



# PLAYING LAWS

10<sup>th</sup> Edition

[www.ntra.com.au](http://www.ntra.com.au)

# Foreword

National Touch Rugby Association (NTRA) was established in 1997 by David and Karen Douglas along with a number of other dedicated sport lovers who wanted to develop the sport of Touch Rugby for the enjoyment of people of all skill levels at an affordable cost.

NTRA provides a high quality competition focused on delivering a friendly, social and rewarding Touch Rugby experience while still encouraging a competitive spirit.

NTRA promotes the participation of players as young as 12 years of age with there being no limit on the maximum age. We welcome players with any level of experience and encourage participants to play for the enjoyment and camaraderie of the game of Touch Rugby.

The 10<sup>th</sup> edition of the NTRA Playing Laws sees the incorporation of a number of new rules to take NTRA forward to a new era and ensure the success of the sport of Touch Rugby.

Yours in Touch Rugby

*Richard Bligh*  
*President*  
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## LAW 1 - FIELD DIMENSIONS

- a) *Field of Play*: The field of play should be half the regulation size of the International Rugby Union sanctioned field, and should not exceed seventy (70) metres in length with the goal line no more than fifty (50) metres in width.
- b) *In Goal*: Should be marked with a dead-ball line a minimum of five (5) metres from the goal line. If the dead-ball line is not marked then the area is defined by the next boundary e.g. other field lines, fences, light poles or natural features etc.
- c) *Field Markings*: Fields should be marked with at least visible goal lines, touch lines and halfway lines. Safety markers should be used to highlight these lines.

(Variations at Association level are allowable to suit local conditions.)

## LAW 2 - THE BALL

- a) *Playing Ball*: A ball sanctioned by National Touch Rugby Association Board of Directors should be used.

## LAW 3 - PLAYER ATTIRE

- a) *Clothing*: All players from an individual team must be wearing identical team shirts. Other clothing that must be worn is shorts or like and suitable footwear.
- b) *Shirt Numbers*: All players are to wear an individual-identifying number on the back of the shirt not less than sixteen (16) centimetres in height. Additionally a number can be worn on both sleeves not less than eight (8) centimetres in height.
- c) *Jewellery*: No jewellery may be worn by male or female players unless it is covered by tape.
- d) *Fingernails*: If fingernails protrude past the end of the finger they must be taped or trimmed.
- e) *Footwear*: Footwear with soft moulded soles or cleats no longer than fifteen (15) millimetres are permitted. Footwear with screw-in studs (metal or plastic) or cleats longer than fifteen (15) millimetres shall not be permitted and players may be asked to leave the field until the offending footwear is removed.

## LAW 4 – TEAM COMPOSITION

- a) *Team Composition*: Fifteen (15) players maximum are allowed per team, with no more than six (6) players on the field at a time.

**Enforcement notes:** *If numbers on the field exceed six (6) then a penalty is awarded to the non-offending team at the position where the player who created the infringement entered the field or where the ball is, whatever the greater advantage.*

- b) *Mixed Teams*: The maximum number of males allowed on the field is three (3) and the minimum one (1). Any combination of males and females is allowed as long as it is within the above limits.

**Enforcement notes:** *If the combination is outside these limits, then a penalty is awarded to the non-offending team at the position the balls is when the infringement is noticed.*

- c) *Minimum Numbers*: The minimum number of players needed for a game to start or continue is four (4). Players injured during the game and sin-binned players are still deemed to be part of the team composition, although players who have been sent off are not.

**Enforcement notes:** *If the minimum number of players is not met at any time, the game will be concluded and awarded to the non-offending team.*

## LAW 5 – DURATION OF PLAY

- a) *Length of Play*: The game is forty (40) minutes long comprising two (2) twenty (20) minute halves and a four (4) minute half-time break. (Variations may exist.)
- b) *Completion of Game*: The game finishes when play becomes 'dead' following the expiration of time. If a penalty has been awarded when time expires then the penalty tap is taken.

## LAW 6 – START OF PLAY / RECOMMENCEMENT OF PLAY

- a) *Coin Toss*: The referee will oversee the toss of the coin by the two captains. The captain winning the toss wins a choice of kicking or receiving the ball for the start of the game and has the choice of direction for the first half.
- b) A drop kick (in which the ball is dropped from the hand or hands to the ground and kicked as it rises from its first bounce) is taken in the centre of the halfway line:
  - at the commencement of each half; and
  - following a try by the team that has just scored.
- c) The drop kick should travel a distance greater than ten (10) metres and bounce at least once in the field of play or be caught or trapped by a receiving team player inside the field of play.

*Enforcement notes: If the kick fails to travel the required ten (10) metres, fails to bounce inside the field of play or goes over the touchline on the full, a play-the-ball should be awarded at the centre of the halfway line to the receiving team.*

- d) The drop kick may go over the dead-ball line provided the ball has bounced once in the field of play between the ten (10) metre marker and the goal line.

*Enforcement notes: If the ball bounces in the field of play and goes over the dead-ball line, the ball is to be ruled dead and play re-started with a drop kick by the receiving team from the middle of the goal line.*

- e) If the ball has travelled the required ten (10) metres and bounced once in the field of play and goes over the sideline before the eight (8) metre line (being the line eight (8) metres from the goal line), the receiving team will perform a quick throw from the sideline where the ball went out of bounds (see Law 8).

*Enforcement notes: If the ball goes out of bounds on the sideline between the eight (8) metre line and the try line from the kick off, the sideline throw is awarded to the team that kicked off and is taken from the eight (8) metre line. If the ball goes out of bounds over the sideline on the full (i.e. it has not bounced in the field of play), then the receiving team will recommence play with a ruck from the centre of the halfway line (point c).*

- f) After a legal drop kick, if the ball touches a player on the receiving team and goes over the dead-ball line, then the kicking team will recommence play with a ruck eight (8) metres in front of the receiving team's goal line at the position where the ball went dead.

*Enforcement notes: If a player from the receiving team who has possession of the ball has stepped over the dead-ball line, then it is deemed that they have taken the ball out of play and a change of possession will apply eight (8) metres out from the goal line to the non-offending team.*

- g) All players of the kicking team must be behind the player taking the drop kick at the commencement of play.

*Enforcement notes: If an attacking player is in front of the kicker at the time of the drop kick a penalty will be awarded to the team receiving the ball at the centre of the halfway line.*

- h) The attacking team must remain ten (10) metres from the player receiving the ball until the ball has been played at by the receiving team, to ensure that the receiving of the kick is not contested.

**Enforcement notes:** *If an attacking player is within ten (10) metres of the player receiving the ball a penalty will be awarded to the receiving team at a mark ten (10) metres forward of where the ball is received.*

- i) If the ball is played at by the receiving team with the player's hands or arms during the taking of possession of the ball from the drop kick and the ball goes to ground, the dropped ball then applies.

**Enforcement notes:** *This results in a change of possession by way of a roll ball to the kicking team at the mark where contact was made by the receiving player.*

- j) The ball may be trapped by a receiving player using the lower half of their body, including trapping the ball with their foot. If the ball goes out of bounds after being played at, a changeover will occur.

**Enforcement notes:** *If a receiving player makes an attempt to trap the ball with the lower part of the body and the ball goes outside of the field of play (sideline) it will result in a quick throw to the kicking team where the ball left the field of play (refer Point E). If the ball has gone over the dead-ball line, then the kicking team will recommence play with a ruck eight (8) metres from the receiving team's goal line in line with where the ball went over the dead-ball line (refer point F).*

- k) **The Place Kick (tap):** The place kick (tap) is taken by placing the ball on the ground, releasing it, touching the ball with the foot (the ball cannot travel more than one (1) metre), and picking the ball up cleanly. Any onside player of the attacking team may pick the ball up once it has been touched with the foot. The place kick (tap) may be taken in any direction as long as the above conditions are met.

**Enforcement notes:** *If the place kick (tap) is taken incorrectly then a change in possession (ruck) occurs at the mark for the place kick (tap).*

- l) **Re-commencement of Play:** Following a try, the team that has scored restarts play with a drop kick (as described above in law 6) at the centre of the halfway line.

- m) **Kicking:** The ball cannot be kicked or deliberately played at with the foot except when taking a drop kick at the commencement of play, trapping of the ball following a drop kick, a place kick (tap) or at the ruck. The fly half may use the foot to control the ball during a ruck.

**Enforcement notes:** *If this rule is broken then the non-offending team will receive a penalty at the position where the ball made contact with the foot.*

- n) **Mark for the Place Kick (tap):** A player taking a place kick (tap) must wait for the referee to indicate the mark prior to taking the place kick (tap). If the player takes the place kick (tap) before the referee has indicated the mark then the place kick (tap) is to be retaken.

**Enforcement notes:** *If the mark has been indicated by the referee and the player takes the place kick (tap) on the wrong mark then a change of possession will occur at the position where the original place kick (tap) was meant to be.*

## **LAW 7 - POSSESSION**

- a) **Possession:** Six (6) touches is the number of touches allowed per possession, as long as other rules do not influence the count.
- b) **Changeover:** When possession of the ball changes from one team to the other (eg. sixth (6<sup>th</sup>) touch, penalty), the player losing possession must hand or pass the ball to the nearest

opposition player, or return the ball to the mark, or if an opposition player asks for the ball it must be given to them. All of these procedures must be without delay.

**Enforcement notes:** *If a delay occurs because of a player not abiding by the above rule, then a penalty is to be awarded ten (10) metres forward of the original mark for the change of possession.*

- c) *Dropped Ball:* If the ball is dropped to the ground a change of possession occurs where the ball first hits the ground or where the player last touched the ball, whichever is of greater advantage to the team gaining possession.
- d) *Juggling the Ball:* If an attacking player is juggling the ball attempting to catch it, and is touched while the ball is in the air but the player catches the ball, a touch is to count. If the player does not catch the ball and it hits the ground, a change of possession will occur. If the player is juggling the ball and is touched whilst trying to gain possession and another outside team mate catches the ball, a touch will count on the original player touched. Once a player first touches the ball, when attempting to catch the ball, they are deemed to be in control of the ball.
- e) *Placed Ball:* If a player places the ball on the ground and doesn't let go of the ball and then picks it up, play will continue as the player still has control of the ball.

#### **LAW 8 – BALL OUT OF FIELD OF PLAY (QUICK THROW)**

- a) When the ball goes over the sideline during play, play will recommence with an uncontested quick throw to the non-offending team.

To execute a quick throw, the player taking it must have part of their foot on the side line and be on or behind the mark that it is deemed the ball went out of the field of play.

**Enforcement notes:** *If the player's foot is not partly on the side line when the quick throw is taken it will result in a ruck to the non-offending team five (5) metres in field from where the quick throw was taken.*

- b) If the ball exits the field of play within eight (8) metres of the goal line, the quick throw may be brought out eight (8) metres from the goal line.
- c) The quick throw must be a pass that is thrown in straight or towards the throwing team's own goal line.

**Enforcement notes:** *If the quick throw travels forward it will result in a penalty being awarded for a forward pass to the non-offending team five (5) metres in field from where the quick throw was taken.*

- d) The ball must travel one (1) metre before it touches another player.

**Enforcement notes:** *Failure to do so will result in a change of possession to the non-offending team by way of a ruck five (5) metres in field from where the quick throw was taken.*

- e) Quick throws may only be taken from between where the ball crosses the touch line and the throwing team's own goal line. This means they must not go forward from where the ball crosses the line but can go back towards their own goal line.

**Enforcement notes:** *Failure to do so will result in a change of possession to the non-offending team by way of a ruck five (5) metres in field from where the quick throw was taken.*

- f) Players who end up over the touch line must immediately surrender the ball to an opposition player and must not throw the ball away, so as to prevent a quick throw.

**Enforcement notes:** *Failure to supply the ball to the opposition to allow for a timely quick throw will result in a penalty awarded to the non-offending side five (5) metres in field from the mark the ball has been deemed to have left the field of play.*

- g) All defenders are not to be within eight (8) metres of the receiving team until the ball has been thrown in by the attacking team.

**Enforcement notes:** *If a defending player is within eight (8) metres of the player receiving the ball a penalty should be awarded to the attacking team at a mark eight (8) metres forward of where the ball is received.*

#### **LAW 9 - TRY**

- a) *Try:* A try can be scored by any player except for the fly half, by placing the ball on or over the attacking goal line between the touchlines and dead-ball line (if marked). One (1) point is awarded to the scoring team.
- b) *Attempted Try:* If in attempting to score a try within eight (8) metres of attacking the goal line, a player puts the ball down between the eight (8) metre line and the try line and releases it, then a touch will be counted and possession retained.

**Enforcement notes:** *Play should be halted, the ball returned to the player attempting to score a try, one (1) touch added to the count and a ruck taken at the eight (8) metre line*

#### **LAW 10 – INTERCHANGE**

- a) *Interchange:* Players may interchange as many times as they like, as long as they make contact with the player entering the field. The interchange can be only be taken within the defined interchange areas during general play.

**Enforcement notes:** *If no contact is made at the sideline, a penalty is awarded to the non-offending team at the position where the player who created the infringement entered the field or where the ball is, whatever the greater advantage.*

- b) After a try, substitutions may be made without contact being made.
- c) Interchanges are not permitted to occur within eight (8) metres of the goal line during general play.

**Enforcement notes:** *If a substitution is made within eight (8) metres of the goal line during general play a penalty is awarded to the non-offending team at the position where the player who created the infringement entered the field or where the ball is, whatever the greater advantage.*

- d) *Substitution Box:* Players must remain in their substitution area and not be within one (1) metre of the field of play; i.e. they must remain behind the defined interchange line. A player may only go within the sideline interchange area when ready for an interchange. The substituting player must not enter onto the field of play until contact has been made with the player exiting the field.

**Enforcement notes:** *If a player is within one (1) metre of the field of play or in front of the defined interchange line, the player will be deemed as being on-field for their team and having more than six (6) players on the field. This will result in a penalty being given to the non-offending team at the position where the player who created the infringement entered the field or where the ball is, whatever the greater advantage. (Variations at Association level are allowable to suit local conditions.)*

#### **LAW 11 – THE PASS**

- a) *Forward Pass:* A forward pass is deemed when the ball is caught in front of the position from which it was delivered. The ball may have been passed, flicked, knocked, thrown or blown

by the wind, but if it travels and is caught in front of where it came from, it is to be ruled a 'forward pass'.

**Enforcement notes:** *A penalty is awarded to the non-offending team at the position the ball was delivered from.*

- b) **Knocked Down Pass:** A pass that is knocked down by an opposition player intentionally will result in the touch count being restarted. A knockdown can be with any part of the body.

**Enforcement notes:** *The touch count is restarted and a ruck by the non-offending team taken at the position the ball was delivered from.*

## **LAW 12 – BALL TOUCHED IN FLIGHT**

- a) **Six (6) More Touches:** If a defending player attempts to intercept a pass and touches the ball and a player on the attacking team regains the ball before it touches the ground, then play continues with the next touch being the first.

## **LAW 13 – ZERO TOUCH**

- a) **Intercept:** The first touch immediately after an intercept will be counted as a zero (0) touch.  
b) **Penalty:** The first touch immediately after a penalty will be counted as a zero (0) touch.

**Enforcement notes:** *The first touch immediately after an intercept and /or penalty will be counted as a “Zero” (0) touch.*

## **LAW 14 - THE TOUCH**

- a) **Touch:** A touch can be effected by either the attacker or defender, using minimum force. A touch can be made on any part of the body or clothing, including the ball.

**Enforcement notes:** *If more than minimum force is used a penalty is awarded to the non-offending team where the infringement occurred.*

- b) **Touch and Pass:** The ball is deemed to have been passed after a touch has been made. The ball is considered as being delivered when the ball is past mid-line of the body in the normal motion of passing. If a player is touched whilst delivering the ball then 'play on' is called.

**Enforcement notes:** *A penalty is awarded to the non-offending team at the position the touch occurred.*

- c) **Touched in Goal:** A touch is made inside the goal line area.

**Enforcement notes:** *The touch is counted, and the player brings play out to a ruck no more than eight (8) metres out from the goal line.*

- d) **Claimed Touch:** A player can only call a touch when a touch is made. If a touch is called, but hasn't been made, and an advantage is apparent, the referee will call 'play on'.

**Enforcement notes:** *A penalty is to be awarded to the attacking team where the touch is claimed but not made. The referee can only penalise a player for a 'no touch' if he/she is sure that no contact has been made. Players who claim a touch when a touch hasn't been made on repeated occasions, or deliberately call a touch when it has not been made, may be sent for a 'period of time' or sent-off for the remainder of the game at the discretion of the referee.*

- e) **No Touch:** A player who performs a ruck without a touch being affected will be penalised.

**Enforcement notes:** *A penalty is awarded to the non-offending team where the infringement occurred.*

- f) *Fly Half Caught in Possession:* In general play the fly half may run with the ball but if touched will have to surrender possession of the ball.

**Enforcement notes:** *If the fly half is touched with the ball in general play, a changeover is ruled with the non-offending team receiving a ruck where the fly half was touched.*

## **LAW 15 - THE RUCK**

- a) *The Ruck:* The ruck is to be made by facing the opposition goal line, parallel to the sideline. The player must place the ball on the ground and have the ball pass between or under the feet. The ball may be placed on the ground and stepped over or rolled not more than one (1) metre.

**Enforcement notes:** *If a ruck is performed incorrectly a changeover will occur.*

- b) *Ruck at Penalty:* A ruck may be taken instead of a penalty place kick (tap). If this option is taken then the fly half may be touched without having to surrender possession.
- c) *Delayed Ruck:* Once a player is touched or told by the referee to play the ball they must do so without delay.

**Enforcement notes:** *A penalty is awarded to the non-offending team where the infringement occurred.*

- d) *The Ruck Position:* The position for the ruck after a touch has been made is the position that the attacking player is located, at the time of the touch.
- e) *Within Eight (8) Metres of a Goal Line.* An attacking team does not have to perform a ruck within eight (8) metres of a goal line. After each touch in this zone, the player in possession may move directly backwards away from the goal line to the eight (8) metre line to restart play with a ruck.

## **LAW 16 - OFFSIDE**

- a) *Attacking Players Onside at Ruck:* Attacking players may be forward of the player in possession at a ruck as long as they do not interfere with the defending players.
- b) *Attacking Players Onside at Penalty Tap:* Attacking players are to remain onside at a tap until the ball has been tapped.

**Enforcement notes:** *If an attacking player is offside at a tap then a change of possession is ruled at the mark for the original tap.*

- c) *Defending Players Onside at Ruck:* To be onside at the ruck, defending players must be back a minimum of eight (8) metres from the position of the ruck. When the ball has been touched by the fly half, then the defending players may move forward. The fly half must not delay in playing at the ball.

**Enforcement notes:** *If a defender does not adhere to this rule then a penalty is awarded to the attacking team along a line Ten (10) metres forward of the mark for the ruck. If the attacking fly half delays in picking up the ball, "play on" will be called.*

- d) *Defending Players Onside at Tap:* To be onside at a penalty tap defending players must be back a minimum of ten (10) metres from the mark for the tap. When the ball has been tapped with the foot the defenders may move forward.

**Enforcement notes:** *If a defender does not adhere to this rule then a penalty is awarded to the attacking team where the infringement occurred.*

*No Fly Half:* When an attacking player performs a ruck without a fly half in place (more than one (1) metre away) then the defending team may move forward of their onside position (eight (8) metres) when the attacking player places the ball on the ground. If a defender claims possession of the ball (touches it), then a changeover occurs by way of a ruck.

- e) *Advantage:* Where possible any offside player should be warned and an advantage played to the attacking player. Play on is called when an offside player has been warned, so as to encourage a free flowing game. If an offside player has not been warned then play on cannot be called and a penalty must be given.
- f) *Onside at Goal Line:* When defending the goal line a defender must have both feet on or behind the goal line to be considered onside.

**Enforcement notes:** *If a defender does not adhere to this rule then a penalty is awarded to the attacking team eight (8) metres out from the goal line.*

- g) *Defending Within Eight (8) Metres of Goal Line:* When the defending team is defending on or within eight (8) metres of their goal line, the defending team must move forward in an attempt to make a touch. Once the touch is made the defenders may move back towards to the goal line.

**Enforcement notes:** *If a defender does not adhere to this rule then a penalty is awarded to the attacking team eight (8) metres out from the goal line.*

- h) *Defender's Actions after a Touch:* Defending players who have made a touch must retire in a direct line, making every effort to remain out of play, to the eight (8) metres defensive line to be onside at the next touch. Should a player in possession effect a touch on an offside defender who is making every effort to retire and remains out of play, the touch is to count. If the player in possession is the fly half a change of possession results.
- i) *Obstruction:* If a defending player who has made a touch changes direction (either left or right) prior to being onside, then they will be considered to be obstructing the attacking player and the advantage rule will be called. Once a player has picked a line of retreat they must use that line until onside.

**Enforcement notes:** *If a defender does not adhere to this rule then a penalty is awarded to the attacking team at the point of obstruction.*

## **LAW 17 - OBSTRUCTION**

- a) *Attacking Obstruction:* Attacking players must not use their own team mates or the referees to obstruct a defending player from making a touch. If an infringement occurs then a tap is awarded to the defending team at the mark where the infringement occurred.
- b) *Defending Obstruction:* Defending players must not obstruct attacking players from supporting a player in possession. If an infringement occurs a tap is awarded to the attacking team at the mark of the infringement provided the stoppage is not to the disadvantage of the attacking team.
- c) *Referee Obstruction:* If a referee obstructs play without disadvantaging any player then play should continue uninterrupted. If any player becomes disadvantaged then play should be stopped and recommenced with a ruck where the obstruction occurred without any addition to the touch count.
- d) *Penalty Try:* A penalty try may be awarded if any member of the defending team or a spectator prevents the attacking team from scoring a try by any action which is outside the rules or spirit of the game.

## LAW 18 - ADVANTAGE

- a) *Law of Advantage*: The Law of advantage takes precedent over most other Laws and its purpose is to make play more continuous with fewer stoppages for infringements. Players are encouraged to play to the whistle despite infringements by their opponents. When the result of an infringement by one team is that their opposing team may gain an advantage, the referee does not whistle immediately for the infringement.
- b) *Referee Judgment*: The referee is sole judge of whether or not a team has gained an advantage.
- c) *Referee Decisions*: The referee has wide discretion when making decisions.
- d) *Type of Advantage*: Advantage can be either territorial or tactical.
  - A territorial advantage means a gain in ground.
  - Tactical advantage means freedom for the non-offending team to play the ball as they wish.
- e) *More than One (1) Infringement*: When there is more than one (1) infringement by the same team:
  - if advantage cannot be played or does not accrue to the second offence, the referee applies the appropriate sanction to the offence which is most advantageous to the non-offending team; and
  - if either sanction is for foul play the referee applies the appropriate sanction to the offence which is most advantageous to the non-offending team. The referee may also temporarily suspend, or send off, the offending player.
- f) If advantage is being played following an infringement by one (1) team and then the other team commits an infringement, the referee applies the sanctions associated with the first infringement. If either infringement is for foul play, the referee applies the appropriate sanction for that offence.

**Enforcement notes:** *The advantage must be clear and real. A mere opportunity to gain advantage is not enough. If the non-offending team does not gain an advantage, the referee blows the whistle and brings play back to the place of infringement. The referee will indicate an advantage by calling 'advantage' and indicating with an appropriate hand signal, once the advantage is over. The referee will indicate this by calling 'advantage over' or bring play back to the place of the infringement and awarding a penalty to the non-offending team.*

## LAW 19 - SUDDEN DEATH PLAY OFF

- a) When a game is drawn but a winner needs to be determined, then the following sudden death playoff concept will be used:
  - The referee will conduct a coin toss as per the start of play.
  - Teams will take the field with three (3) players only; for mixed teams a minimum of one female must be on the field at all times.
  - Players may interchange at any time while the sudden death playoff is being played, adhering to Law 10, Substitution.
  - Sudden death will be commenced with a tap kick.

- Each team has the benefit of one set of six (6) touches, with both sets of six (6) touches to commence at the halfway line with tap kick.
- Following the completion of both sets of six (6) touches, if neither team has scored, the game will continue until such time as one (1) team scores at which time the game will conclude.
- If both teams have scored in their first possession then the game is again considered drawn and will continue until such time as one team scores and the game will conclude.
- The first try scored will decide the winner; however, both teams must have had at least one (1) possession.
- If a player is sent off during the Sudden Death Play Off, the game is stopped and awarded to the non-offending team.

This rule may be varied as appropriate by Affiliates at local level as deemed by the relevant Affiliate's committee.

#### **LAW 20 - BLOOD RULE**

- a) Any player who has an open wound will immediately be directed by the referee to be replaced. The wound is to be completely covered. If the player's shirt has blood on it, it MUST be replaced with a clean shirt.

#### **LAW 21 - DISCIPLINE**

- a) *Team Captain*: The team captain holds the responsibility for their players and any team official's behaviour. A captain may seek interpretations of rulings from the referee, as long as they are brief, respectful, and do not delay play. Captains must keep in mind that this is a courtesy extended to them by the referees and not a right.
- b) *Send Off*: The referee has four (4) options when sending a player/official off the field:
  - I. *Period of Time*: A player who is sent from the field for continued infringements or for an infringement that is more severe than just requiring a penalty, must position themselves five (5) metres behind their attacking goal line. The player may not be replaced and must stay in that position for a period of time determined by the referee.
  - II. *Forced Substitution*: A referee can force the substitution of a player(s) for no set period of time because the player continually infringes on the rules. The team may then continue with a full complement of players.
  - III. *Forced Substitution for Remainder of Game*: A referee can suggest to a team captain that they replace a player(s) for the remainder of the game because they continually infringe rules. The team may then continue with a full complement of players. If the captain declines this offer then the player may be given a period of time or sent off. The referee may give the captain this option.
  - IV. *Send Off*: A player/official who has previously been sent off for a period of time, and continues to infringe the rules of the game, or a player/official who commits an act which is dangerous or grossly infringes the rules will be sent off for the remainder of the game. The player/official receives an automatic two-week suspension from all matches governed by any affiliated Touch Rugby Association. Referees must submit a send-off report as soon as possible after the match in accordance with local affiliate requirements.

- c) *Referee*: The referees' decisions are made based on knowledge of the game rules and they retain the final decision in all matters. The referee has authority over players, coaches, spectators and officials of both teams. Referees must also adjudicate on matters that are outside the spirit of the game by means of cautions, penalties or dismissals. The spirit of the game refers to, but is not bound by: swearing, sledging, abusing officials or any other action which brings discredit to the game.

### **APPLICATION OF LAWS BY AFFILIATES**

All laws set out in the NTRA Playing Laws may be varied at local association level to suit local conditions.

## CODE OF CONDUCT

### Everyone

- Abide by all policies determined by the NTRA Board of Directors.
- Behave and dress in a dignified manner when representing NTRA both on and off the field.

### Players

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging of other players, deliberately distracting, or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please coaches and parents.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

### Coaches

- Remember that people participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a player for making a mistake or not coming first.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of your sport and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All people are deserving of equal attention and opportunities.
- Avoid overplaying the talented players; the just-average need and deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training and competition. Report all injuries to the NTRA Administrator in a timely fashion.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

## **Officials**

- Compliment and encourage all participants.
- Be consistent, objective and courteous when making decisions.
- Condemn unsportsmanlike behaviour and promote respect for all opponents.
- Emphasise the spirit of the game rather than the errors.
- Be a good sport yourself. Actions speak louder than words.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Place the safety and welfare of the participants above all else.
- Give all people a 'fair go' regardless of their gender, ability, cultural background or religion.

## **Parents**

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate; do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.



# FIELD DIMENSIONS DIAGRAM

