



Ranch Rugby U.F.C.

2 Hand Touch

Rugby



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The basics

The Touch

Players of both defending and attacking teams are to use the minimum force necessary to affect the touch. A touch can be made on any part of the person, their clothing with two hand.

The Penalty

If someone is penalized their team must retreat 5-10 meters (depending on the size of the field). Penalty offences shown

A penalty is taken by placing the ball on the ground, letting go of the ball, touching the ball with your foot and picking up the ball. Penalty offences shown below

Passing

A forward Pass is when the ball is passed in front of the player who possessed the ball. In this situation the ruling will be a penalty.

A Touch and Pass is when the person who is touched then passes the ball. Again the ruling will be a penalty.

Offside

An attacking player is offside when that player is forward of another attacking player who has possession or who last had possession of the ball.

A defending player is offside when that player has not retreated the required 5 meters (or 10 meters) (Penalty and restart of play after touchdowns) at recommencement of play.

For all offside incidents the opposition will be awarded a penalty.

General rules

Over Stepping or Off the Mark

Occurs when the player who has been touched goes past the point where they were touched. In this case a penalty will be awarded to the opposition

Ball to Ground

When the ball goes to ground for any reason, possession changes, restart with a tap and go

Shepherding or Obstruction

Will result in a penalty being awarded to the opposition

Deviation

Happens at recommencement of play when a defender does not retreat straight back 5 meters to an on-side position and thereby obstructs the attacking player. This will result in a penalty being awarded to the opposition.

Minor offences

Bickering with refs, shouldering, leg trips etc... the referee will initiate an automatic substitute between the offending player and another team player in the sub box.

For any repeated offence or violent conduct a player should be sent from the field of play

General principles of play

In Attack

The aim of the game is to score more touchdowns than the opposition; this is achieved by advancing towards the try line. At times it can be tactically advantageous to move towards the sideline to enable more room for further attacking plays

In Defense

When defending try to deny your opponents time and space by moving forward and making the touch. The faster you move up on the attacking team the less advancement toward your try line they will make.

Support the Ball Carrier at all Times

Close support of the ball carrier allows more options in attack and means possession can be maintained. Close support also means no ground needs to be lost by having to pass the ball a long way backwards to a team-mate. Remember a pass directly sideways is allowed and can often be the most effective pass .

Interchange players as much as possible

A fresh set of legs on the field can be the difference between winning and losing. Look to interchange your players while on attack and in the area of the interchange box. Once you have made a touchdown it is good to get a whole new set of players out there to keep up the intensity.

Quick Rules

1. The attacking team must start with a tap from the middle of the field.
2. The defending team must be back 5 -10m(depending on the size of the field) for the start of play, and after each touchdown.
3. After a team scores the play begins again with a tap in the middle.
- 4The person who takes the role of dummy half can cross the try-line but not score.
5. To make the game more interesting The attacking team continues play until they have had 6 touches, after which possession is turned over to the opposition for a tap and go.
6. After touching the attacking player with the ball, all defending team members must retreat 5m.
7. Ball to Ground: When the ball is dropped on the ground it is a turnover.
8. Turnover: When the attacking side loses the ball to the opposition.
9. No control: When the ball is thrown, dropped, knocked on, in a touch. Tap and go.
10. When someone is penalized their team must then retreat 5-10m.
11. Offside: If the defending players do not retreat they are offside.
PENALTY
12. Strong Touch: If a touch is considered to be too strong.
PENALTY
13. Forward Pass: When the ball is passed in front of the player who possessed the ball.
PENALTY
- 14 Shepherd or Obstruction: Obstructing a touch from the defending side.
PENALTY

15. Deviation: When a defender changes their direction before retreating straight back 5m.

PENALTY

16. Minor offences: Bickering with refs, shouldering, leg trips etc... the referee will initiate an automatic substitute between the offending player and another team player in the sub box.

17. Repeated offences: For repeated offences the referee will yellow card with out replacement.

18. Foul play of any nature: (the referee being the sole judge) will result in the offending player being sent from the field without replacement.

NOTE - PENALTY SEQUENCE: ball on the ground - let go of the ball - touch the ball with your foot - pick up the ball

Frequently Asked questions

I've never played Touch Rugby, is it hard to learn?

Touch Rugby is very simple to play. 2-3 games will see you master the basic skills and the more you play the better you will become. As long as you are keen to get involved you will develop the skills to enjoy yourself on the field.

How fit do I have to be to play?

People of all shapes, sizes, ages and fitness levels play in social and competitive leagues, you chose the level you wish to play. You will find that over the season your personal fitness levels will increase, Touch Rugby is a great way to exercise, improve cardio vascular fitness and help to burn excess fat.

What do I need to play?

All you need is gym gear and a pair of trainers. For those of you that want to really get into the game, there are specialist shoes made for Touch Rugby that can give you that extra grip when you need it. The Club will supply everything else, however your team may be required to supply your own team shirts if the Club does not.

How long are the games?

The international standard is 40 mins (2 x 20 mins), this may vary so please check with the Club where you wish to play.

How big is the field?

The international standard is 70m x 50m. However, most Clubs play on a field half the size of a rugby field.

How many people play in a team?

The international standard is 14 players per team, 6 on the field at any one time. 10 players is a good number to allow for that much needed rest during the game.

What is the male/female ratio in a Mixed Team?

The international standard is a minimum of 3 women and a maximum of 3 men on the field. This may vary at Clubs due to local conditions so please check with the Club where you wish to play.

I don't have a team, what do I do?

Most Clubs will either put you in contact with an existing team; or make up teams from individuals like yourself, so check with the Club where you wish to play. Another way is to turn up on the night and find out from the Venue Manager which teams may be short.

How do League Divisions work and how many teams play in them?

Teams that play in Touch Rugby Leagues are graded according to their skill, fitness levels, age etc. Teams are then placed in an appropriate league with between 5 to 8 other teams depending on the league size. Teams will either play each other once or on a double round basis to determine positions for the knock out stages.

How far can I go with Touch?

If you have the skill and determination you can represent your country in National and International competitions, with the Touch World Cup being the ultimate test of the World Champs.