



ISCA Games 2025

Rules and Regulations **Touch Rugby**

1. LAW OF THE GAME

The normal rules of Touch Rugby shall apply.

2. REPRESENTATION

A full team will be required to have a maximum of 6 players on the field at one time. Each participating firm is entitled to submit two teams (number of players per team is capped at 14 players). For preliminary games, the playing time will be a 10 minute fixture. For semi-finals and finals, the playing time will be 10 minutes followed by a 5 minutes break, and a subsequent 10 minutes (i.e. 2 x 10 minute halves).

3. GENERAL RULES / SCORE

- a) Prior to kick off, the two captains, in the presence of the referee, will toss a coin. The winning captain can choose to start with possession or choose ends, the other captain will then have the other of the alternatives.
- b) All players must wear clothing that is considered safe. Anything considered unsafe or inappropriate by the referee must be removed at the referee's request.
- c) The object of the game is for the attack (the team in possession) to score tries. The winning team is the one who score the most tries.
- d) A try is scored by grounding the ball in the opponents in goal area.
- e) The game starts with a (grounded) tap restart from the middle of the field by the team choosing to start the game with possession. A tap restart by the conceding team will occur after a try has been scored.
- f) A tap is performed by placing the ball on the ground, leaving the ball on the ground then touching the foot against it and then picking it up or passing it.
- g) The defending team must be back 10m at all tap restarts i.e. when penalties are given.
- h) A legal touch is on any part of the body, clothing or ball, using one's hands only. A player must claim a touch by raising a hand and shouting "Touch". An attacker can initiate a touch by making contact with a defender.
- i) After being touched, the player touched must perform a roll ball on the mark where they were touched. Failure to do so will result in a roll ball turnover in possession.
- j) The dummy half cannot score or be touched before passing the ball. If the dummy half is touched then a roll ball turnover occurs. If the dummy half scores, a roll ball turnover is awarded 5m from the goal line.
- k) The attacking team continues play until they have had 6 touches.

- l) The Roll ball is performed by placing the ball on the floor and moving it through the legs. It is permissible for the ball to be rolled but it must travel directly backwards, through the legs and cannot travel more than 1 metre.
- m) If touched within 5m of the goal line then the attacker may, if they **wish**, take the roll ball back to a point 5m from the goal line.
- n) All defending team members must retreat 5m from the roll ball (subject to the interpretation of the 5m inside mark as determined by the referee). If the prescribed distance would result in the defenders standing behind the goal line then they only have to retreat to the goal line.
- o) Defending players can only move forwards once the ball has touched the ground and there is an active half immediately present at the roll ball with the intention to continue play.
- p) A roll ball turnover occurs when possession changes from one team to the other and play is restarted with a roll ball.
- q) If a defender makes contact with the ball whilst making a deliberate attempt to play at the ball, but does not retain it, then the referee will play on and allow the attackers a new set of six touches, provided the ball has not made contact with the ground. A roll ball turnover can be awarded against the offending team in the following situations:
 - Once a team are touched for a sixth consecutive time
 - If an attacker loses control of the ball and doesn't regain it before it hits the ground or an opponent in any direction
 - If a defender plays at a ball and makes contact with ball without retaining it whilst the ball is in flight and it then hits the ground
 - Dummy half touched before passing the ball or places the ball over the try line
 - Ball thrown or carried out of play
 - If the ball carrier loses control of the ball whilst performing a roll ball Penalties
- r) A penalty tap restart is performed by placing the ball on the ground, leaving the ball on the ground then touching the foot against it and then picking it up or passing it
- s) The defending team must be back 10m at all penalty restarts. If the prescribed distance would result in the defenders standing behind the goal line then they only have to retreat to the goal line.
- t) The referee, at their discretion, may exclude players from the field of play. This can be temporary for a period of five minutes or permanently for the remainder of the match.
- u) A penalty can be awarded for the following offences:

- If a touch is considered to be aggressive.
 - If the ball is passed in a forward direction.
 - If the ball is deliberately knocked out of the ball carriers hand
 - If the defence are not back the required distance at a tap restart (offside offence), penalty restart or roll ball
 - If the defender who, just after affecting a touch, while retreating to an onside position performs a change in direction before making the onside mark
 - If a player is not touched and performs a roll ball
 - If the ball rolls more than one metre at a roll ball
 - If the attack obstruct a potential touch from the defending side.
 - If the ball is kicked. If the defence interfere with the roll ball being made
 - If a defender claims a touch when no touch has been made. This includes a player claiming a touch but then immediately correcting themselves.
 - If the ball carrier passes the ball after being touched
 - If a restart is not taken in the correct manner
 - Any other incident which is seen as contrary to the spirit of the game
- v) A penalty is awarded on the mark of the offence. In the case of an offside player touching an opponent the penalty is always from where the touch was made.
- w) Notwithstanding the above rules stated, the referee reserves the right to make a final call based on his/her judgement. His/her judgement will be respected at all times.

4. REFRESHMENT

All teams are to provide their own refreshments.