

Quick Rules

1. The rules as laid out by the F.I.T Rules will apply, unless otherwise stated below.
2. The fields are a reduced size from the international standard.
3. The attacking team must start with a tap from the middle of the field.
4. The defending team must be back 10m for the start of play, and after each touchdown.
5. After a team scores the play begins again with a tap in the middle.
6. The person who takes the role of dummy half can cross the try-line but not score.
7. If the dummy half is touched while possessing the ball it is a turnover.

ROLL BALL

8. After being touched, the player touched must roll the ball between their legs.
9. The attacking team continues play until they have had 6 touches.
10. After being touched 6 times the ball is handed over to the other side.

ROLL BALL

11. After touching the attacking player with the ball, all defending team members must retreat 5m.
12. Ball to Ground: When the ball is dropped on the ground it is a turnover.
13. Turnover: When the attacking side loses the ball to the opposition.
14. No control: When the ball is thrown, dropped, knocked on, in a touch.

ROLL BALL

15. When someone is penalised their team must then retreat 10m.
16. Offside: If the defending players do not retreat they are offside.

PENALTY

17. Strong Touch: If a touch is considered to be too strong.

PENALTY

18. Forward Pass: When the ball is passed in front of the player who possessed the ball.

PENALTY

19. Touch and Pass: When the person who is touched then passes the ball.

PENALTY



20. Voluntary Rolled Ball or No Touch: When the player is not touched and rolls the ball between their legs.

PENALTY

21. More than a Meter: the ball must not be rolled more than one meter.

PENALTY

22. Shepherd or Obstruction: Obstructing a touch from the defending side.

PENALTY

23. Deviation: A defender changes their direction before retreating straight back 5m.

PENALTY

24. Minor offences: Bickering with refs, shouldering, leg trips etc... the referee will initiate an automatic substitute between the offending player and another team player in the sub box.

25. Repeated offences: For repeated offences the referee will yellowcard the player and have that player move to the sin bin for a period of five minutes without replacement (sin bin - oppositions deadball line).

26. Foul play of any nature: (the referee being the sole judge) will result in the offending player being sent from the field without replacement.

NOTE - PENALTY SEQUENCE: ball on the ground - let go of the ball - touch the ball with your foot - pick up the ball.

