

Touch Rugby Rules

High Wycombe Tournament Rules

NOTE: To assist referees and players who are new to the game, we have simplified the published rules of Touch Rugby. If you are playing at other tournaments, you should be aware that they may play to the original set. These amendments have all been approved by the RFU for use at High Wycombe.

All restarts will be roll ball (including kick offs)

Turnover after 6 touches or touch dummy half

Players to remain on their feet at all times, including scoring a try

All offences by the team not in possession (offside at restart, overly physical touch) result in the touch count being reset to zero and game continues

Turnovers result from one of the following

- Forward pass
- Knock on/ball hits the ground, player holding the ball goes to ground
- Excessive physical contact (running into player)
- Continuing to run or passing after being touched
- Ball or player holding the ball goes into touch

Any behaviour deemed inappropriate by the referee can be penalised and/or the player removed for the remainder of the match.