



VETERANS TOUCH RUGBY RULES

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WHY WE PLAY?

Whilst there may be a competitive element to a game of touch rugby, our primary objective is to create a gender neutral, enjoyable and social format of the game allowing more people to continue to enjoy playing the game in a non-contact format. Each side should self-police their own team for too much physicality or being overly confrontational.

The minimum age limit is at the discretion of your club but the suggested age is over 35 years old (Please note that Renaissance Cup Festivals – held twice a year, are for players aged 40 years and over on the date of the relevant festival).

NUMBER OF PLAYERS

- The number of players allowed on the field at any one time is at the discretion of your club – which will depend on number of players attending and available pitch facilities.
- Size of pitch at the discretion of your club – which will depend on number of players, age range and ability.
- For friendly fixtures, to promote inclusivity, number of players allowed on field at any one time (plus minimum age) to be agreed in advance between each side, which again will depend on the age profile of each side.
- Where number of players on each side means that there are reserve players, reserves can be continuously substituted at any time from a box on one side of the field. A player must exit the field and reach the substitutes box (positioned between the 10m lines of the pitch) before a substitute player can enter the field of play”.

STARTS, RE-STARTS AND PENALTIES

- Play starts and restarts (after a try) at the centre of the pitch with a “**Tap**”. This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up. **PLEASE NOTE that on a restart (after a try), the defending team must be back 3m into their own half, with all defending players facing the attacking team, before play can restart.**
- The attacking player taking the Tap can run and be touched by the defending team with no penalty or change over. For the avoidance of doubt, on any other event (turnover or penalty) (i.e., not a start or a restart after a try), the player picking up the ball (the half) may run, but if touched a turnover occurs.
- The defending team must retreat at least 3 metres on a re-start, turnover and/or penalty. The defending team cannot move forward until play restarts (i.e., the ball is in the hands of the attacking player), nor interfere with play while retreating (the retreating player must put their hands above their head to indicate they are retreating and out of the game until back outside).

TOUCHING

- A '**Touch**' is legitimate and minimal contact between a player in possession and a defending player (**one handed touch**) between knees and shoulders. A touch includes contact on the ball, or clothing and may be made by a defending player or by the player in possession.
- An attacking player may initiate the touch by touching the defending opposition.
- No diving allowed to touch or initiate a touch.
- If an interception is successful, then the next touch of the ball carrier will be 'touch 1'
- The ref is the sole judge of the touch and has the discretion to overrule a claim (so play to the whistle!).
- Touch and Pass. If the attacking player passes the ball following a touch then the ball goes back to the attacking player, who passed the ball, to resume with a Roll Ball (if that touch was the 6th touch, there would be a turnover).
- After six touches with no score, possession changes. The attacking team begins play with a Roll Ball.
- When touched, the player in possession must place the ball on the ground at the exact point of the touch or make a concerted effort to go back to that point. If traveling is called a penalty is awarded the ball is handed over and play restarts with a Roll Ball.

ROLL BALL

- Following a legitimate touch, play is re-started by stepping over the ball. It can be controlled with a hand. This is known as a 'Roll Ball'. The ball may not roll back more than one metre from the position of the legitimate touch.
- After a Roll Ball the player picking up the ball (the half) may run, but if touched a changeover occurs and play resumes with a Roll Ball for the defending side.
- During a Roll Ball, all defending players must retire to the onside line set by the referee, 3m back from the Roll Ball. The defending team cannot move forward until play restarts, nor interfere with play while retreating. A restart occurs when the half touches the ball (for a Roll Ball). Players may not delay the game by deliberately delaying a Roll Ball.

SCORING

- A try is scored by either grounding the ball/ behind the try-line or by walking/running over the try line.
- No diving over the try line to score.
- If an attacking player has one foot over the try line without being touched, the try is awarded.
- The half cannot score, and a changeover (Roll Ball) will be awarded to the defending team if this occurs. For the avoidance of doubt, the half may run over the try line and pass to a team-mate to score (the crossing of the line by the half does not constitute a try in this case).

OFFSIDE/DEFENSIVE LINE

- During a Roll Ball, all defending players must retire to the Defensive Line set by the referee, 3m back from the Roll Ball. The defending team cannot move forward until play restarts, nor interfere with play while retreating. The retreating player(s) must put their hands above their head to indicate they are retreating and out of the game until back onside), a restart occurs when the half touches the ball (for a Roll Ball). Players may not delay the game by deliberately delaying a Roll Ball.
- If the attacking player is touched by an offside defender, the referee may call for play to continue to see if an advantage can be gained or award a Roll Ball re-start (with a fresh 6 touches).
- When a Roll Ball is taken within 3 metres of the try line the defending players must retreat with both feet to behind their try line before they can make the touch. No advance by defending team until the hands of the attacking player (the half) is on the ball, following the Roll Ball. If the defending team does advance prior to the half having hands on the ball, the defending team will be deemed offside.



TURNOVERS

Action	Restart Type
Forward Pass	Ball over and Roll
Pass hitting floor or a Dropped Ball	Ball over and Roll
Half, picking up ball after a penalty or turnover, being touched before passing (including over the try line)	Ball over and Roll
Diving over the try line to score	Ball over and Roll
6 Touches completed with no score	Ball over and Roll
Crossing touchline without being touched	Ball over and Roll
Delayed Roll Ball (inc dummy passes)	Ball over and Roll
Roll Ball over the mark and/or more than 1m back from the mark	Ball over and Roll

PENALTY OFFENCES

Misdemeanor	Restart Type
Foul Play / Dissent / Excessive Contact / Obstruction	<p>If defending team deemed to have offended, Roll (player off) + 3 m walk back + 6 again.</p> <p>If attacking team deemed to have offended, ball over (player off) +3m walk back.</p> <p>Player sent off if action persistent and/or if of severe nature (referee discretion).</p>
Offside	Roll + 3m walk back + 2 mins off if persistent and 6 again
Kicking The Ball	Ball over and Roll. 2mins off if persistent.
Travelling	Ball over and Roll. 2 mins off if persistent
Deliberate Knock on	Roll + 3m walk back + 2 mins off if persistent and 6 again
Claiming a touch when none was made	<p>Attacking team retain ball - 6 again, 3m walk back and 2 mins off if persistent</p> <p>If attacking team claim a touch when none made, ball over +3m walk back +2 mins off if persistent.</p>
Roll Ball Interference	Roll + 3m walk back and 6 again. 2 mins off if persistent

When a penalty is awarded, the referee will give the mark where play must resume and set the onside line for the defence (at least 3m from the mark). Play cannot restart until the referee is ready.



FAIR PLAY

- No obstruction, excessive contact, dissent / verbal abuse or foul play will be tolerated – the referee is sole judge. A penalty will be awarded in such cases and players can be removed from the field.
- Foul play of a severe nature will result in the player being sent off (the referee being sole judge of fact and time) without replacement for the rest of the match.
- For other offences, (e.g bickering with the ref, leg trips, shouldering) the offending player will be sin binned (sent to the touch line) for a period of 5 minutes without replacement. Further foul play will result in the player being sent off.
- The Referee can also instruct a player to be subbed as an alternative to a 'Bin' so the player, and not the team, is penalised.



DIOLCH

THANK YOU