

## Frequently Asked Questions (FAQs)

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

Premiership 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.

### Am I too busy to play Premiership Touch Rugby?

Every Club is different but expect to play at least one game a week. Games are either 20, 30 or 40 mins but maybe altered to suit local conditions.

### 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 choose the level you wish to play. You will find that over the season your personal fitness levels will increase, Premiership 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 Premiership 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.

### What does it cost to play?

Team costs differ from Club to Club but will normally be no more than other organised sports, in many cases it is a lot less. Please check with the Club where you wish to play.

### 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 (playing across the 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 Premiership 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 long is the season?

This varies so please check with the Club where you wish to play. A guide is between 8 - 16 week season.

### Do we play every night of the week?

No you choose the night that suits you and/or your team and play on that particular night each week. If you want to play on more nights of the week, select another night and enter another team.

### Does each Club play on every night of the week?

No. All Clubs are different so please check with the Club where you wish to play.

### How do I enter a team?

Click on the 'enter a TEAM' or 'enter as an INDIVIDUAL' buttons on the playing venue of your choice and follow the on screen instructions.

Does my registration fee include playing shirts?

Some Clubs get sponsors to pay for the playing shirts and will give them to you for FREE to be worn for your official games. Your registration fee's cover the cost of ground hire, officials, referees, equipment, PL/PI insurance, affiliation fees, marketing etc...

How do I make payment?

Once you have followed the instructions and registered your team, the website will take you directly to the payment site, we have chosen to use Paypal as it is a trusted site with excellent security. Some Clubs will take payment directly, these clubs will have alternate payment instructions on the website.

Is there a penalty for not having team shirts?

Most Clubs require teams to have identical shirts that are numbered; not only does this make it easier for you to identify your team mates, it enables the referee to make correct calls on field which enhances your experience on the field. Teams without suitably numbered shirts maybe subject to forfeiture of game points or other penalties as laid out in the terms and conditions of entry.

Are there any hidden costs?

None whatsoever.

When do registrations open?

Pre-registrations are open now.

What sort of shoes do we wear?

You can wear specialised touch shoes (with rubber cleats) or trainers. Please note NO screw-ins or metal studs are allowed referees WILL be checking this. Players are also not allowed to play in bare feet.

What happens if we can't play one evening due to other commitments?

Hopefully you have chosen a night where you have no other commitments for the season, but if your team is unable to play then you MUST contact your Venue Manager as laid out in the terms and conditions of entry.

Do I have to enter all team members details prior to the first game?

Yes - For insurance purposes we need the Name and contact number/email of all team members.

How do I know what time my team is playing each week?

Once the season fixtures list is finalised it will be displayed under "Fixtures" on the relevant venue home page, some clubs will also send you weekly email reminders.

Does each Club have mixed and men's competitions?

Most Clubs run mixed and men's leagues at their venue, please check with the Club where you wish to play for more details.

Is there a women's only competition?

This is dependant on demand so please check with the Club where you wish to play for more details.

If I haven't played before am I able to come down and just watch?

Of course! Feel free to come down to any of the venues and check out how the game is played. You can ask around for the Venue Manager (usually easily spotted carrying a clip board) and they will be able to show you around.

Do you only play over the summer months?

There are a few clubs that play throughout the year, please check with the Club where you wish to play for more details.

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.