



Australian Sikh Games

Touch Football Rules

1. Teams

The competition will be for males of open age group (any age). Each team may have a maximum of 12 players per game. Only 6 players may be on the field at any one time.

2. Equipment

2.1. The field

The Field of play is rectangular in shape and measures seventy (70) metres in length from scoreline to scoreline and fifty (50) metres in width. There is an additional five (5) metre Touchdown area at either end of the field.

2.2. The ball

Touch is played with an oval, inflated ball slightly smaller than rugby league or union balls.

2.3. Clothing

Players must wear a team uniform (light clothing such as T-shirts, polo shirts and shorts). All jerseys must be numbered and have identical design.

2.4. Footwear

Screw-in cleats are strictly prohibited, though moulded-sole football boots may be worn.

3. Mode of play and duration

3.1. Mode of play

The ball can be passed or knocked (but not kicked) sideways or backwards between team mates who attempt to evade opposition defenders and score touchdowns.

3.2. Duration

The duration of each round match will be 30 minutes (two x 15 minute halves) with a 5 minute halftime.

The duration of the semi-finals and final will be 40 minutes (two x 20 minute halves) with a 5 minute half time.

NOTE: Depending on the number of teams entering, duration of games may change to allow for appropriate scheduling. All participating teams will be notified once the draw has been finalised.



4. Extra Time for Drawn Semi-Final and Final Matches.

The following procedure will be utilised to establish a single winner

4.1. **The Drop Off Procedure:**

- a. A one (1) minute break will occur prior to commencement of the "Drop-off". Each team will reduce their playing strength by one on-field player.
- b. The Drop-off commences with a tap from the centre of the halfway line by the team who won the toss at the commencement of the game. Teams continue to play in the same direction as they finished the game. Substitution of players is permitted at any time as per the normal interchange rules.
- c. At the conclusion of two minutes of extra time, each team will then reduce their on field strength by one (1) player.
- d. At each subsequent two minute period another player will need to drop off.
- e. Once the teams have been reduced to only three players each, no further drop off of players will occur, and the match will continue until a touchdown is scored.
- f. During the Drop Off period, the first team to score a touchdown wins. However, before a winner can be declared, both teams must have had possession. If a team scores before their opponents have had possession, the touchdown counts and the match commences as per normal after a touchdown is awarded. Once possession is lost the winner is then confirmed.

5. Points System

- 3 points will be awarded for a win.
- 2 point will be awarded for a draw.
- 1 point will be awarded for a loss.
- 0 points will be awarded for a forfeit.

NOTE: A forfeit will be recorded as a 0 – 5 loss against the team that forfeits.

If two or more teams are tied on points at the end of the round-robin stage, "for and against" of tries will be taken into consideration. The team with the higher difference will proceed to the play-off stage.



If two or more teams are tied after considering the “for and against” of all the teams, “trys for” will be taken into consideration. The team with the higher number of trys scored (trys for) will proceed to the play-off stage.

If two or more teams are tied after considering “trys for”, a coin toss will then take place to determine which team will proceed to the play-off stage.

6. General Rules

6.1. Possession

A team normally retains possession for a set of six consecutive touches. Possession transfers to the opposing team:

- after the sixth touch
- after a try;
- if the acting-half or dummy-half gets touched;
- from an intercept;
- from a dropped ball or other failure to maintain possession;
- whenever the referee indicates a turnover.

6.2. Defending

- From the tap, the defending team must be at least 10 metres from point of the tap
- After making a touch, the defending team must retreat the distance the referee marks, at least five metres from the mark where the touch occurred and stay there until the dummy-half touches the ball. If any players do not retreat the entire distance the referee marked, or they leave before the dummy-half has touched the ball, they will be penalised.
- If a penalty is conceded, the defending team must retreat at least 10 metres from the mark of the penalty. If a player makes an attempt to defend whilst still inside the 10 metres, they will be penalised.

6.3. Scoring

- A try is awarded when an attacking player places the ball with downward pressure on or over the opposition's try line. The aim is to score more trys than the opposing team. A try is worth one point and scored by placing the ball in the opponent's in-goal area. If the defending team gives away a penalty over their defensive line then a try is also awarded.
- If you are over the try line and drop the ball instead of touching the ball on the ground it is counted as a drop ball. It is then turned over - this means the opposition is awarded the ball.

6.4. Acting-Half

The acting-half is subject to a number of restrictions that do not apply to other players:



- If the acting-half is touched with the ball, the attacking team loses possession.
- The acting-half cannot score a try. Attempting to do so results in a change of possession.
- If the acting-half takes too long to retrieve the ball the referee can call play on and defenders are allowed to move forward before the acting-half has touched the ball.

6.5. The Tap

- Play is started by a tap at the beginning of each half, following a try and when a penalty is awarded. The tap takes place at the halfway mark of the field at the beginning of each half and after a try. The tap takes place as marked by the referee after a penalty.
- The tap is performed by an attacking player placing the ball on the ground, touching the ball with their foot, then picking it up and playing. NB: The ball must be released from the hands and come into contact with the ground or a change of possession occurs.
- The defensive team must stay at a minimum distance of 10 metres from the mark during the tap, unless they are positioned on their own scoreline.
- The defensive players can move after the ball carrier has touched the ball with his foot.
- The player who has performed the tap may be touched without losing possession.
- The attacking side must be positioned behind the ball when it is tapped.
- The attacking side may move the ball up to 10 metres directly behind the given mark when taking a penalty tap. In this case, the defending side must still remain 10-metres from the original mark, not the new mark.

6.6. The Penalty

The power of awarding a penalty is given strictly to the referee. A penalty is granted to the non-offending team if:

- the ball travels more than one metre after the rollball is performed
- the ball is passed forward.
- a "touch and pass" is committed (a pass after being touched).
- a player does not perform the rollball at the mark ("overstepping" or "off the mark").
- a player performs a rollball without being touched.



- an obstruction is committed.
- a player is offside.
- a defending player does not retreat in a straight line to an onside position.
- a player acts contrary to the rules or spirit of the sport (eg time-wasting, using excessive force to make a touch, phantom touch (calling a touch when they clearly didn't make one), disputing decisions against the referee, etc).
- The referee may send off players if a player physically or verbally abuses the referee or an opposing player. The duration of the send off is based on the referee's discretion.

6.7. Substitutions

- Substitutions can be made any number of times throughout the match. However, the game remains continuous and does not stop to allow substitutions.
- Players coming onto the field must wait until the player they are substituting with has come off the field. Failing to do so may result in a penalty for having too many players on the field.
- Players in a team who are not on the field must remain inside their allocated substitution area until they come onto the field.
- Players can only enter the field in an onside position.

General Rules courtesy of Touch Football Australia