



IFC Touch Rules

Normal rules of touch apply in addition to and/or including the following:

1. Games are 10 minute halves with an immediate change over at half time.
2. Teams must have a minimum of four and a maximum of six players on the field, with unlimited substitutions.
3. Teams are mixed and can have a maximum of three people of each gender on the field.
4. A maximum of 12 players per team can be used per game. Substitutions can only be made from the halfway line.
5. Appropriate footwear must be worn at all times – no metal studs or bare feet.
6. All players must wear black shorts. IFC multisport shirts will be provided and must be returned.
7. In the case of a default, the non-offending team will be recorded as winning 5-0.

Standard IFC rules are as follows:

- Competition points: Win = 3 points, Draw = 1 point, Loss = 0 points.
- Final placings from 1st to 8th must be determined.
- No watches, earrings, rings or other jewellery are allowed to be worn during play.
- No person may take part in any match if they reveal any evidence of bleeding. If any person within the field of play shows any evidence of bleeding or exposure of an open wound that is likely to bleed or otherwise discharge body fluid they must leave the field of play without delay.