Any penalties given	Tries - Team that conceded restarts
	Player can be touched without turnover	Player can score	Must be done on the floor with the foot.
<b>Roll-ball (Pass required)</b>	Between legs	Ball can roll - max 1m	Live for defence after 2 seconds from roll
	Dummy Half cannot score	Dummy Half if touched causes a turnover	Step over can involve the foot touching the ball
<b>Touch made within 7m of the attacking tryline</b>	Defenders to retreat to tryline - Both feet behind the line. Must move up in defence when ball is played	Attack <b>can</b> play the ball at the touch point (within 7m)	The player rolling the ball <b>can</b> choose to retreat to the 7m line to roll-ball

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<b>Offside lines</b>	Kickoff/Restart - 10m from halfway	Turnover - 7m from point of touch or both feet behind try line	Penalty - 10m from point of infringement
<b>Turnover (Roll-ball)</b>	6 sequential touches	Forward pass - if ball goes directly to ground	Dropped ball (hits the floor)
	Dummy half is touched	Ball off the pitch (7m in-pitch from exit point)	Ball touching a foot (Except roll-ball)
<b>Penalties (Tap Ball)</b>	Incorrect roll-ball / Not placing the ball at the point of touch (1m)	Offside	Pass after touch
	Obstruction	False touch claim	Excessive force
	Forward pass - if ball is received or directly touches the attacking team	Shepherding (using players or ref)	Delaying play
<b>Officials</b>	2 referees per game	The referee is the sole judge of the game and has the final say on all calls. (Play to the whistle).	The start and end of each half of play, of the tournament game timer will be made by the administrator. The game shall start and end on each field of play under the blow of each game referee
<b>Signals by ref</b>	Mark	Offside line	Touch count
	Offside	Play on	Incorrect roll-ball
<b>Punishments</b>	Enforced sub	Yellow – 2 mins (team numbers reduced)	Red – End of game (team numbers reduced)
	Removal from 'X' games	Removal from Tournament	-

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## Common Phrases/Words used in Touch Rugby

Phrase	Explanations
Tap	A restart from a kickoff or penalty. The ball is placed on the floor, moved by the players foot and picked up by the same player
Dummy Half / Acting half / 9	The player that picks up the ball from a rollball
Start / Restart	A tap to be taken from the halfway mark in the pitch. At the beginning of each half and after ever try score
Rollball	A player must step over the ball following a touch, or changeover in possession
Try	A score, completed by grounding the ball in the opponents in goal area
Touch	When player with the ball in control is contacted or makes contact with an opponent, with at least one hand or the use of the ball
Changeover	When possession changes from one team to the other.
Penalty	When a foul is committed by one team, the other is awarded a penalty which must be taken by the use of a Tap
Advantage	When a foul is committed, a penalty advantage is awarded if the referee deems it fair to continue play to see if the non-offending team can benefit from the game not stopping and requiring a Tap.
Offside	A player is offside if they <b>do not</b> retire the required amount of metres to the mark as set by the referee - <i>depending on the situation</i> , and they attempt to continue play.