



SOCIAL TOUCH FOOTBALL RULES

1. Game Format:

- a) 17 minute halves/2 minute half-time break
- b) 6 players a side.

2. Touch:

- a) A touch is any bodily contact made between a defending and attacking player. It may be initiated by either player.
- b) Touches should be made with the hands.
- c) Touching the ball counts as a touch. A deliberate slap of the ball in an attempt to knock it out of the attacker's grasp will result in a penalty in favour of the attacking team.
- d) Touches must be made with minimum force.
- e) After a touch, all defending players must retreat 7m or else they are deemed offside.
- f) After a touch, the attacking player holding the ball must place the ball cleanly on the ground at the point at which they were touched, with control. The ball must not roll more than 1m backwards.
- g) If an offside player initiates contact, the referee may allow play to continue as an advantage to the attacking team or blow a penalty.
- h) If an attacking player initiates contact with an offside player, the touch will count.

3. Passing:

- a) The ball must be passed/propelled backwards or in a line parallel to the trylines.
- b) The ball cannot be kicked, except for when the dummy half uses their foot to control the rollball prior to picking it up.

4. Change of Possession - Defence retreats 7m (restart with a rollball):

- a) After a set of 6 touches
- b) Ball dropped/lost control.
- c) Player ran out of the field of play.
- d) Dummy half caught.

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5. Penalties – Defence retreats 10m (which also result in a change of possession but restart is done with a tap of the ball on the ground):

- a) Using more than minimum force to enact a touch
- b) Playing a roll ball off the mark (where you got touched)
- c) Playing a roll ball without actually being touched
- d) Interfering in the ruck (the space between the roll ball mark and the dummy half)
- e) Deliberately slapping the ball out of a players' hands
- f) Passing the ball after you have been touched
- g) Not moving forward when defending within 7m of your try line.
- h) Forward passes
- i) Kicking the ball
- j) Deliberately throwing the ball into another player
- k) Delaying the rollball
- l) Obstruction
 - a. running behind a teammate when a defender is within touching range.
 - b. Pulling, grabbing, holding, or otherwise interfering with a defending player.
- m) Offside (moving forward before retreating the necessary distance).
 - a. Players will be offside if they move forward before the dummy half has had a chance to touch the ball. If there is no dummy half in position, defence can rush up).
- n) Too many players on the field at once. You have to wait till someone runs off into your substitute area until you are allowed to run onto the field.
- o) Tripping and other dangerous play at the discretion of the referee.

6. Sin Bin:

- a) Calling a touch when no touch was actually made (a phantom – very unsportsmanlike).
- b) 3 infringements within the 7m defence zone in front of your tryline.

7. Set Restart (another set of 6 touches):

- a) Ball touched in flight intentionally by a defending player

8. Intercepts:

- a) The first touch after an intercept is a 0 touch.

9. Scoring:

- a) To score a try, you must place the ball on or over the tryline with control without being or prior to being touched.
- b) The ball may make contact with the ground prior to reaching the tryline.
- c) Tries are worth 1 point.

For an in-depth explanation of all the rules please see the Touch Football Australia 8th Edition Rules: <https://tfa-cms.nrl.digital/media/4424/tfa-8th-edition-rulebook-a5-v6.pdf>