

## Beginners Guide to Touch Rugby

### Chapter 1: Introduction to Touch Rugby

#### What Is Touch Rugby?

Touch Rugby is a non-contact version of rugby that focuses on skill, agility, and teamwork. In this game, players aim to score points by touching their opponent's body, usually with a light touch of the hand, while carrying the ball. It's an exhilarating sport that combines fitness, strategy, and camaraderie.

### Chapter 2: Rules and Regulations

#### Basic Rules

- **No Contact:** In Touch Rugby, there is absolutely no tackling or physical contact. Players must use their hands to touch their opponents.
- **Six Touches:** Each team is allowed six touches or tackles to try and score a try (touchdown). After the sixth touch, possession is turned over to the opposing team.
- **The Six-Touch Count:** The referee counts the touches as players make them. After the sixth touch, the referee will signal a turnover.
- **Roll Ball:** After a touch, the attacking player must roll the ball backward with their foot to initiate play. The defending team must retreat 5 meters from the roll ball.

#### Scoring

- **Try:** A try is scored when a player with possession crosses the opponent's try line and places the ball on the ground.
- **Tapping Down:** To score a try, a player must touch the ball down with a controlled touch on or behind the try line.

#### Substitutions

- **Unlimited Substitutions:** Teams can make substitutions freely during stoppages in play.

#### Offside and Penalties

- **Offside Line:** Players from the defending team must retreat 5 meters from the location of the roll ball.
- **Penalties:** Penalties can result from offside play, not retreating the required distance, or foul play. The non-offending team receives a fresh set of six touches.

### Chapter 3: Playing Positions and Roles

## Playing Positions

- **Middles:** These players typically play in the center of the field and are involved in both attack and defense.
- **Links:** Links are positioned on the outside and help to spread the play wide. They are also responsible for initiating the touch count.
- **Wings:** Wings are positioned on the edges of the field and are often the fastest players on the team. They play a crucial role in scoring tries.

## Basic Roles

- **Attack:** Attackers aim to create scoring opportunities for their team, often using quick passes, dummy runs, and evasive maneuvers.
- **Defense:** Defenders work to prevent the attacking team from scoring by making touches and ensuring players remain onside.

# Chapter 4: Strategies and Techniques

## Basic Strategies

- **Quick Passing:** Ball movement is crucial in Touch Rugby. Teams often use quick, accurate passes to exploit gaps in the defense.
- **Switch Plays:** Switching direction quickly can catch the opposition off guard and create space for attackers.
- **Dummies and Fakes:** Effective use of dummies and fakes can wrong-foot defenders and create opportunities for try-scoring.
- **Spacing:** Maintaining proper spacing on the field ensures that attackers have options and defenders are not drawn out of position.

## Defensive Techniques

- **Touch Technique:** Defenders aim to make a touch with a light and controlled touch of the hand, usually targeting the midsection or back.
- **Shutting Down Space:** Effective defenders work together to close gaps and force attackers into making errors.

# Chapter 5: Getting Started in Touch Rugby

## Equipment

- **Ball:** A standard rugby ball is used in Touch Rugby.
- **Footwear:** Comfortable running shoes or rugby boots with molded studs are recommended.

- **Clothing:** Lightweight, breathable clothing suitable for running and physical activity.

## Finding a Team

- **Local Clubs:** Many areas have Touch Rugby clubs or leagues where you can join a team and participate in organized matches and tournaments.
- **Social Groups:** Informal, social touch rugby games are often organized by groups of friends or coworkers.

## Training and Skill Development

- **Basic Skills:** Start with fundamental skills like passing, catching, and evading opponents.
- **Fitness:** Touch Rugby requires speed and endurance, so regular fitness training is essential.
- **Game Understanding:** Learn the rules and strategies of the game to enhance your performance.

# Chapter 6: Benefits of Playing Touch Rugby

## Physical Fitness

- **Cardiovascular Health:** Touch Rugby provides an excellent cardiovascular workout.
- **Speed and Agility:** The game enhances your speed, agility, and hand-eye coordination.

## Teamwork and Socialization

- **Team Bonding:** Touch Rugby fosters teamwork and camaraderie among players.
- **Social Interaction:** It's a great way to meet new people and form lasting friendships.

## Inclusivity

- **Accessible:** Touch Rugby is inclusive and suitable for people of all ages and fitness levels.

## Fun and Enjoyment

- **Excitement:** The fast-paced nature of the game keeps players engaged and entertained.

# Chapter 7: Conclusion

Touch Rugby offers an exciting and inclusive way to enjoy the spirit of rugby without the physical contact. With the rules, positions, strategies, and benefits covered in this beginner's guide, you're well-equipped to step onto the field and begin your journey in this thrilling sport. Whether you're looking for a new fitness challenge, a social activity, or a competitive outlet, Touch Rugby has something to offer everyone. So, grab a ball, round up some friends, and get ready to experience the excitement of Touch Rugby firsthand