

# IN 2 TOUCH, 1 TOUCH LEAGUE PLAYING RULES

## Version 10.1 Updated September 2021

**\*For Tournaments, please check regarding specific stipulations on game duration and playing numbers. Please note only molded studs with a minimum of 10 studs are acceptable!**

- League games are 40 minutes in duration. There is a 2-minute break between two 20-minute halves (Tournament game times vary depending on the nature of the tournament and format.)
- The game always starts and re-starts from the halfway line. The referee must signal for play to commence. General play begins by passing the ball. Defending team must be 10 meters from the start of play.
- A "Touch Down" or "Try" is scored when the ball is grounded behind the try-line (downward pressure must be applied).
- A touch is made with hands only, on any part of the body, ball, or clothing. It is "claimed" by raising one's hand and shouting, "Touch." The referee will use his discretion to decide whether the ball was passed or if the Touch was missed. The referee will ignore excessive claiming and players waiting for touches to be awarded. Continued excessive claiming will be penalized. **PLAY TO THE WHISTLE** at all times.
- Claiming a "touch" if none is made, or before a touch is made, is not in the spirit of the game and is a penalizable offence. If found guilty of these offenses, players will face lengthy bans.
- When touched, the ball must be placed instantly, at or as close to the mark of the touch as possible. (Failure to place the ball instantly results in a penalty). The attacking side begins play at that mark or in line with it.
- In the case of a forward pass or a dropped ball, play may commence where the ball is picked up or stops rolling. The defending team may not interfere with a rolling ball.
- The offside line for the defending team is 5 meters from where the attacking team commences play (In most instances, the referee will position himself as a marker for the defending team). If a quick pass is taken, the defending player who is offside must cover a distance of 5 meters towards his own try line from where play commenced, before being allowed to affect a valid Touch.
- A defender within the 5 meter "offside" area, making an effort to retreat and not interfering with play, will not be penalized. Obstruction does not apply if the defender retreats directly on one running line. The attacking player may not intentionally run directly at the retreating player to earn a penalty. The referee will use his/her full discretion when applying this rule.
- **Any holding of players or pulling of shirts will result in a penalty.**
- Behind the defending teams try-line the "no touch" rule applies. Once the ball crosses the line into the field of play the ball is alive. The ball may only be played into the dead ball area once.
- Five (5) players are allowed on the field at any one time, with seven (7) reserves off the field = 12 Players. Reserves can be continuously substituted at any time from the side where the referee is positioned. The reserve may only come onto the field when the substituted player has crossed the sideline.
- An intentional knockdown occurs when a player does not attempt to intercept the ball but knocks it down (generally with his/her palm facing downwards). This results in a penalty. After being repeatedly warned, an intentional knockdown within 5 meters of the try line will result in a penalty try.
- **Procedure for a penalty: The referee MUST indicate the line/mark where the offence occurred. The penalty must be taken from this mark. Once the referee confirms the mark, the attacking player may tap and run without passing. The defending team must retreat a full 10 meters before making a valid Touch.**
- Play may never be allowed to commence within 5 meters of the attacking try line. A defending player does not need to retreat further beyond his/her try to be deemed on side.
- Only molded boots with a minimum of 10 studs are acceptable.

**No referee will accept verbal abuse. Blatant swearing, excessive claims for forward passes and excessive claims for touch will not be tolerated. After a warning, players may be sent off with a "Yellow Card" for an appropriate "cool off" time. No substitute will be allowed to replace someone in the "Sin Bin"**

**Players will be sent off permanently with a "Red Card" for repeated "Yellow Card" offenses, as well as for violence, inciting conflict and continual harassment including continuing to question a referee's decisions or deliberately and negatively communicating with the opposition in a manner that is not in the spirit of the game**

**These players will also be subject to a disciplinary hearing and if found guilty will be dealt with in the strictest possible way**