

TOUCH RUGBY WALES

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Welcome to the WRU Cardiff leagues

Thank you for your interest in organising a touch rugby side this year. Please register before April 15 to ensure your team is guaranteed a place in the tournament. The cost for a team is £250 with a 10 % discount for ;

- Affiliation to a WRU club or a sponsor of the WRU
- Multiple team entries
- Youth /under 18 teams
- Teams providing refs.

Touch Rugby Wales' Cardiff comp has been running for 25 years and this year TRW acts as a consultant to the WRU in running the Cardiff leagues.

venue Fitzalan High School. Lawrenny Ave. Opposite Cardiff City FC Stadium and next to Canton RFC or Gol Football centre.

Access is easy from the M4 junction 33 link road. Use the off ramp for CCFC Stadium. Head along Leckwith Rd, with Asda and CCFC on your right and the Athletics stadium on your left. Lawrenny Ave is the first street on your left. Parking is available in the Fitzalan High School on your right , but the games are played on the left side of the Lawrenny Ave.

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 - 5	Womens divisions 1
Thursday nights	Mixed divisions 1 - 5	Mens division 1 - 2
Twilight	Men's, mixed and women's depending on demand	

Times

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

Dates

The Intro Nights

Tuesday May 3 (due to the bank holiday Monday) and 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. 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.

Touch Rugby Dates 2016

Cardiff Leagues

Week	Month	Monday	Thursday	
intro night	May		Tues 3*	5
round 1		9	12	
2		16	19	
3		23	26	
Week off	School Half		Term	
4	June	6	9	
5		13	16	
6		20	23	
7		27	30	
Semi & Finals	July	4	7	
Contingency	night #11		14	
Contingency	night #18		21	

* note Tuesday due to bank Holiday Monday

due to weather

September Twilight Tournament (in memory of Fflur Bedwyr)

Runs from first Monday in September for 5 weeks. Due to fading light by the end of September the finals are held on Sunday afternoon at 2.00 pm.

Intro night 2 September then league Sept 9, 16, 23. Finals Sunday 22.

Cost £150 with discounts for teams that provide referees.

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.

What happens if it rains or the touch is cancelled?

- 1 Tournament organiser Dave Swain, will e mail, text or facebook the captains of each team.
- 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.

Team Kit

You are responsible for arranging you team's kit. 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 in Fitzalan High School grounds and can be found at the far left of the school.

Socialising afterwards

Canton 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.

How does play restart after a turnover or infringement?

restart with a rollball	restart with a tap	restart with a tap
ball to ground	forward pass	more than 6 players on field
Half touched in possession	touch and pass (late pass)	incorrect substitution
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

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 numbered T shirts.

Footwear can be trainers, molded 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 20 minutes each way. Half time is for end change by teams. Time will be kept by the co-ordinator using a claxon.

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

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

5 After the touchdown 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 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 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 score line, but the player with the ball can go back to 5 m from the score 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 is not an infringement in touch but simply results in the touch count returning to zero.

12 TOUCH AND PASS or late pass as it is now known. If a player passes the ball after a legitimate touch has been made, he will automatically lose possession to the defending team. This can be a difficult judgement to make by the referee. HIS/HER DECISION IS FINAL, and dissent will be 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 awarding a penalty thus, returning the attacking touch count to 0, 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 half, not the roller. The attacking half must play the ball without 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 wait for the on field player to reach the sub box on the sideline before entering the field of play. After a touchdown has been scored, subs can just run on provided there are only 6 players on the field at the restart of play. There are no quick re starts and players must wait for the ref's whistle.

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 nights.

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

Compelled to be substituted

Sent for a period of time not more than 5 minutes without replacement. (like a sin bin) That player must stand on the opponent's dead ball line.

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.

Rules of the competition

1 Footwear is to **be trainers, molded sole boots or rugby boots** with blade studs

Teams must have a uniform kit of all the same colour and patterns.

2 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.**

3. **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.

4 **League points** for each game

win = 3

draw = 2

loss = 1 walkover loss = 0

5 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**;

a) 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 19 teams should have 2 responsible 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 in writing via e mail.

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 any from 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 unless he has organised and captained the lower division team as a means to develop the game.**

12 In the **finals and playoffs**, if the score is tied, **extra time** of 5 minutes each way will be played and a **"Drop off"** every **2 minutes** 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