Ladies Recreational Touch Rugby Basic Rules

A kick to the other team starts the game. Kicking team cannot advance until ball is caught. A dropped ball is kicked back.

Two -hand touch on any part of the body, clothes or ball. Call out "TOUCH".

Ball carrier, when touched, immediately places the ball on the ground between their feet. *the mark*

ALL Defenders must retreat 5 metres from the mark to get ONSIDE and must not advance until the "dummy half" (player collecting the ball) lifts the ball from the ground.

Dummy Half can pass the ball or run with the ball but CANNOT score); being touched prior to passing results in a "turnover" i.e. ball goes to other team.

A turnover is also created when:

- Ball goes to ground on an unsuccessful pass
- Knock on (player unsuccessfully attempts to catch)
- Dropped ball (whether forward or backwards)
- Forward pass
- Ball goes out of bounds

To "restart" go to the mark and tap ball on foot and pass. Defenders must not advance from onside line (5 metres back from the mark) until ball is tapped.

No kicking except at the start or restart of the game.

If a "touch" occurs within 5M of the try line, the mark is moved back to the 5M line and game continues.

A try is scored with downward pressure on the ball in the try zone.

Travelling (naughty) occurs when the ball carrier runs significantly past where they were touched; they must immediately retreat to the mark.

A Deliberate Knock On (also naughty) is when a defender deliberately interferes with a pass and the ball goes to ground.

The ONSIDE LINE is created:

Where the kicker is, at the start or restart of the game – their players must be behind the kicker

Attacking team must be behind the ball carrier (not technically offside but will be out of play as forward passes are not allowed)

The moment "Touch" is called or there is a re-start after a dropped ball/ball out of bounds: defending players MUST retreat 5 metres from the mark; ONSIDE is NOT the mark, but 5 metres from the mark; once onside, defenders will always be onside until there is another "Touch" called or the ball goes to ground in which case they need to retreat 5 metres.