**GTA TOUCH RUGBY RULES and REGULATIONS**

**General:**

1. **Team Colours:** each team will be required to wear one colour for their team.
2. **Footwear:** Only trainers and running shoes permitted. No cleats or metal aluminum studs.
3. **Time Constraints:** To ensure that we complete the full schedule each night, teams must be ready to start and finish on time.
4. **Team Captains**: Are responsible for reporting the score after each game (scoreboard will be at venue).

**Game Play:**

1. **Game Times:** will start as scheduled. If you are late, the games must continue!
2. **Scoring**: 2pts for a win; 1pt for a draw.
3. **Players:** 5playerson the field of play for each team, with rotating subs throughout.
4. **Game Length**: 20 minutes non-stop (will depend on how quickly we transition. **Remember-** turnaround will be short, so be ready to move on to next game if you’re scheduled to play.
5. **Kick-Off:** the referee will start with a high, contestable kick to centre. The team that gains control may either play immediately or, if touched, “deck” the ball between the legs and continue.
6. “**Tackling:”** made by **TWO HANDS** touching the opponent simultaneously and below the shoulders. Once a “tackle” is made, defenders **MUST retreat 2 metres (3 steps)** from the mark.
7. Teams will be given **5 touches for the field. On the 6th** **touch it is a turnover** and must release the ball. The opposing team may pick the ball up and commence with a ‘tap.’
8. **Infractions:** If the ball is knocked-on, passed forward, etc., it results in a turnover and a “Tap & Pass” restarts play. A legitimately dropped ball is **dead; Play commences with a “Tap & Pass.”**
9. **Behaviour:** We are here to have fun... Players involved in any negative behaviour (verbal/physical), unsportsmanlike conduct, will be asked to leave the playing field for 2minutes (yellow card) and may be asked to leave entirely after repeat offences (red card). If a red card is given, the league commissioner will review the incident and the player may be asked to leave permanently without refund depending on the scenario.

**A Few More Key Rules:**

1. **The referee’s call is FINAL.** All participants are expected to conduct themselves accordingly within the laws consistent to the ORU and Rugby Canada.
2. **Scoring Rule:** A score is made when the ball carrier **crosses the opposition’s goal line** at which time he/she must immediately release the ball.
3. **Restart After Scoring:**

a. The scoring team **must retreat to behind the halfway line** and may not advance until opposition commences their attack.

b. The team that had been scored upon can commence attack immediately from own goal-line.

1. **Scrum-half Rule:** The scrum half can run but if tackled the ball is turned over.
2. **Offload Rule:** A ball carrier can pass the ball **immediately as they are being touched, NOT afterwards.** “Immediately” means within one stride as judged by the referee.
3. **Traveling:** If the pass is after the player has been touched, or an immediate restart exceeded (eg. Traveling more than three steps), the ball may be turned over to the defending team at the referee’s discretion; “tap and pass” to commence play.

**ENJOY!**