



# The Touch Union Rules

Including appendices with progression extensions

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## ***4 Basic Principles of The Touch Union***

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1. Attacking team's objective is to score a try by touching the ball down on or over the opponent's goal line
2. Defending team's objective is to stop the attacking team from scoring by making two touches on the ball carrier at the armpit or below
3. Attacking team have 6 phases of two-touches to score.
4. Rules of play, player numbers and pitch size can be adapted to meet the needs of the participants.

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## ***General Game Play***

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- Objective is to score a try by touching the ball down on or over the opponent's goal line
- 1 Point is awarded for a try
- Defending team aim to stop the attacking team from scoring by making a touch on the ball carrier at the armpit or below
- The attacking team have 6 phases to score
- Teams can be mixed (genders and ages – where appropriate)
- Pitch and Team size can be adjusted as required
  - Guidance available in the appendices

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## ***Attack***

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- After first touch tackle by a defender, the ball carrier can run or pass or kick.
- After the second touch the attacking player must stop / go back the where they were touched, touch the ball on the ground and pass to a team mate
- Ball carrier touch tackled once cannot score and must pass to a support player to score.
- After a second touch (from a different defender/s), ball carrier must:
  - Stop / go back the where they were touched, touch the ball on the ground and pass to a team mate.
  - Pass after second touch tackle must be no more than 2 metres
- Kicking

- All kicks must be below head height.
- If the kick goes into touch = turnover, tap and pass restart to defending team where the ball went out.
- Ball goes dead in goal from attacker kicking = tap and pass restart to defending team on halfway line.
- No score after 6 phases = turnover.
  - Tap and Pass restart after turnover

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## ***Defence***

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- Defending team make a touch tackle on the ball carrier at the armpit or below
- A simultaneous touch tackle from two defenders counts as two touches
- Defending players must retire 2 meters behind the offside line following the second touch
- Defenders can gain possession by stopping the attack from scoring within their allocated number of phases.
- Defending team can also gain possession by intercepting the ball or following an infringement from the attack.
- After conceding a try defending team gain possession with a tap and pass restart on the half-way mark
- After conceding a penalty, the defending team must retire 5 meters

## Pitch Suggestions

Depending on the number and skill level of players we recommend varying the size of the pitch.

A wider pitch will allow space to play for those newer to the game – whereas a narrower pitch will increase the difficulty for more advanced players.

The below image is a suggestion.

H		<b>GAME RECOMMENDATIONS</b>
<b>MIN</b>	<b>70M X 50M PLUS IN GOAL AREA</b>	<ul style="list-style-type: none"> <li>● <b>MINIMUM 6 PLAYERS V 6 PLAYERS*</b></li> <li>● <b>MAXIMUM 10 V 10</b></li> <li>● <b>ROLLING SUBSTITUTIONS</b></li> <li>● <b>BALL SIZE 3/4/5</b></li> </ul>
<b>MAX</b>	<b>80M X 70M PLUS IN GOAL AREA</b>	
<b>AGE GRADE RUGBY</b>	<b>FOLLOW PITCH SIZE GUIDANCE, PLAYING NUMBERS AND DURATIONS FOR EACH SPECIFIC AGE GROUPS</b>	
<small>*A min of 5m and max of 10m in-goal area must be provided</small>		<b>* UNDER 7'S 4V4</b>
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## Adaptation/Progression Appendices

The below are progressions that can be included into the game to focus or target specific areas of training.

### 1 Touch

- During play the ball carrier may pass or kick.
- Defending team make a touch tackle on the ball carrier at the armpit or below
- After a touch tackle, ball carrier must
  - Stop running, place the ball on the ground before passing to a support player

### Attack Zone

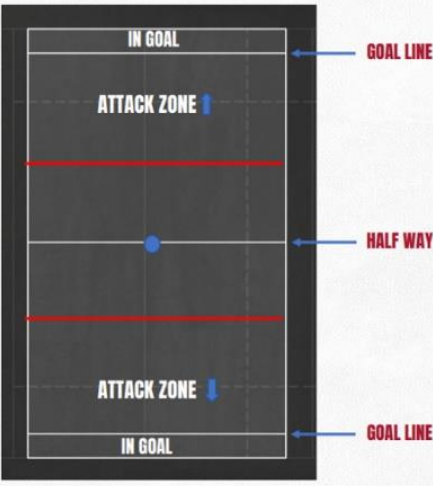
- Each team has an attacking zone in front of the try line they are attacking
- Attacking team has 4 phases to enter into the attacking zone
- Once the ball crosses the attack zone line the attacking team have 4 phases to score
- Kicking is only allowed in the attack zone

The below image contains suggestions of how best to implement for different participants' needs.

### ATTACK ZONE

Players (Age / stage)	Recommended
9- 13 Novice	Half-way line
14 – 16 Mixed ability Low experience.	30 – 20 meters
16 – 18 Experienced/ competent	20 – 15 meters
18+ Skilled/ highly competent	15 – 10 meters

**Adaptations:** Attacking zones do **not** have to be the same size for each team. Organisers can increase or decrease one team's attacking zone to challenge a team or to keep the game competitive (*result in doubt for as long as possible*)



The diagram illustrates a rugby field layout for an attack zone exercise. It shows a central 'HALF WAY' line with a blue dot. Two 'GOAL LINE' markers are positioned on the right side, one at the top and one at the bottom. Two 'ATTACK ZONE' areas are indicated by blue arrows pointing to the space between the goal lines and the half-way line. The top and bottom areas are labeled 'IN GOAL'.