

Welcome to Touch Rugby Wales' Cardiff comp

Thank you for your interest in organising a touch rugby side this year.

This is the 21st year of touch in Cardiff.

This year's venue Llandaff North's Hailey Park (Radyr Rd) From Cardiff, just before the Llandaff North train station and road bridge over the train tracks turn left at the post office. At the end of that street turn left then right into Radyr Rd. Park is at the end of that street.

It's all about having fun

The ethos of our competition is enjoyment. Most teams are social sides who are work based, rather than serious rugby club sides. The mixed divisions are very popular as it is one of the very few sports where men and women can compete on equal terms. Age is no barrier either although youthful pace is a genuine asset in this game.

Fixtures

Monday nights	Mens divisions 1 - 4	Womens divisions 1 - 2
Thursday nights	Mixed divisions 1 - 4	Mens division 1 - 2

Times

Games begin at:	6.30 p.m.	7.15 p.m.	8.00 p.m.
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Friendly games can be arranged in addition to your league match.

Dates

The Intro Nights

Tuesday May 3 (due to the bank holiday Monday) Thursday 5 May

We have a fun intro night prior to each league so that new sides can find the venue, learn the game and the method of organisation without the added pressure of competing for points at the same time.

Monday night touch (men's and women's divisions)

Intro night on Tuesday 3 May

League nights Monday 9, 16, 23, Tues 31 May (School hols and bank hol Monday) June 6, 13,
No play week of 21 due to world cup, 27, July 4, 11 contingency night due to weather 18

Thursday Night touch (men's and mixed divisions)

Intro night on Thursday 5 May

League nights; Thursday 12, 19, 26, June 2 (School Hols) June 9, 16,

No play June 23 due to world cup, 30,

Jul 7, 14, Contingency night due to weather 21 July

Please look at the touch Rugby Wales website for any further info if you need it. Otherwise give me a call on 07814169558 or on daveswaintouch@hotmail.com

Because of the Bank Holiday Monday, we move the playing night to a Tuesday on that particular week and then revert back to a Monday the following week.

What happens if it rains or the touch is cancelled?

- 1 Tournament organiser Dave Swain, will e mail, phone and text the captains of each team or phone those without e mails that the evening's play is postponed. I will also put a comment on Facebook ... touchrugbywales@hotmail.co.uk (David Swain)
- 2 That night's games will be tagged on at the end of the league games moving the finals back by one night to the contingency night.

3 The fixtures for the rest of the season remain as printed.

When do we get our fixtures?

A preliminary league fixture list will be drawn up prior to the intro night but this is not the final draw. Changes and editing will be made after seeing results from the intro night as sometimes some new teams are placed in the wrong division.

I will send out the finalised season draw to all captains on their internet e mail address and also place it on the Touch Rugby Wales website.

Team Kit

You are responsible for arranging you team's kit with numbers on the back.. Depending on sponsorship, some teams have elaborate kit, whilst others simply ensure that everyone in their team has a similar coloured T shirt. Numbered shirts are encouraged as it makes it easier for the referees to communicate with players.

Referees

As in all sports, there is always a need for more referees. If any players from your team have an interest in refereeing we would welcome them with open arms.

Referees do it for fun as well so please assist their enjoyment by accepting decisions and respecting their authority.

Players who are sent off for dissention will be required to referee two matches before they are able to resume playing. Perhaps they will then have more appreciation of and empathy with the referee.

Changing facilities

The changing facilities are ten lockable changing rooms with showers.

Socialising afterwards

Llandaff North RFC is next to the car park and would offer a warm welcome to touch rugby players to their bar facilities.

Injuries

You as the captain sign a waiver acknowledging that touch is a sport and that all players in your team are aware that each player is responsible for their own injuries and should have their own insurance cover. Touch Rugby Wales does not have insurance for players or referees and is not responsible for accidents or injuries that may occur.

We encourage each team to have its own first aid kit, physio kit, water and ice.

When we have had injuries that require calling out an ambulance we recommend that players do not move the injured person but wait for the professionals. Consequently we keep the entrance to the field clear so that the ambulance has access.

Laws of the game and rules of the competition

For laws of the game and rules of the competition, see the following sheets.

For further information

See our web site by doing a Google search 'Touch Rugby Wales'

Touch Rugby laws (Abbreviated form)

1 The teams shall consist of 6 players and up to 8 subs who can interchange at any time during the match when they have possession of the ball, or after a try is scored. All players must be correctly attired in team uniforms. That is, similar coloured T shirts.

Footwear can be trainers, moulded sole boots or rugby boots with blades (winter touch) In summer any rugby boots are fine.

2 The game shall be for the duration of 15 minutes each way. Half time is for end change by teams. Time will be kept by the co-ordinator using a claxon.

3 A try will be scored when a player with the ball places it on the ground in the opponents touchdown zone.

4 The (dummy) half cannot score a try but he can cross the opponent's try line and then pass to another team member who can then score the try. (1 point per try) If the (dummy) half is touched in possession over the try line before passing, his team will lose possession.

5 After the try has been scored the game will recommence with a tap from the middle of half way.

6 The defending team must be 10 metres from the player taking the tap at half way. The player taking the tap can run and be touched. The touch count will be "one". From then on, the dummy half must receive the ball from a rollball. (as in rugby league - the ball being placed on the ground, and either walked over or gently heeled back.) The player taking the rollball cannot be (dummy) half on the same rollball.

7 The half can run with the ball but if he is touched, his side lose possession.

8 The rollback can take place within 5 metres of the defender's try line, but the player with the ball can go back to 5 m from the try line if he wishes to. The rollball must not travel more than one metre.

9 A touch is defined where 1 hand contact is made by a defending player on any part of the attacking player's body or clothing. A touch of the ball carried by the attacking player is also deemed a touch. A deliberate ankle tap is illegal, and will be penalised unless it is in a one to one chase for the touchdown zone and it is the act of a diving lunge by the last defender to stop a try.

10 A knock on constitutes the ball being dropped or knocked to the ground in any direction. When this occurs the ball is dead, and possession goes to the team not responsible for the infringement.

11 A deliberate knock down by the defending player in the act of a touch will result in a penalty being awarded to the non offending team.

12 TOUCH AND PASS If a player passes the ball after a legitimate touch has been made, he will automatically lose possession to the defending team. The restart is a penalty to the non offending team. Defenders must not call touch before a touch is actually made and must not call touch if a touch is not made at all. (phantom touches are penalised)

13 Intercepts are allowed provided the players were on side at the roll ball and the ball has not touched the ground.

14 Defending players must be 5 metres back from the rollball. If not the referee has the option of calling off side and naming the player in question and awarding a penalty, or to play on if the attacking team gains an advantage. The defending team cannot move forward of the 5 metre line until the ball has been played by the dummy half, not the roller. The attacking dummy half must play the ball without undue delay.

15 If a player runs into touch, or passes forward, possession goes to the defending team.

17 Retiring players must not interfere with play whilst returning on side.

18 A team can only replace or sub players from the 'sub box' area 10m either side of the half way. The retiring player must be off the field before the sub can enter the field of play and (s)he must enter from an on side position.. After a try has been scored, substitutes just run on provided there are only 6 players on the field at the restart of play.

19 Foul play of a severe nature will result in the player being sent off. (the referee being sole judge of fact and time) without replacement for the rest of the match. The said player will be suspended for 1 playing night.

20 For other offences, (eg bickering with the ref, leg trips, shouldering) the offending player could be

- Cautioned
- Forcibly subbed by the ref (allowing the team to retain 6 players but see the offending player leave the field to cool down and return later.
- ‘Sent for time’ (sin binned or sent to the touch line) for a period of not more than 5 minutes or for a time the referee considers the opponents have had an appropriate advantage (e.g. a touchdown being scored) without replacement.

- Further foul play will result in the player being sent off.

Note the laws relating to the restart at turnover. Is it a roll ball or a tap.

The problem of restarts will only be apparent if a player takes a tap rather than a rollball because obviously the tap gives a greater advantage due to the speed of restart.

I would not see it as a problem if a team uses a rollball when they should have used a tap as this does not give them any advantage. The referee should play on in this case.

If a player starts with a tap and it should have been a roll ball the decision is to bring the player back to the correct mark and re start with a roll ball to the opposition.

It would be useful for the referee to use management skills by saying what sort of re-start it should be at each turnover thus advising and managing the players in this phase as it will be just as new to them.

restart with a rollball	restart with a tap	restart with a tap
ball to ground	forward pass	more than 6 players on field
dummy half touched in possession	touch and pass	incorrect substitution
dummy half places ball in touchdown zone.	performing a rollball prior to contact being made	obstruction or interfering with play
6th touch	rollball off the mark	falsely claiming a touch
ball out	defenders offside at rollball	excessive force in the touch
incorrect rollball	defenders offside at tap (10m)	obstruction (using players or ref)
incorrect tap	delaying play	misconduct

I hope this will give you a good grounding in law and the confidence to get it right in the game. But for a thorough and up to date copy of the laws of the game please refer to the FIT website or the NZ touch website which will have a downloadable copy of the law book.

Regards
Dave Swain

Rules of the competition

- Footwear is to be **trainers, moulded sole boots or rugby boots** with blade studs
Teams must have a uniform kit of all the same colour and patterns.
- TIME. Games will be started on the hooter. **Teams** that are not on the field within 5 minutes of the starting hooter will **concede 1 one try** to their opponents and a further try **for every** further **5 minutes they are late.**
- Teams will play a round robin competition.** At the end of the round robin competition teams placed first, second third and fourth in their respective divisions will be involved in playoffs. The winners of the playoffs will contest the finals. The winner of the final for each division will be deemed the winner of that division. Teams that contest the final will be promoted whilst the bottom two teams of a division will be relegated. Exceptions may occur when a team affected by this ruling does not enter the following season.
Playoffs

	1	v	4
2	v	3	winners of the playoffs contest the final.
- League points** for each game

win = 3	draw = 2	loss = 1	walkover loss = 0
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If teams are in a smaller pool of 4 teams (usually an elite division) the league will be based on a league table and not on making it to a playoff. Therefore a 4 team pool will play each other twice to determine the winner of the league. Following that, the end of the season will consist of a knockout cup type competition where the names will be drawn out of a hat at random. The winners will play each other in a final and the losers in a 3 v 4 playoff.
- If** after all the league matches **more than one team is placed on equal points** then playoff positions will be **decided on the following criteria;**
 - The **team that won** the match between the teams will be placed higher.

b) If a **draw** occurs between the teams or more than 2 teams tie for the place, then the team that has scored the **most tries** in the competition will be given priority (placed higher.)

c) If both of the above fail to separate the teams, it is the team that has **conceded the least amount of tries** in the competition that will be given priority. failing that a toss of the coin will decide.

6 **Mixed division teams** must have at **least three women on the field** at all times. Under 17 teams a maximum of 2 adults. These may be teachers, coaches or parents.

7 All teams are expected to play on the night and time appointed. If for any reason they are unable to raise a side, the game is forfeit as a walkover loss **UNLESS they arrange with the opposing captain and the competition co-ordinator**, to play the game at a later date. This must be **agreed one week in advance of the official date of the fixture** and must be done on an official form available from the co-ordinator's desk.

8 **A player sent off** in a match has an **automatic suspension of one playing night**. Captains must be aware of any player serving a ban and must not field that player until his suspension is complete. Any team who fields a suspended player will lose the competition points for that match. Players who wish to argue their case may do so at a **judicial committee meeting at 9 p.m.** that evening. See co-ordinator for details of venue.

9 **Teams must register** their attendance at the ground with the central desk at least **15 minutes prior to kick off**.

10 **Teams that are short of players may solicit the help of no more than 2 "ring ins" but these must be drawn from players of a lower division. i.e. A men's division 2 team can not use a division 1 player, but may use a player from div. 3 or the mixed division.**

11 **A player can not play for two teams within the same band. i.e. He can play for a one mixed team and one men's team but cannot play for a men's division 3 team and a men's division 1 team.**

12 In the **finals and playoffs**, if the score is tied, **extra time** of 5 minutes each way will be played. If the scores are still level at the end of extra time a **"Drop off"** will take place on a sudden death basis to find the winning team. A drop off will begin when the referee stops play. The ref will re-start play after drop off. If a team scores from the tap off in sudden death, without the opposing team having had possession, the opposition have 1 set of 6 touches to score. If they don't score within those 6 touches the game is won by the first team that scored.

13 teams making the playoffs and finals must complete an official team sheet and may not draw from players who are not in their team sheet.

14 Any disputes arising from situations not covered by the rules of the competition presented in this document, are to be submitted to the competition co-ordinator, Mr David Swain, who will decide the issue. **THE CO-ORDINATOR'S DECISION IS FINAL.**

D Swain