

Touch Rugby Study Guide

General Information:

- The game, touch rugby or New Zealand Touch, originated as an alternative to soccer and football.
- The game is played on a football (rectangular) shaped field.
- There are 4-6 players on a team in touch rugby. Official rugby games have either 7 or 15 players on a side.

Offensive/Attacking Team Rules and Strategy:

- Play starts with a roll ball by the brumby. The brumby rolls the ball lightly to the scrum half who picks up the ball and runs with it.
- The object of the attacking team is to advance the ball toward the try zone by running, pitching (sideways and behind only), and punting the ball downfield toward their try zone.
- The attacking team continues to move the ball downfield until they score a try or until they are touched (2 hands shoulders and below) by the defensive team.
- If a player is touched, he/she immediately places the ball on the ground and becomes the new brumby.
- Once the defensive team performs its 6th touch, the ball is given to that team.
- To score a try, an offensive player must cross over the goal line, kneel down, and place the ball on the ground.
- Offensive players may block for their teammates to try to advance the ball downfield.
- A try is worth 5 points.

Defensive Team Rules and Strategy:

- Play starts with the defensive team 10 meters off the mark. In other words, the defensive team must be 10 paces away from the brumby.
- The defensive team is allowed to pursue the offensive team once the scrum half has made contact with the ball.
- The object of the defending team is to stop the attacking team by performing touches and by trying to get the ball from the offensive team.
- After each touch the defense must start just 5 meters off the mark.
- The defensive team is allowed to knock down the ball or intercept the ball.
- Good strategy involves staying in zones to prevent long gains.
- If the ball is loose, either team may pick the ball up and advance toward their goal.

Illegal Maneuvers:

- Tossing the ball forward. Loss of down
- Touching too hard/playing rough. Loss of down
- Touch and pass. Loss of down. (If you are about to be touched, don't pass the ball).
- Punt goes out of bounds. Turnover to the other team.