

Touch Football:

This Competition is conducted in accordance with the rules of [Touch football Australia \(TFA\)](#) except where these differ from Arc Sports rules; in which case the latter shall take precedence.

1. **Uniform requirements:**
 1. Teams must wear matching coloured shirts.
 2. Comfortable sporting attire
 3. Sports shoes. NO Cleats/ football boots.
2. **Team size:**
 1. Minimum number of players required is 6.
 2. A maximum of 6 are allowed on the field at any one time.
 3. A minimum of 4 players are required for the match to be played, minimum 2 females on the field at any time.
3. **Substitutions:**
 1. Teams may interchange players at any time. The player must enter the substitution box before the replacement player leaves. (It is recommended to only make a substitute during attack.)
 2. Substitutions are unlimited.
4. **Game Play:**
 1. Scoring: A player (not the Half) scores by placing the ball on or over the score line without being touched. A touch down is worth 1 point.
 2. Possession of the Ball: At a change of possession play is restarted with a roll ball. A change of possession shall occur when:
 1. The ball goes to ground.
 2. The Half is touched while in possession.
 3. The Half places the ball in the Touchdown zone.
 4. The 6th Touch occurs.
 5. The player in possession steps on or over the boundary of the field of play.
 6. A roll ball is performed incorrectly.
 7. A tap is performed incorrectly.
 3. The touch: each team has 6 touches to attempt to score. A touch is made with minimal force and can be on any part of the body, ball or clothing.
 4. Roll ball: Once a touch has been made players must roll the ball backwards between their legs to their team.
 5. The pass: all passes must be made backwards to a player who is behind the current player with the ball.
 6. Onside: for a defending player to be on side they must retreat ten (10) metres behind the referee after a touch is made.
 7. The Penalty: When a player/team is penalised, the non-offending team shall restart play with a tap. The tap is taken at the mark and the defending team must retire ten (10) metres from the mark until the ball has been tapped.
 8. Play restarts with a tap when the following infringements occur:
 1. Forward Pass
 2. Touch and Pass ("late pass")
 3. Roll ball performed off the mark ("overstepping")
 4. Performing a roll ball prior to a touch being made ("voluntary rollball")
 5. Defenders offside at the roll ball (5 metres)
 6. Defenders offside at the tap (10 metres)
 7. Deliberately delaying play
 8. More than six players on the field
 9. Incorrect substitution
 10. Falsely claiming a touch ("phantom touch")
 11. Using more than the minimum force to make a touch ("heavy touch")



12. Misconduct

5. Match duration

1. Each match will be in 40 min timeslots consisting of 35 min playing time and 5 min change over time between matches.
2. Halves will be approximately 17 min with no half time break. Teams will swap sides at the first stoppage after 17min.
3. There will be no time stoppages during the game.