

‘TOUCH 7’S’ – COMPETITION RULES AND INFORMATION

In this competition, the emphasis is on enjoyment, social atmosphere and skill development/maintenance. The ordinary rules of [Touch Football](#) shall apply except to the extent that they are negated or modified by these rules. All rules are open to the interpretation of the referee and their decision is final.

1. Wet Weather Procedure

A decision will be made by the Competition Coordinator as to whether play will commence, 1 hour prior to the first round of games. Team captains will be informed should the games be cancelled. If a game is cancelled due to wet weather, we will do our best to reschedule, BUT we will not guarantee that this will happen. Should normal round games be rained out and not be able to be rescheduled, the game shall be declared a 3-3 draw and two competition points will be awarded to each team.

2. Location

All games will be played on the synthetic hockey pitch on the northern side of the Sports Center. The pitch is 55 meters wide and 91.4 meters long.

3. Game Commencement

- Teams should arrive 10 minutes prior to the commencement of their match to allow for smooth transition of games.
- In all circumstances the game must finish at the scheduled time
- Any teams that are not ready to commence play with a minimum of 4 appropriate players (see rule 6) 10 minutes after the referee has signaled the game can start will incur a 0-5 loss*

**As this competition is social, the game may go ahead after 10 minutes, however the 0-5 loss will stand regardless of the actual score*

4. Team Registration

Teams must be registered by the Captain or Primary contact through the registration links available on the Campus Sport website.

Full payment of the registration fee must be paid upon completion of this form for a team to be guaranteed entry into the competition.

5. Player Registration

All participants **must complete an online registration form before taking the field**; they will then be named on the weekly score sheet.

All players must play a minimum of 1 game to participate in finals. If a player has not registered online, they must still write their name on the scoresheet. While this will not count towards their finals eligibility, they will be covered for insurance purposes.

6. The Players

A **maximum of 7 players** may take the field at one time. A team must have at least 5 players on the field to start the game. If a team does not have 5 players, the game will not commence until at least 5 players have arrived.

There must be a minimum of 2 members of either sex on the field at any time. *

Teams can make an unlimited amount of substitutions during play. A player being substituted must cross the touch line and tag their replacement player (slap hands) before the replacement player can enter the field of play.

If a player is injured, the referee may signal to allow a replacement player to enter the field of play before the injured player has left the field of play.

**It is the responsibility of individual teams and team captains to ensure that they maintain the appropriate number of players on the field in accordance with Rule 4. It is NOT the responsibility of the referee to monitor this.*

7. Timing

The game structure for the **preliminary rounds** of the competition is as follows:

- 7-minute halves
- A half time break of 2 minutes
- No time outs are allowed
- If time expires and the ball is still in play, the match finishes upon the next ball place or turnover, or when the ball is next dead

In **finals and playoffs**, the same structure will be followed. If a draw results during any of the finals, a coin is tossed to decide who kicks off and then an extra five minutes is played in which the first team to score try in this time shall be declared the winner. If the teams are still even at the end of extra time, teams will continue to play until a team scores a try.

8. To Start the Game and Kick-Offs

Whoever wins the 'rock off' at the beginning of the game will start with possession of the ball. The receiving team at a kick-off must be at least 10m back from half-way

9. Scoring

A try is awarded 1 point.

10. The “Touch”

- A touch is when the player with the ball is touched by an opposing player with a minimum of one hand
- A player making a touch has the option to call “Touch!” as they make a successful touch if they think the touch may not be recognised
- Due care is to be taken by all players when touching an opponent, touches are not permitted above the shoulders, and touches with force are regarded as dangerous play
- When a player is touched, the player has two options: to pass to a team mate or a grubber kick (small kick along the ground)
- The referee will keep a count of how many times a team has been touched
- If the ball or the ball-carrier touches the referee and either team gains an advantage, the referee adds one to the touch count and the game is restarted with a Ball Place
- Teams have 7 touches to score before the ball is given to an opponent

11. Passing or ‘Offloading’

- After a player has been touched they can pass the ball to a teammate
- Players have 2 seconds to offload a pass one they have been touched
- Players can take 2 steps forward to do this
- If the player takes more than 2 steps or more than 2 seconds to release the ball, the referee will blow the whistle and call a Ball Place
- The third time the referee needs to intervene to order a Ball Place during a set of seven touches, a Turnover will be awarded to the defending team
- If a player is touched within 2 metres of their opponent’s goal line, they may run 2 steps into in-goal before passing, but will not be able to score a try

12. ‘Ball Place’

- A Ball Place must take place at or directly behind the mark where the touch occurred
- Defending players must move back behind an offside line 5 metres from the mark of the Ball Place
- Defending players cannot move forward until the ball is played by the supporting attacking player
- If a supporting attacking player doesn’t immediately play the ball, the referee may call “Use it!” If the attacking team do not then use the ball the referee will order a Ball Place to the opposing team

13. Turnovers

A turnover occurs when the ball is given to the other team. This occurs when the attacking team:

- Drops the ball forward
- Does a forward pass
- Uses up their 7 touches

14. Quick Throw Back-In

- When the ball goes over the side line, a quick throw back in takes its place
- The team who did not last touch the ball before it went into touch will take the throw-in
- The throw-in may be taken anywhere from where the ball crossed the touch line into touch, back to the goal-line of the team throwing in
- A quick throw-in must travel straight or towards the throwing team's own goal-line
- Defending players at a quick throw-in must be behind an offside line 10 metres from the place where the quick throw-in is taken. Defending players cannot move forward until the ball is thrown in

15. Kicking

Due to the size of the field, only small, grubber kicks of 5 meters are allowed.

16. Infringements

- When an infringement occurs, the referee should blow the whistle to stop play and play should restart with a Ball Place at the place of the infringement with the touch count reset to zero
- If the infringement occurs before the first touch of a set of 7, the referee may advance the mark for the Penalty 10 metres up the field from the place of the infringement
- When a Penalty infringement occurs, and the referee sees that a team may gain an advantage from play continuing, the referee should allow play to continue, but call out the infringement and reset the touch count to zero as play continues

17. In-Goal

- If the ball becomes dead in in-goal (except when kicked dead from in the field of play), play restarts with a Ball Place to the defending team, 5m out from their goal line
- If a team kicks the ball through their opponents' in-goal into touch-in-goal or on or over the dead ball line, the defending team chooses to have a Ball Place either 5m from the defending team's goal line, or at the place where the ball was kicked
- If a player is touched inside their own in-goal, play restarts with a Ball Place to the team in possession, 5m out from their goal line
- If a player is touched inside their opponents' in-goal, play restarts with a Ball Place to the team in possession, 5m out from their opponents' goal line

18. Uniform and Jewellery

MU Sport advises that players in a team should all wear the same colour t-shirt. Some bibs are provided which teams can wear. It is the responsibility of the team captain to ensure that they are all returned to the referee after the game.

Players must wear covered footwear and are not permitted to wear any type of screw-in studs, long blades, work boots or hiking boots. If a player is not wearing appropriate footwear they will be unable to take the field.

It is HIGHLY RECOMMENDED that ALL players always wear shin guards and mouth, however if players do not wish to wear these, they do so at their own risk.

No player can take the field with bare feet **or while wearing jewellery of any kind**. All watches, necklaces, dangling earrings, bracelets, rings which are not bands MUST be removed prior to the game. The referee will ask any player breaking this rule to remove the piece of jewellery.

19. The Sin Bin

This competition is social; any rough play, abusive language, back-chat or challenge to the referees' authority etc. will not be tolerated. Rough play includes, but is not limited to, tackling, unsuitable touching (force and location of touch), intentional time wasting, throwing or kicking the ball into another player, or any other action intended to bring an opponent to the ground. A referee is perfectly entitled to send off any player at any stage for any reason for any period if they feel it necessary to do so for player safety or their ability to effectively control the game. In most circumstance, however, the following procedures are followed:

First Offence:

Yellow Card to be given by the Referee resulting in a 2-minute suspension for the player. No substitute player can replace a player who is sent off.

Second Offence:

Automatic Red Card and dismissal from the game. No substitute player can replace a player who is sent off. The competition coordinator will be notified and may suspend for further games if necessary

20. Points

Four points will be awarded for a win, zero points for a loss and two points for a draw. Teams who lose by forfeit will receive 0 points and their opposition will receive 4 points. The result shall be recorded as 5-0.

21. Injury

A player may call for 'time' due to an injury or illness, although the decision to stop play shall be at the sole discretion of the Referee. If a player is injured, it is their or their team mate's responsibility to immediately inform the Referee. The Referee may stop the game at any time