

## **The Game**

### Object of the Game

The object of the game is for each team to score touchdowns and to prevent the opposition from scoring. The ball may be passed, knocked or handed between onside players of the attacking team who may in turn run or otherwise move with the ball in an attempt to gain territorial advantage and score.

Defending players prevent the attacking team from gaining a territorial advantage by touching the ball carrier. Either defending or attacking players may initiate the touch.

### Start of Game

The team that wins the coin toss chooses the direction of play and must start with a tap from the middle of the field; the defending team must be back 10 meters for the start of play and after each touchdown.

### Duration of Game

Duration of the game is varied to suit your local circumstances, as a guide your game will consist of either 2x 10, 2x 15 or 2x 20 minute halves.

### Size of the Field

Size of the field can vary but the game will generally be played on half a rugby field (playing across the field). Posts are not required to play Touch Rugby.

### Number of Players

Teams can consist of up to a maximum of 14 players, 6 on the field at anyone time, it is suggested that teams of between 8 and 10 helps to encourage maximum involvement and activity.

### Method of Scoring

A touchdown (worth 1 point) is awarded when an attacking player places the ball on the ground, on or over the defending teams scoreline; after a team scores, the play begins again with a tap in the middle of the field by the non scoring team.

The person who takes the role of dummy half can cross the try-line but not score.