

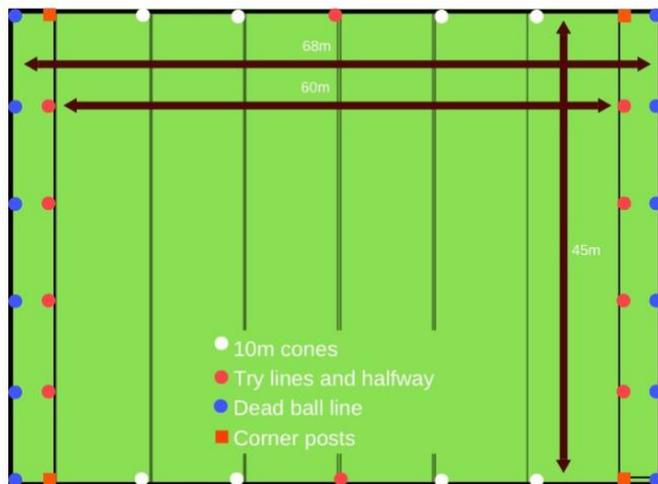
KICK IT TOUCH FOOTBALL

At Kick It Touch Football we believe that the greatest game of all is something that everyone can enjoy. Experience the fun and social atmosphere of Kick It Touch Football, the “closest social sport to Rugby League”. If you love Rugby League, you’ll love Kick It Touch footy.

THE GAME

- Kick It Touch is a 40-minute game with two 20-minute halves.
- Each team is allowed a maximum of 7 members on the field at any one time.
- All mixed competitions must have a minimum of two (2) girls on the field at any given time.

FIELD DIMENSIONS



A Kick It Touch field is 60m long and 45-50m wide with 3-4m in-goals.

As seen in the diagram, each colour cone represents its own marker.

INTERCHANGE

- Teams are entitled to unlimited interchanges.
- Players must interchange within a 10m distance to avoid disadvantaging the opposition team during play or on the same side of the field during a stoppage.

TEAM REGULATIONS

Teams are required to field a team with a minimum of five (5) players to constitute a game.

- Teams must consist of five (5) players who are on their team list before half time.
- A 3-0 victory to the opposition will be record should a team fail to take the field with 5 original players.
- The venue manager under the consideration with the on-field referee and opposition captain may allow fill-ins or extra players in fixtures matches as required.

COMPETITIONS AND FINALS

Kick It Touch will endeavour to run four (4), 10-week seasons each year. Each season will comprise of a maximum of one (1) week of grading, followed by a minimum of seven (7) weeks of regular fixtures and ending with two (2) weeks of finals. Please check the 'season info' tab on your venue page for a competition and finals breakdown.

Finals eligibility

- Each player is required to play a minimum of three (3) games throughout the season (trials and fixtures) and be registered on a team list to qualify for finals games.
- Any player who is not eligible for finals must seek approval by the venue manager.

Finals Breakdown

Divisional finals will take the top four teams through to finals.

- Week 9 Semi final: 1v4 + 2v3.
- Week 10 Grand Final: *(semi final winners play off)*

Non-divisional finals mimic a NRL top eight structure and are split into a top four and bottom four.

- Week 9 Semi final: 1v4 + 2v3, 5v8 + 6v7.
- Week 10 Grand Final: *(semi final winners in top four and bottom four play off)*

EXTRA TIME

Extra time will be allowed in finals matches only. This occurs when scores are level at the end of regulation (40-minutes).

- *Teams are cut to four (4) players. Mixed teams must have a minimum of two (2) females on the field during extra time.*
- *If a try is scored by one team on their first attacking possession (included is any repeat sets), the opposition team will have one (1) attacking set to equalise.*
- *In the event a try is not scored on the first attacking possession, the game will continue until the first try is scored.*
- *Female tries remain as 2-points.*
- *Teams are entitled to unlimited substitutions.*
- *Captains will be advised of minor rule modifications prior to extra time.*
- *In the event extra time takes more than five (5) minutes, teams will drop to three (3) players.*

SCORING AND COMPETITION POINTS

- Scoring
 - Male try = 1 Point
 - Female try = 2 Points
- Competition Points
 - Win = 3 Points
 - Draw/no result = 2 Points

- Loss = 1 Point
- Forfeit = 3 Points. (3-0 victory)

SAFETY

Players must wear enclosed footwear. It is against Health and Safety regulations to let any player play barefoot, in thongs or any other non-protective footwear.

- Moulded and Plastic tags are allowed.
- Metal tags, running spikes, cricket/golf shoes are not allowed
- It is highly recommended that all players take care of long fingernails and remove any type of jewellery or accessories that could be deemed dangerous prior to taking the field (e.g. necklaces, watches, rings, earrings, piercings etc). The referee may instruct a player to leave the field to remove and/or tape a dangerous item if it poses a risk to other players.

Under no circumstance can a player take the field under the influence of alcohol or drugs. Players with a previous injury or illness take the field at their own risk and may not be covered under insurance.

TEAM WEAR

Teams are encouraged to obtain team uniforms with numbers. At the bare minimum teams must wear the same colour shirts/singlets.

Our team wear partner Struddys will be able to help your team out with single options starting from \$25 (+gst) with a 4-6 week turnaround. Contact your venue manager for more information.

Bonus competition points may be allocated for correct team wear throughout the trial and fixture rounds. Visit your venue page for a full breakdown of the competition details.

PAYMENT

Please note that full payment for teams must be received by week 2. Visit the 'Payment Portal' for all debt and credit payment options

Two bonus competition points will be allocated to teams who settle their fees prior to week 2.

Note: *Outstanding payments will be dealt with accordingly and will result in loss of competition points, loss of finals eligibility or expulsion. Please visit our terms and conditions [here](#).*

INSURANCE

Kick It Touch Footy Pty Ltd is not responsible for any injury or loss, whether bodily or to property from the activities of Kick It Touch Footy as in registration.

Players accept that when participating in the Kick It Touch Footy competition, they do at their own risk. Participants are encouraged to visit their doctor before playing in the Kick It Touch Footy competition as any pre-existing medical condition may put a player at risk of physical injury.

Under no circumstances are pre-existing injuries covered by the Kick It Touch Footy Pty Ltd insurance policy, which is administered by Arthur J Gallagher.

Additional loss of income is the player's responsibility to take extra cover if they feel that is necessary.

Who is Arthur J Gallagher?

Gallagher is one of Australia's – and the world's – largest insurance broking and risk management companies. In Australia we are the chosen partner to more than 125,000 businesses, from micro-SME's through to multinational corporations and some of the world's most iconic brands.

Visit our contact us page for full breakdown on the insurance provided by Arthur J Gallagher.

WEATHER

Kick It Touch Football is played in all conditions except thunderstorms due to safety concerns from lightning and hail. Kick It Touch venue managers will notify team captains in extreme cases of weather when games will be postponed. Otherwise, players should assume that games will be played as per normal, even if it is raining.

At most venues, the fields are out of our control and could be closed independently due to wet weather.

No games are ever lost due to weather conditions or extraordinary circumstances. Games are simply postponed to the following week.

OFFENCE

KICK OFF

Kick off is a drop kick centred on the halfway line. The kick can be any height and must travel 10m on the full.

- Kick offs that do not travel 10m on the full or are kicked out of play on the full will result in a penalty to the receiving team on halfway.

- Players of the receiving team are entitled to straddle the ball out of play. This is done by having a grounded body part outside the field on play, whilst touching the ball on the full. This will result in a penalty on halfway.

RE-GAINING POSSESSION

The kicking team is allowed to re-gain possession from the kick-off. Players can re-gain possession if the ball bounces out of play (over the sideline or dead in-goal). Players may compete for the kick-off but can not make contact on a receiving player.

As an issue of safety and to uphold the social nature of our game, if the ball is touched by a receiving player before travelling 10m, it will still result in a penalty against the kicking team on halfway.

INITIATING THE TOUCH

Players are allowed to initiate the touch to start a ruck.

Once a touch has been made, the player in possession must step over or roll the ball backwards between their legs.

- Players are not required to use their foot to play the ball.

Players who initiate the touch must do so without excessive force to disadvantage the touching defender/s.

Players can not initiate the touch and start a ruck on (passive) offside defenders. This will result in a stoppage in play followed by a re-roll of the ball at the referee's discretion once the defence is onside. The touch count will continue.

THE RUCK

The ruck is the most important piece of play when obtaining field possession. The speed and clarity of the ruck is completely up to the players involved.

"OVER THE MARK"

Over the mark is when a player in possession has taken one step in any direction following the point of the touch. This results in a re-start of play at the point of the touch with the team in possession retaining the ball and the touch count continues.

“NO TOUCH”

“No touch” is when a player in possession plays the ball before initiating the touch or being touched by a defender. This results in a ‘surrendered touch’, play will re-start and the player in possession will re-play the ball with the touch count continuing.

INCORRECT PLAY THE BALL

An incorrect play the ball is when the ball carrier is not facing forward or ‘square’ to the ruck and/or loses control of the ball when attempting to play the ball.

- Should a player lose control in the process of playing the ball, this will result in a knock on and a change of possession.
- Players who clearly lose control of the ball after the touch but before attempting to roll the ball will be permitted to re-roll the ball.

When attacking inside your opponents 10m, players are encouraged to take the spot of the play the ball backwards (up to the 10m line) to increase your attacking opportunity.

THE DUMMY HALF

The dummy half can not score.

The dummy half can not get touched with the ball unless they kick through the defensive line (*as set by the referee*) and re-gather the ball.

Should a dummy half be touched with the ball or ground the ball to score, this will result in a changeover.

In the issue of safety, dummy halves can not kick the ball off the ground to avoid being touched. This will result in an immediate change over.

SCORING, BENEFIT OF THE DOUBT AND PENALTY TRY

A player can score a try by placing the ball in their opponents in-goal while maintaining control and with downward pressure. A grounding can occur with the hands, arms or front torso.

In the event a player loses control in the act of scoring, they must successfully re-grip the ball before the ball touches the ground.

- A player can not ground the ball while simultaneously touching the side line or dead ball line. This is considered to be in-touch or touch in-goal and a 10m restart to the opposition team.
- A player can ground the ball short of the try line and retain possession if they keep control of the ball on their hands through the entire process.
- In the issue of safety, players are encouraged to pass the ball and not drop or roll the ball in-goal for another player to score.

BENEFIT OF THE DOUBT

Benefit of the doubt favours the attacking team. In situations where there is a simultaneous grounding and touch, advantage will be given to the attacking team, resulting in a try.

Benefit of the doubt is also applied to simultaneous touch pass/touch kick situations or in circumstances where the referee may have an obstructed view.

PENALTY TRY

A penalty try occurs when there is an infringement by a defensive player, that is either dangerous to or prevents an attacking player from scoring. No extra points are awarded for a penalty try.

To be considered a penalty try, the referee must have little doubt that for the player's actions, they would have scored.

FORWARD PASS

A pass that is propelled in a forwards direction in relation to the hands of the ball carrier is called a forward pass. The ball needs to be passed backwards out of the hands.

A forward ball results in an immediate changeover. Advantage may occur if the defending team intercepts a forward pass.

PASSING INTO PASSIVE OFFSIDE DEFENDERS

Players are encouraged not to deliberately pass into passive offside defenders. This will result in a change over at the spot of the infringement.

KICKING IN GENERAL PLAY

In general play, players are allowed to kick on any touch and at any height.

- Drop kicks are not accepted.
- Kicks off the knee or thigh are classed as a knock-on and will result in a changeover.

20/10

A 20/10 is Kick It's equivalent of a 40/20 kick as seen in the NRL. Players must kick the ball from inside their own 20m and find touch inside their opponents 10m to receive a 20/10. This will result in a tap re-start and a fresh set of six, 10m out from your opponent's line.

KICKING DEAD IN-GOAL

Kicking the ball dead in-goal occurs when a player kicks a ball beyond the dead ball line either on the full or by bouncing. This results in a 10m tap restart and seven touch set to the opposition team.

KICKING OUT ON THE FULL

Kicking the ball out of play on the full results in a changeover to the opposition team at the spot of the kick.

KICKING INTO TOUCH

Kicking the ball into touch occurs when the ball, following a kick bounces over the sideline. This will result in a 5m roll ball to the opposition team at the point the ball went out of play.

KICKING/PASSING INTO A REFEREE

Play will be stopped and re-started with the touch count unaffected and the attacking team retaining possession if the ball comes into contact with a referee.

KNOCK ON & INTENTIONAL GROUNDING

A knock on is ruled when the ball moves in a forwards direction towards the opponents goal line and touches the ground, another player or referee.

If the ball is passed or knocked backwards and hits the ground, play will be allowed to continue.

MAINTAINING CONTROL OF THE BALL

It is the responsibility of the player in possession to maintain control of the ball from the point they gain possession, through to the point of the next touch or grounding of the ball.

Players who juggle or bat the the ball forward and re-gather are deemed to be in control of the ball and can be touched. Failure to re-gather the ball on a juggle is considered a loss of control and is a knock on.

Drop kicks, kicks off the knee are classed as knock-ons. Players who clearly lose control and drop the ball onto their foot/leg will also be considered a knock-on.

INTENTIONAL GROUNDING

Intentional grounding in the field of play is the controlled and stationary grounding of any loose football to avoid contact with other players.

As a method of safety the referee will call touch immediately. Should that player not maintain control, it will be considered a knock-on.

ADVANTAGE

'Advantage' is the period of time following an infringement (typically a knock on or forward pass) that the opposition team has to take to advance the ball or gain sufficient territory.

Advantage is deemed to be taken when the team in possession travels more than 10m forwards from the spot of the original infringement or promotes the ball beyond their opponents dead-ball line.

When there is no advantage, play is re-started with a roll ball at the spot of the original infringement.

In most circumstances, the referee will call 'advantage taken' or 'no advantage' when adjudicating on advantage.

Advantage can be applied to a number of defensive situations such as minor ruck infringements, minor shadowing and yes/no calls.

No advantage can be played if the ball is made dead by the team in possession or is stationary.

TOUCH INGOAL IN POSSESSION

An attacking player can be touched in their opponent's in-goal and still remain in possession provided it is not the last touch.

Players who are touched in goal will be required to play the ball 10m out from their opponent's goal line with the touch count continuing.

OBSTRUCTION AND OFFSIDE

Obstruction is where a player in possession of the ball runs behind one of their own teammates to promote the ball, and must disadvantage the defence. Obstruction results in an immediate penalty against the team in possession.

Play will continue should players 'surrender' the touch after obstructing the defence, only to gain no advantage.

Support runners are entitled to hold their line or position on the field, but must not deliberately change their line or make contact with a defender to obstruct them from making a touch or play on the ball carrier.

Players of the attacking team are deemed offside if they are in front of the play the ball on any given touch and can not take part in the play. To get onside, attacking players must then step behind the play the ball.

PLAY RESTARTS

Tap Ball: A tap ball will occur in three circumstances. When a penalty is awarded a tap is taken, likewise when the ball ends up in-goal or over the dead ball, a 10-metre tap is awarded. 20/10s result in a tap restart.

Roll Ball: A roll ball will be ordered when there are minor infringements such as a knock on, forward pass, change of possession. Players do not need to use their foot to roll the ball.

Quick Tap Restart: A quick tap will be allowed on 10-metre restarts only. A player must run to the mark and not pass or kick to a teammate. Players must use their foot to tap the ball in the centre of field.

CAPTAINS COMMUNICATION

At Kick It Touch, we believe in a strong social atmosphere both on and off the field.

All Kick It referees pride themselves on maintaining a fun, balanced and competitive playing environment where the spirit of the game and sportsmanship is upheld by all players.

We encourage all team captains to interact with referees and venue managers. Should your team feel the need to question a referee's decision, please do so during a stoppage in play or during half time or full-time. Our referee's will be more than willing to answer any questions.

Each team captain is the voice of their team. If the team captain is off the field, teams are encouraged to appoint a vice-captain to approach a referee.

Under no circumstances should a referee and a captain debate a call at the detriment of the game. A player or captain should not question a referee's ability or integrity.

Team captains are responsible for their team and their actions. Please refer to the Code of Conduct PDF.

RESPECT THE REFEREES

The referee's decision is final. The referee uses their knowledge and vantage point to make the best decision. It is imperative to note that not all aspects of the game will be sighted or correctly ruled by our referees, which is why we place a high emphasis on the social and honest nature of our games.

At Kick It we will do the best within our power to provide enthusiastic referees who have the most up to date training, and correct rule clarifications for our players and staff to ensure the best possible game.

Referees have the power to stop any game or to remove any player at any time from the field if they undermine the code of conduct.

Please refer to the Kick it Code of Conduct for expectations and information regarding rulings.

If you would like to referee at Kick It Touch Football contact Corey Smith. A competitive rate, education and training will be provided.

LEVELS OF CONTACT

Contact refers to touching another player in a physical manner. It is the responsibility of every player on and off field to limit physical contact for safety reasons and the promotion of the game.

Types of contact:

- **General/ low impact contact.**
 - Pushing, shoving, slapping
 - Heavy handed touching
 - Accidental contact (head/neck touching or collisions)
 - Jersey grabbing or holding players
 - Ankle tapping
- **Dangerous contact.**
 - Kicking, kicking in danger, tripping, sliding
 - Contact on kick-offs
 - Aggressive jostling, shouldering or elbowing,
 - Blocking or 'closing the gap' in kicking situations, leg contact.
 - Tackling and shoulder charging
- **Anti-Social behaviour**
 - Pushing and shoving
 - Fighting
 - Verbal insults, intimidation or bullying that may lead to contact.

Ruling: The referee will also determine the severity of each infringement prior to making a decision. In most cases the referee will give a player warning followed by a penalty against the repeat infringing player & team. In severe cases, substitution, send offs and suspensions may occur.

Warning: General.

Penalty: General, Dangerous contact

Substitution/Send off: General (repeat offender), Deliberate or repeat Dangerous contact, Anti-social behaviour.

PROFESSIONAL FOUL

A professional foul is the deliberate act of foul play aimed at disadvantaging a player/s on an opposing team. Kick It Touch has a focus on sportsmanship and the social atmosphere of its competitions. Any foul play will not be tolerated.

A professional foul could be committed to prevent a player in possession from scoring, dangerous contact, time wasting or the deliberate act of impeding the ruck.

Result: Should the referee deem a player has committed a professional foul, that player will be substituted without a replacement for five (5) sets. At the completion of the fifth set, that player will be allowed to return to the field.

DEFENCE

SETTING THE MARK

The referee will set a mark of 8 metres in general play and a mark of 10m on tap re-starts. The defensive line must retire to the mark set by the referee to be onside.

Offside defenders who influence the play will be penalised.

At the referee's discretion, advantage may be applied to the team in possession. The team in possession may be allowed to 'play through' from the touch made by the offside defender or gain an advantage of 10m.

If advantage is played, the referee will give a warning to the offending defender.

MAKING THE TOUCH

An legitimate touch can only be made with the hands or arms of a defender.

Under no circumstance can a defender attempt to or make a touch using their body/torso or legs/foot. This will be deemed as a contact infringement.

PLAY THE BALL INFRINGEMENTS

A defender can not limit the ball carrier or cause them to loose the ball when attempting to make the touch.

Limiting the ball carrier may include deliberate touching/holding of the ball, late or improper contact, and slapping/striking at the hand or arm.

Should the defender clearly contribute to a loose carry at the point of the play the ball, the defending team will be penalised.

Players who limit or slow down the play the ball will receive a team warning, followed by a penalty for the second offence.

Defenders are strongly encouraged to square up with the attacking player early to avoid late contact and impact the game flow. Shooting defenders are strongly encouraged to make the touch from the side.

'YES, NO' TOUCH

A 'yes, no' touch is when a defender calls yes/no when attempting to make the touch.

Should a 'yes, no' touch disadvantage the team in possession, the defending team will be penalised.

At the referee's discretion, advantage may be applied to keep the game flowing. The team in possession must travel at least 10m for advantage to be gained.

PHANTOM TOUCH

A phantom touch is when a defender claims to of made a touch, however has clearly missed the player in possession.

A phantom touch will result in a penalty to the defending team and a warning to the offending player about bringing the game into disrepute.

The referee may choose to play advantage when applicable.

NO TOUCH

The no touch rule as seen in traditional forms of Touch Football is not applicable at Kick It.

As part of our effort to be the closest form of touch football to Rugby League, players who ruck or play the ball before being touched will be required to surrender their momentum and re-play the ball on the mark on the referee's whistle.

Given our no touch rule mirrors the NRL's surrendered tackle rule, defenders do not need to pull away from making the touch to gain an advantage, rather they are strongly encouraged to make the touch to promote positive game flow.

TOUCH PASS

The touch pass rule seen in traditional Touch Football is not admissible given our intention to remain as close to Rugby League as possible.

Rather than a change of possession, the onus is on the attacking team to maintain the positive game flow.

Where there is a touch pass or touch kick, the player in possession must return to the mark and play the ball.

THE RUCK

Following making the touch, defenders must clear the ruck and not impede the dummy half.

If a defender clearly slows down the ruck or makes contact with the dummy half, the defensive team will be penalised.

At the referee's discretion advantage may be allowed for play to continue. The team in possession must travel 10m with the ball for advantage to be taken.

ADVANCING OFF THE LINE

The defence can move off the mark set by the referee as soon as the ball touches the ground in the play the ball.

Defenders only need one foot on the mark set by the referee.

NO DUMMY HALF

Defenders are permitted to leave once the ball touches the ground in the play the ball, even if there is no dummy half.

Shooting defenders who reach the ball before the dummy half only need to touch the ball to force a change over. This is to avoid any contact in the ruck.

In the event an attacking player is deliberately holding up play to wait for a dummy half, it is at the referee's discretion to allow the defence to advance early.

SHADOWING

Shadowing is when a defender who is offside, changes their line (often dictated by the player in possession) before getting onside.

Defenders who shadow may receive a warning, followed by a penalty.

Defenders are encouraged to keep the same path as they retreat until they are onside.

TOUCH IN-GOAL

A player in possession is ruled to be touched in-goal when they are touched **two** feet are on or behind any part of try-line or are touched in the air after jumping from the in-goal.

When a player in possession has their torso on the ground, they will be ruled to be touch in-goal by the position of the ball. If the ball is on or behind any part of the try-line they will be ruled to be touch in-goal.

Its important to note that a player's position when in possession of the ball is judged by their forward most body part; in most circumstances their front leg. It is play on should a player be touched with one foot in the field of play and one foot in-goal.

DEFENDING AGAINST THE KICK

A touch can not be made once the player in possession releases the ball from their hands.

CHARGE DOWNS

Charging down a kick is permitted as long as there is no contact with the kicker. A defender who attempts a charge down must be moving forward towards the ball.

Charge downs are not considered a knock on with play allowed to continue.

CONTACT FOLLOWING THE KICK

Defenders are entitled to make a play on the ball following the kick but must do so without making contact on the kicker.

Multiple defenders who 'close the gap' on the kicker or strike/block the ball or run the kicker off the ball following the kick and make contact will be penalised.

At the discretion of the referee, advantage may be played. The team in possession must benefit and travel at least 10 metres. All defenders who make contact on the kicker following advantage will receive a warning and a penalty for a second offence.

PLAYING AT THE BALL

A defender is deemed playing at the ball when there is a reaction or movement towards the ball. Playing at the ball may result in a fresh set of six to the attacking team should they maintain possession.

In a pass situation, this may include attempting a tag or an intercept and touching the ball.

In a kick situation, this may include charge downs or catching, blocking and/or kicking at the ball.

Players are not considered playing at the ball when they are protecting themselves.

REFEREE OBSTRUCTION & CONTACT

Referees cannot disappear. Players who are obstructed or contacted by a referee and are significantly disadvantaged, will see play stopped and re-started at the point of obstruction without affecting the touch count.