



IFT Touch Rules 2016

General

- Games are 10 minute halves, straight change over at the half time break
- Teams must have a minimum of four and a maximum of six players on the field, with unlimited substitutions. Maximum of 12 people per team per game.
- Teams are mixed and must have 3 people of each gender on the field at all times
- Appropriate footwear must be worn at all times – no metal studs, bare feet or jandals
- No watches or other jewellery to be worn during play
- All players must wear black shorts

Scoring

- A touchdown will be awarded when a player places the ball on or over the score line prior to being touched.
- The Dummy Half is not permitted to score touchdowns

Competition points

- Points are awarded in competition matches in accordance with:

Win	4 points
Draw	2 points
Loss	0 points

Substitutions

- Teams may inter change players at any time
- Players coming on to the field may not do so until the player being replaced is off
- Substitutions must only be made from the halfway line

Late teams

- A minimum of four team members must be present to start the game
- Late teams will be subject to a penalty of one touchdown for every two minutes that the team is late, with a maximum of five penalty points which will signal abandonment of the game and the offending team recording a default.
- In the case of a default the non-offending team will be recorded as winning 5-0.

Possession of the ball

A change of possession shall occur when;

- a) The ball goes to ground.
- b) The Dummy Half is touched while in possession.
- c) The Dummy Half places the ball in the touch down zone.
- d) The 6th Touch occurs.
- e) The player in possession steps on or over the boundary of the field of play.
- f) A roll ball is performed incorrectly.
- g) A tap is performed incorrectly.
- h) At a change of possession play is restarted with a roll ball.

Passing

- A player may pass, knock, throw or otherwise deliver the ball to any onside player in the attacking team
- Passing forward is not permitted
- A knock on results in a turn-over

The tap

- The tap is taken by placing the ball on the ground on the mark, releasing the ball from both hands
- When a player / team is penalised the non-offending team shall restart play with a tap
- The tap is taken at the mark and the defending team must retire ten metres from the mark until the ball has been tapped
- Play restarts with a tap when the following infringements occur:
 - a) Forward pass.
 - b) Touch and pass.
 - c) Rollball performed off the mark.
 - d) Performing a rollball prior to a touch being made.
 - e) Defenders offside at the rollball (5 metres).
 - f) Defenders offside at the tap (10 metres).
 - g) Deliberately delaying play.
 - h) More than six players on the field.
 - i) Falsely claiming a touch.
 - j) Using more than the minimum force to make a touch.
 - k) Misconduct

Touch and pass

- A player is not to pass the ball after a touch has been made

Roll ball

- A means of restarting play
- Players must perform the roll ball on the mark while facing their opponent's defending score line and rolling the ball backwards between their legs a distance of not more than one metre
- No overstepping is allowed
- Players must not delay performing the roll ball

The touch

- Players from both teams are permitted to effect the touch
- A touch is contact with any part of the body, ball, clothing or hair
- A minimum of force is to be used at all times
- The team in possession is entitled to 6 touches

The dummy half

- The dummy half is the person who picks up the ball after a team-mate has performed a roll ball.

Offside / onside

- After a touch has been made all defending players must retire 5 metres from the mark
- Defenders cannot move forward until the dummy half has touched the ball
- In a 5 metre play, the defending team must go behind the score line
- Once the ball is in play the defending team must all move out from behind the line

Side line

- If a player with the ball touches or crosses the side-line the player is deemed to be out of play and a change of possession will occur
- Play restarts with a roll ball 5 metres in from where the player went out
- If a touch is made before the player goes out, the touch counts

Obstruction

- Players of the attacking team are not to obstruct defending players from attempting to effect a touch
- Defending players are not to obstruct/interfere with attacking players supporting the ball carrier

Injury

- Should a stoppage in play occur as the result of injury, time is to continue and the duration of the match will not be extended
- First aid kits will be onsite

Bleeding and the blood bin

- 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, weep or otherwise discharge body fluid they must leave the field of play without delay

Discipline and player conduct

- The decision of the referees and officials are final. Misconduct procedures are as follows;

1st infringement – verbal warning from referee

2nd infringement – player to be subbed off, may return on next set of six

3rd infringement – player to be removed from the game, no substitution is allowed. Player is also to be stood down for next game

4th infringement – player to be removed from the tournament, current game continues with only 5 players

- The above is a guideline and is subject to referee's discretion. In the event of serious infringements, the referee reserves the right to exclude the player/team from the game/tournament at any time and/or forfeit the match to the opposing team
- Team captains are responsible for the conduct of players in their respective teams and should be aware that undisciplined players are disruptive to the spirit of the game.