

TOUCH...COME AND JUST PLAY



WHAT IS TOUCH?

Touch is one of the fastest growing participation sports in the world, played in over 60 countries.
Touch is a fun, dynamic 'catch & pass' sport that caters to all skill levels and abilities.
Touch is a fast moving minimal contact evasive game that is played throughout the world.
Touch is played in male, female and mixed competitions.
Touch is ideal for the local park or even the beach, it is easy to learn and a great way to get in shape.
The rules and equipment can be easily modified to meet the needs of participants or setting.
Touch is an informal sport with the emphasis on fun and expression.
Touch is a true community based sport, which caters for all age groups, shapes and sizes.
Playing ages range from primary school juniors to 55 plus age-group.
Touch is often referred to as Touch Rugby, but there is no tackling, lineouts, scrumming or kicking.
Touch is relatively new to Wales, but is long-established in the Southern Hemisphere.
Touch in Wales was recognised by the Wales Sports Association in 2006.
Touch is played outdoors and runs through the summer months.



WHY CHOOSE TOUCH?

As a recreational sport Touch has many benefits.

As with all sports, Touch delivers the health benefits of participation in sport & physical activity but, most crucially, is a single sport which places the community at its heart and delivers most of the critical intervention areas identified by Government.

All you need to start is a flat open space. The rules are simple: five minutes instruction, pick up a ball and away you go. The nature of the game can be easily modified to deliver appropriate interventions.

Touch is an inclusive sport which is beneficial both physically and socially. It promotes the acquisition of basic movement and sport skills and encourages the ethics of teamwork and effective communication.

It promotes mixed gender interaction and enables girls and boys to play on the same field on an equal basis.



Although refereed, touch relies very much on the spirit of the game, encouraging sportsmanship and fair play.

Its small sided & informal nature encourages full participation from everyone while the lack of physical contact promotes fun and expression.

This lack of physical contact offers the opportunity for mothers, fathers, and children to play together in a common physical activity, whilst also enabling players past their physical peak to continue to participate.

Touch can be easily introduced into the workplace.

As a competitive sport the rewards are significant. There are many opportunities for those who are committed to develop and improve their skills to new levels of competition. The global nature of the sport provides potential to travel and mix with people from other cultures.

At the elite level, Touch is a fast paced competitive sport that attracts highly skilled athletes for whom the demands are rigorous and very real.

Many of the fundamental principles of Touch are similar to Rugby, be it the league or union code.

Touch is also therefore seen as an excellent development tool for Rugby as it promotes the positive skills required for either code of the game:

- It focuses on the manipulation and exploitation of space, distributing the ball before contact
- It promotes the fundamental skills of running, handling, communication, evasion and support play,
- It enables players to develop the basic principles of attack and defence without the fear of getting hurt.



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PLAYING TOUCH – AN OVERVIEW

The aim of the game is to score a touchdown by moving the ball towards the opponent's goaline. You do this by running forwards and passing or handing the ball backwards to a team-mate. No kicking is allowed.

The opposition attempts to prevent scoring or gaining a territorial advantage by touching the ball carrier. After a touch has been affected, the player in possession is required to stop, return to the mark where the touch occurred if the mark has been over-run, and perform a Rollball without delay.

The team in possession of the ball has six touches to score a try. After the sixth touch, if a try has not been scored, or if there has been an infringement, the ball is handed to the opposition.

UNDERSTANDING THE GAME – THE BASICS

Touch is contact on any part of the body, with one or two hands, between a player in possession of the ball and a defending player. A touch includes contact on the ball, hair or clothing. Either defending or attacking players may initiate the touch. Players of both defending and attacking teams are to use the minimum force necessary to affect the touch. Passing after the touch is a penalty infringement.

The Rollball is affected by the attacking player positioning at the point of touch (ie no over-running), facing the defenders scoreline, standing parallel to the sidelines, placing the ball firmly on the ground and rolling the ball backwards along the ground between their feet for a distance no more than 1 metre. The defending team must retreat 5 metres from the point of rollball.

Dummy Half is the player who takes possession of the ball immediately after each rollball. The dummy half must avoid being touched in possession of the ball. The dummy half can cross the goal line but cannot score.

Offside for an attacking player means in a position forward of another attacking player who has possession or who last had possession of the ball, and for a defending player who has not retreated the required 5 meters from a rollball or 10 meters from a penalty.

Team composition can be up to a maximum of 14 players with 6 on the pitch at any one time. Unlimited substitutions at any time from the designated interchange areas. Teams of between 8-10 players encourages maximum participation.

A touchdown is awarded when an attacking player grounds the ball on or over the try-line. A touchdown is worth 1 point. Players may dive to score. Dummy half cannot score. No forward passes in the try zone.

Footwear to be moulded sole boots or plastic blades. No screw in studs. **Ball size:** Size 4 (Seniors). Size 3 or 4 (Juniors).

TOUCH REFEREE RULINGS

Change of possession: play starts with a rollball

Ball to ground.

Dummy half touched in possession.

Dummy half scores a try.

Sixth touch.

Ball in touch.

Incorrect rollball

Incorrect tap

Penalty Infringements: play starts with a tap

Forward pass

Touch and pass

Rollball off the mark

Performing a rollball prior to touch

Defenders offside at tap or rollball

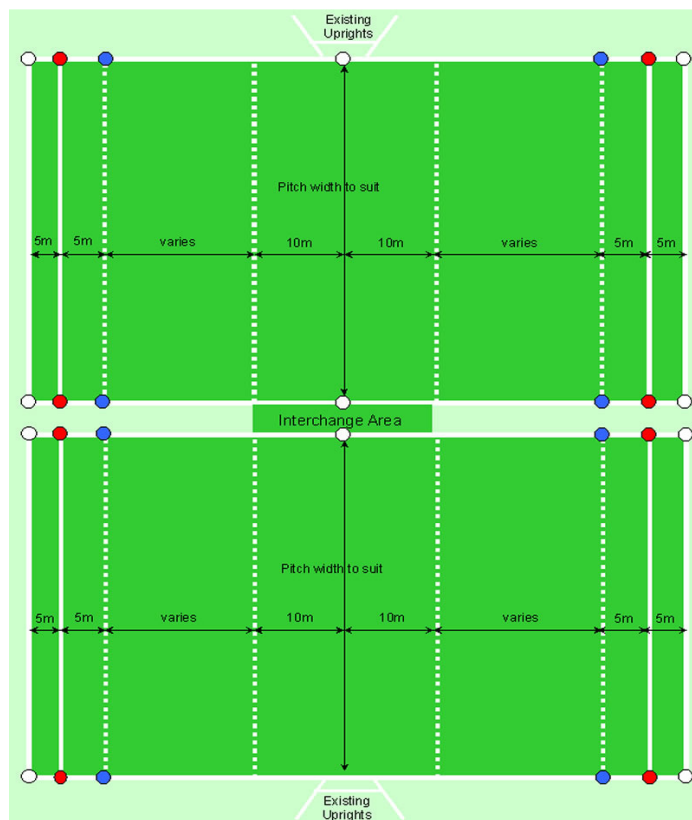
Obstruction or shepherding

Excessive force when making a touch

Incorrect substitution

More than 6 players on the field

Misconduct (sin bin or sending off may be used if serious)



Pitch Dimensions normally across half a rugby field (50-70m x 35-50m)
Cones: Red – try line; Blue – 5m line; White – halfway & deadball