

Diani Beach 5-a-side Touch Rugby Rules

Friday and Saturday will be run on a 'league' basis and Sundays games will be a 'Knock out' Competition.

1. Scoring

A try will be awarded when a player **places** the ball on the ground, on or over the try line prior to being touched. A try will be worth **1** point. The 'Dummy Half' is not permitted to score a try.

2. Substitution

A substitution can be made at any 'dead' time. The new player cannot come on until the substituted player has left the field. There are no limits to the number of substitutions.

3. Possession of the Ball

A change of possession shall occur when:

- there is a forward pass.
- the ball goes to ground.
- the 'Dummy Half' is touched while in possession.
- the 'Dummy Half' places the ball over the try line.
- the 6th touch occurs.
- the player in possession steps on or over the boundary of the field of play.
- the ball goes into touch.
- the ball is kicked.
- the ball is knocked on.
- a 'Rollball' is performed incorrectly (**NOTE:** if the 'Rollball' is not performed exactly on place where the offence occurred a penalty will be awarded).
- a 'Tap' is performed incorrectly.

At a change of possession play is restarted with a 'Rollball'.

4. Passing

A player may pass, knock, throw or otherwise deliver the ball to any onside player in the attacking team. Kicking not allowed. Passing forward is **NOT** permitted and results in change of possession started with a 'Rollball'.

5. The Tap

The 'Tap' is used to start each half and to restart the game after a score. The 'Tap' is also used when taking a penalty. The 'Tap' is taken by placing the ball on the ground on the mark, releasing the ball from both hands, tapping the ball with the foot a distance of not more than one meter and retrieving the ball cleanly. Any player from the attacking team may take the 'Tap' (**The person performing the 'Tap' can be touched after performing the 'Tap' unlike the person performing a 'Rollball' where a touch can only occur after the 'Dummy Half' has touched the ball.**)

6. The Penalty

When a player/team is penalised the non offending team shall restart play with a 'Tap'. The 'Tap' is taken at the mark and the defending team must retire **10** meters from the mark until the ball has been tapped.

Play restarts with the 'Tap' when the following infringements occur:

- Passing the ball after being touched.
- Performing a 'Rollball' off the mark.
- Performing a 'Rollball' prior to a touch being made.
- Defenders offside at the 'Rollball' (**5** meters).
- Defenders offside at the 'Tap' (**10** meters).
- Deliberately delaying play.
- More than five players on the field.
- Incorrect substitution.
- Falsely claiming a touch.
- Using more than the minimum force to make a touch.
- Misconduct.

7. The Rollball

A means of restarting play. Players must perform the 'Rollball' on the mark while facing their try line and rolling the ball backwards between their legs a distance of not more than one meter. Players must not delay performing the 'Rollball' or a penalty will be awarded. Defending players must retreat **5** meters for the 'Rollball'.

8. The Touch

Players from both teams are permitted to effect the touch. A touch is contact with any part of the body, ball, clothing or hair. A minimum of force is to be used at all times. The team in possession is entitled to **6** touches before a change of possession.

9. Touch and Pass

A player is **not** to pass the ball after a touch has been made. This will result in a penalty.

10. The Dummy Half

'Dummy Half' is the person who picks up the ball after a team-mate has performed a 'Rollball'. The 'Dummy Half' may not delay picking up the ball, the 'Dummy Half' cannot score a try after receiving the 'Rollball,' but may cross the try line then pass.

11. Offside/Onside

After a touch has been made all defending players must retire **5** meters from the mark for a 'Rollball' or **10** meters from the mark for a penalty 'Tap'. Defenders cannot move forward until the 'Dummy Half' has touched the ball for a 'Rollball', or when the player performing the 'Tap' has kicked the ball. Delay by the 'Dummy Half' to touch the 'Rollball' will be penalised.

12. Sideline

If a player with the ball touches or crosses the sideline he is deemed to be out of play and a change of possession occurs. Play restarts with a 'Rollball' **5** meters in from where the player went out.

13. Obstruction

Players of the attacking team are not to obstruct defending players from attempting to effect a touch. Defending players are not to obstruct/interfere with attacking players supporting the ball carrier. Obstruction will result in a change of possession.

14. The Field of Play

The field is **60** meters long and **35** meters wide.

15. Team Composition

A team may consist of up to **8** players. A maximum of **5** players are allowed on the field at any one time. One player will be expected to help with refereeing when the team is not playing.

16. Duration

The match is **7** minutes each way with a **1** minute break at half time. Finals will be **10** minutes each way with a **2** minute break.

17. Extra Time and the Drop Off

When a match is drawn and a single winner is required, extra time is played and teams drop off players every two minutes until down to 3. The first team to score a try wins the match.

18. Player Attire

No foot ware (bare feet) and team T-shirts.

19. The Referee

The referee is the sole judge on matters of fact and is required to adjudicate on the rules of the game during play. The referee may impose any sanction necessary to control the match. All officials, players and coaches involved in the match are under the control of the referee.

20. Repeated Offences and Foul Play

a. Repeated Offenses

Yellow card 3 minutes in the sin bin (behind oppositions dead ball line)

b. Foul Play will not be tolerated!

Red Card (referee being sole judge)

21. Advantage Rule

If an attacking player is touched illegally or fouled, then play will continue until the referee determines the advantage for the attacking player is over. Should there be no advantage accrued from the continued play, then play will resume from the previous most advantageous potential stoppage

- **There may be slight adjustments to the rules where absolutely necessary.**