

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 or the ball.

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.

After being touched 6 times the ball is handed over to the other side.

If a touch is considered to be too strong a penalty will be awarded against the offending team.

The acting half (the person who receives the ball from the player starting the game) is not allowed to be caught while in possession of the ball. If the dummy half is caught with the ball, possession is handed over to the opposition who will recommence play with a Rollball

The Rollball

The Rollball is affected by the attacking player positioning on the mark, facing the defenders scoreline, standing parallel to the sidelines, and rolling the ball backwards along the ground between their feet. If the ball is rolled more than 1 meter a penalty will be awarded to the opposition.

Voluntary Rollball

Voluntary Rollball is when the player is not touched and rolls the ball between their legs, this is not allowed and will result in a penalty to the opposition.

The Penalty

If someone is penalised their team must retreat 10 meters.

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.

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 (Rollball) or 10 meters (Penalty and restart of play after touchdowns) at commencement of play.

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