



Kick it

Adults Rulebook



Updated April 2023

© Kick It Touch Football Ltd Pty

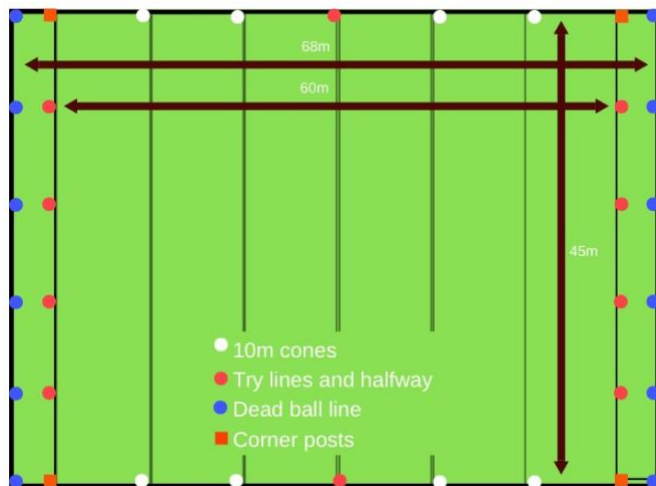
KICK IT TOUCH FOOTBALL

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 teams must have a minimum of two (2) girls on the field at any given time.

FIELD DIMENSIONS



A Kick It Touch field is between 55-70m long and 40-50m wide with 3-5m in-goals.

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

THE FIELD OF PLAY

The field of play is inside the sidelines (*white*) and dead ball lines (*blue*). Touching these lines with a body part is deemed outside the field of play.

The in-goal is from the try line (*red*) to the start of the dead ball line. The try line is part of the in-goal. The dead ball line is not part of the in-goal and is deemed outside the field of play.

INTERCHANGE

- Teams are entitled to unlimited interchanges.
- Players must interchange within a 10m distance avoid disadvantaging the opposition team during play or on the same side of the field during a stoppage.
- Players cannot take the field and significantly disadvantage the opposition team during the same play.

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) regular players who are on their team list before half time.
- A 3-0 victory to the opposition will be recorded 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.
- Early notice forfeits result a 3-0 win to the opposition, while no-notice forfeits will result in a 5-0 loss.

COMPETITIONS AND FINALS

Kick It Touch will endeavour to run four (4), 10-game seasons each year. Outlined below is a typical competition structure for all venues. All teams play in finals weeks regardless of standings.

Game 1 (week 1) – Grading

Game 2-8 (week 2-8) – fixtures

Game 9-10 (week 9-10) – finals

Please check the 'season info' tab on your venue page for a full breakdown competition and final's structure.

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 competition 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)*

'Alternate' finals *(for bigger divisions)* mimic the first round of the NRL's finals system. The top eight (8) teams will progress through to finals and will be separated into a top four and bottom four playoff bracket.

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

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 are worth 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 win = 3 Points.

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.

- Runners and sand shoes are allowed
- Moulded and Plastic tagged boots accepted.
- Metal tags, running spikes, cricket/golf shoes, sandals/flip flops etc are not permitted.
- 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 with numbers.

Our team wear partner Kropp Sport will be able to help your team out with team shirts/singlets from \$30. Shorter turnaround options are available. Contact your venue manager for more information.

Bonus competition points may be allocated for correct team wear throughout the 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 the end of week 4. Visit the [Payment Portal](#) for all debt and credit payment options.

- Two bonus competition points will be allocated to teams who settle their team fees prior to week 2.
- One bonus competition point will be allocated to teams who settle their team fees by week 4.

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 [insurance](#) page for full breakdown on the insurance provided by Arthur J Gallagher, or [contact us](#) for more details.

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 the field 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, before touching the ball on the full. This will result in a penalty on halfway.

KICK-OFF | 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 from the kicking team may compete for the kick-off but cannot make contact on a player from the receiving team.

As an issue of safety and to uphold the social nature of our game, if the ball is touched by any 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 on a defensive player 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.

Attacking players who initiate the touch must do so without excessive force to disadvantage a defender.

The ball carrier cannot ruck on a (*passive*) offside defender. Play will be stopped with the attacking team losing all momentum. Once the defence is onside, the attacking team will be able to play the ball. The stoppage will be added to the touch count.

THE RUCK

The ruck is the most important piece of play when obtaining field possession. The speed and precision of the ruck is dependent on all 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.

The play the ball over the mark is added to the touch count.

PLAYING THE BALL | BEFORE A TOUCH

Play the ball before initiating the touch or being touched by a defender will result in a restart of play at the point of the touch with the attacking team retaining possession. The attacking team loses all momentum.

Playing the ball before the touch is added to the touch count.

INCORRECT PLAY THE BALL

An incorrect play the ball is an infringement when attempting to play the ball. This results in a change of possession.

A play the ball error is when;

- the ball carrier does not place the ball between their legs to roll or step over,
- is not facing forward or 'square' to the ruck.
- loses control or drops of the ball when attempting to play the ball.
- kicks the ball (*out of the ruck*) in the process of rolling the ball.

Players who lose control of the ball after the touch and are not in the process of playing the ball will be permitted to re-roll the ball.

PLAY THE BALL | INSIDE THE OPPONENT'S 10M

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 cannot score.

The dummy half cannot 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 cannot kick the ball off the ground at the play the ball to avoid being touched. This will result in an immediate change over.

KICKING IN GENERAL PLAY

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

- Drop kicks in general play are considered a knock-on.
- A kick off the knee or thigh is classed as a knock-on and will result in a changeover.

KICKING | 20/10

A 20/10 is Kick It's equivalent of a 40/20 kick as seen in the NRL. To kick a 20/10, players must kick the ball from inside their own 20m and find touch inside their opponents 10m. 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 following a bounce*). This results in a 10m tap restart to the opposition team.

KICKING | OUT ON THE FULL

Kicking the ball out of play on the full results in a changeover and a roll ball re-start to the opposition team at the spot of the kick.

KICKING | INTO TOUCH

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

KICKING INSIDE THE OPPOSITION'S 5M

An attacking player cannot score off their own kick when inside the opponent's 5m or in-goal. This includes deflections off the leg when playing at the ball. A 5m line or marker will be visible for players.

Should the kicker retain possession following a kick inside the 5m, they must pass or kick to a teammate to score.

SCORING

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

Male tries are worth one point, while all female tries are worth two points.

INCORRECT GROUNDING

A player needs to re-grip the ball successfully should they lose control of the ball in the process of the grounding.

- A player cannot ground the ball while simultaneously touching the sideline or dead ball line. This is deemed outside the field of play and will result a 10m restart to the opposition team.

- A player can ground the ball short of the try line or slide into the in-goal to score provided they maintain control of the ball until the grounding in-goal.

When in the in-goal, a player in possession of the ball cannot deliberately roll or drop the ball backwards in an attempt for a team mate to score. For safety reasons, there must be a genuine attempt at a pass or kick. A deliberate roll or drop to score a try will result in a 10m tap to the opposition team.

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 may be applied to simultaneous touch pass/ kick situations when players contact the sideline or dead ball line and/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 forward's 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 takes possession or intercepts a forward pass.

PASSING | PASSIVE OFFSIDE DEFENDERS

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

PASSING | HITTING THE GROUND

Play will continue when the ball is passed or dropped into the ground and is backwards.

KNOCK ON & INTENTIONAL GROUNDING

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

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 next touch or grounding of the ball.

Players who juggle or bat the ball in any direction and re-gather are deemed to be in control of the ball and can be touched at any point by a defender.

Failure to re-gather the ball on a juggle is considered a loss of control and is a knock on.

Drop kicks and kicks off the knee are classed as knock-ons. Players need to maintain control of the ball through the process of kicking.

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

Following an infringement, 'advantage' is the opportunity a team in possession has to promote the ball and gain sufficient territory following an infringement. Referee discretion applies.

ADVANTAGE TAKEN

Advantage taken is when the team in possession travels 10m or more in a forward's direction from the spot of the original infringement and/or gains a considerable advantage by passing or kicking the ball, or promotes the ball beyond their opponent's dead-ball line.

The touch continues when advantage is taken.

ADVANTAGE NOT TAKEN

Advantage taken is not taken when the team in possession doesn't travel 10m with the ball or gain an advantage.

'Six again' can be applied by the referee and the team in possession will receive a new set of six touches. Alternatively, a penalty may be awarded to the attacking team.

Advantage is over when the ball is grounded (or made dead) by a player on the infringing team.

"SIX AGAIN"

'Six again' is when the referee rewards the team in possession with a fresh set of six touches when advantage cannot be played following a defensive infringement.

'Six again' can be applied to advantage situations such as offside, shadowing, ruck or play the ball infringements, yes/no touch, phantom touch, or minor contact.

In most cases, a 'six again' call will allow play to flow rather than concede a play stoppage and a penalty.

"PLAY THROUGH"

A player in possession of the ball can take advantage and "play through" from a touch made by an offside defender. Typically, a referee will call "play on" or "play through" following the touch by the defender.

Advantage is deemed to be taken when the ball carrier can promote the ball 10m in a forward's direction. Referee discretion applies.

Should the attacking team not gain advantage, the referee will call "6 again" with the team in possession receiving a fresh set of six touches with play allowed to continue. (*See more – defence, setting the mark*)

TOUCH IN GOAL 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 disadvantages 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 must stay in-line or behind the ball carrier. 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.

OFFSIDE | IN ATTACK

Players on the attacking team are deemed offside if they are in front of the play the ball on any given touch. This results in an immediate penalty to the defensive team.

To get onside and take part in the play, attacking player who is offside must then step behind the play the ball.

REFEREE OBSTRUCTION & CONTACT

When the ball contacts a referee, play is stopped, and the attacking team will retain possession at the point the ball touched a referee. The attacking team will not lose a touch on the ensuing play the ball.

Player/referee contact may occur when a referee inadvertently obstructs a player from making a touch or grabbing a loose ball. In most cases, the referee cannot disappear and is not at fault.

In the fairness of play and at the referee's discretion, the official may choose to re-start the play at the point of the obstruction. The attacking team will retain possession and not lose a touch on the ensuing 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 on the 10m line, five metres in from the touch line.

Roll Ball: A roll ball will be ordered when there are minor infringements in the field of play such as a knock on, forward pass or 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, holding players
- **Dangerous contact.**
 - Kicking, kicking in danger, tripping, sliding, or deliberate ankle tapping
 - 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 an altercation.

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.

CONTESTED POSSESSION

A contested possession is when two or more players are equal distance from a loose ball and are competing for possession.

It's important in a contested possession situation that players involved use their hands to make a play on the ball. Kicking or striking at the ball or making contact with another player could be penalised a deemed dangerous play/contact.

A contested possession infringement will result in a penalty against the offending team.

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, an incorrect substitution 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

MAKING THE TOUCH

A 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.

'YES', 'NO' TOUCH

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

If a 'yes', 'no' touch disadvantage the team in possession, advantage will be played.

The attacking team in will receive a fresh set of six or a penalty if advantage isn't taken.

PHANTOM TOUCH

A phantom touch is when a defender claims to of made a touch, only to clearly miss the player in possession. Referee discretion applies.

A phantom touch will result in a penalty against 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”

Kick It chooses not to apply the ‘no touch’ rule as seen in traditional Touch Football.

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 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 keep the game flowing and remain as close to Rugby League as possible.

When 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 play the ball or dummy half.

If a defender clearly impacts the play the ball, ruck or contacts the dummy half, advantage will be given to the attacking team.

Provided play doesn’t breakdown, ‘six again’ will be given to the attacking team. Should the play break down from a ruck infringement, the attacking team will receive a penalty.

PLAY THE BALL INFRINGEMENTS

A defender cannot limit the ball carrier or cause them to lose 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 lower arm (below elbow).

Advantage will be given to the team in possession in the event defenders limit or slow down the play the ball. The attacking team in will receive a fresh set of six or a penalty if advantage isn’t taken.

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.

ADVANCING OFF THE MARK

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

When on the goal line, defenders are required to move 5m off the line and will be prompted by the referee.

Defenders only need one foot on the goal line, or the mark set by the referee.

ADVANCING OFF THE MARK | 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 path of the player in possession) before getting onside.

Defenders who shadow may receive a warning, followed by a 'six again' call or a penalty against their team. 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 with **two** feet are on or behind the try line or are touched while in the air after jumping from the in-goal.

- When a player in possession is on the ground, they will be ruled to be touch in-goal by the position of the ball.

- When player has one foot in the field of play, they cannot be touched in-goal.

DEFENDING AGAINST THE KICK

A touch cannot be made once the player in possession releases the ball from their hands to kick.

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 forwards in the direction 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.

Types of contact following a kick;

- Multiple defenders 'closing the gap' on the kicker.
- Striking/blocking the ball and inadvertently tripping the kicker.
- Running the kicker off the ball and making contact following a kick.

Advantage can be played for contact following a kick. The referee may award the attacking team with six again or a penalty if advantage isn't taken.

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.

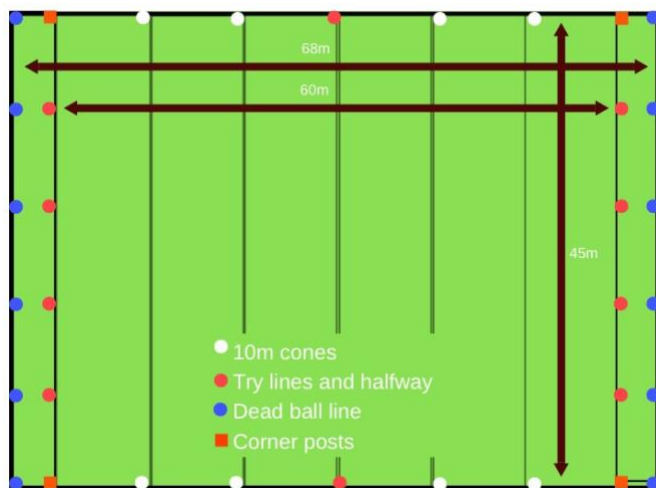
KICK IT TOUCH FOOTBALL

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 teams must have a minimum of two (2) girls on the field at any given time.

FIELD DIMENSIONS



A Kick It Touch field is between 55-70m long and 40-50m wide with 3-5m in-goals.

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

THE FIELD OF PLAY

The field of play is inside the sidelines (*white*) and dead ball lines (*blue*). Touching these lines with a body part is deemed outside the field of play.

The in-goal is from the try line (*red*) to the start of the dead ball line. The try line is part of the in-goal. The dead ball line is not part of the in-goal and is deemed outside the field of play.

INTERCHANGE

- Teams are entitled to unlimited interchanges.
- Players must interchange within a 10m distance avoid disadvantaging the opposition team during play or on the same side of the field during a stoppage.
- Players cannot take the field and significantly disadvantage the opposition team during the same play.

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) regular players who are on their team list before half time.
- A 3-0 victory to the opposition will be recorded 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.
- Early notice forfeits result a 3-0 win to the opposition, while no-notice forfeits will result in a 5-0 loss.

COMPETITIONS AND FINALS

Kick It Touch will endeavour to run four (4), 10-game seasons each year. Outlined below is a typical competition structure for all venues. All teams play in finals weeks regardless of standings.

Game 1 (week 1) – Grading

Game 2-8 (week 2-8) – fixtures

Game 9-10 (week 9-10) – finals

Please check the 'season info' tab on your venue page for a full breakdown competition and final's structure.

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 competition 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)*

'Alternate' finals *(for bigger divisions)* mimic the first round of the NRL's finals system. The top eight (8) teams will progress through to finals and will be separated into a top four and bottom four playoff bracket.

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

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 are worth 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 win = 3 Points.

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.

- Runners and sand shoes are allowed
- Moulded and Plastic tagged boots accepted.
- Metal tags, running spikes, cricket/golf shoes, sandals/flip flops etc are not permitted.
- 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 with numbers.

Our team wear partner Kropp Sport will be able to help your team out with team shirts/singlets from \$30. Shorter turnaround options are available. Contact your venue manager for more information.

Bonus competition points may be allocated for correct team wear throughout the 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 the end of week 4. Visit the [Payment Portal](#) for all debt and credit payment options.

- Two bonus competition points will be allocated to teams who settle their team fees prior to week 2.
- One bonus competition point will be allocated to teams who settle their team fees by week 4.

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 [insurance](#) page for full breakdown on the insurance provided by Arthur J Gallagher, or [contact us](#) for more details.

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 the field 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, before touching the ball on the full. This will result in a penalty on halfway.

KICK-OFF | 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 from the kicking team may compete for the kick-off but cannot make contact on a player from the receiving team.

As an issue of safety and to uphold the social nature of our game, if the ball is touched by any 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 on a defensive player 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.

Attacking players who initiate the touch must do so without excessive force to disadvantage a defender.

The ball carrier cannot ruck on a (*passive*) offside defender. Play will be stopped with the attacking team losing all momentum. Once the defence is onside, the attacking team will be able to play the ball. The stoppage will be added to the touch count.

THE RUCK

The ruck is the most important piece of play when obtaining field possession. The speed and precision of the ruck is dependent on all 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.

The play the ball over the mark is added to the touch count.

PLAYING THE BALL | BEFORE A TOUCH

Play the ball before initiating the touch or being touched by a defender will result in a restart of play at the point of the touch with the attacking team retaining possession. The attacking team loses all momentum.

Playing the ball before the touch is added to the touch count.

INCORRECT PLAY THE BALL

An incorrect play the ball is an infringement when attempting to play the ball. This results in a change of possession.

A play the ball error is when;

- the ball carrier does not place the ball between their legs to roll or step over,
- is not facing forward or 'square' to the ruck.
- loses control or drops of the ball when attempting to play the ball.
- kicks the ball (*out of the ruck*) in the process of rolling the ball.

Players who lose control of the ball after the touch and are not in the process of playing the ball will be permitted to re-roll the ball.

PLAY THE BALL | INSIDE THE OPPONENT'S 10M

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 cannot score.

The dummy half cannot 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 cannot kick the ball off the ground at the play the ball to avoid being touched. This will result in an immediate change over.

KICKING IN GENERAL PLAY

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

- Drop kicks in general play are considered a knock-on.
- A kick off the knee or thigh is classed as a knock-on and will result in a changeover.

KICKING | 20/10

A 20/10 is Kick It's equivalent of a 40/20 kick as seen in the NRL. To kick a 20/10, players must kick the ball from inside their own 20m and find touch inside their opponents 10m. 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 following a bounce*). This results in a 10m tap restart to the opposition team.

KICKING | OUT ON THE FULL

Kicking the ball out of play on the full results in a changeover and a roll ball re-start to the opposition team at the spot of the kick.

KICKING | INTO TOUCH

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

KICKING INSIDE THE OPPOSITION'S 5M

An attacking player cannot score off their own kick when inside the opponent's 5m or in-goal. This includes deflections off the leg when playing at the ball. A 5m line or marker will be visible for players.

Should the kicker retain possession following a kick inside the 5m, they must pass or kick to a teammate to score.

SCORING

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

Male tries are worth one point, while all female tries are worth two points.

INCORRECT GROUNDING

A player needs to re-grip the ball successfully should they lose control of the ball in the process of the grounding.

- A player cannot ground the ball while simultaneously touching the sideline or dead ball line. This is deemed outside the field of play and will result a 10m restart to the opposition team.

- A player can ground the ball short of the try line or slide into the in-goal to score provided they maintain control of the ball until the grounding in-goal.

When in the in-goal, a player in possession of the ball cannot deliberately roll or drop the ball backwards in an attempt for a team mate to score. For safety reasons, there must be a genuine attempt at a pass or kick. A deliberate roll or drop to score a try will result in a 10m tap to the opposition team.

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 may be applied to simultaneous touch pass/ kick situations when players contact the sideline or dead ball line and/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 forward's 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 takes possession or intercepts a forward pass.

PASSING | PASSIVE OFFSIDE DEFENDERS

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

PASSING | HITTING THE GROUND

Play will continue when the ball is passed or dropped into the ground and is backwards.

KNOCK ON & INTENTIONAL GROUNDING

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

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 next touch or grounding of the ball.

Players who juggle or bat the ball in any direction and re-gather are deemed to be in control of the ball and can be touched at any point by a defender.

Failure to re-gather the ball on a juggle is considered a loss of control and is a knock on.

Drop kicks and kicks off the knee are classed as knock-ons. Players need to maintain control of the ball through the process of kicking.

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

Following an infringement, 'advantage' is the opportunity a team in possession has to promote the ball and gain sufficient territory following an infringement. Referee discretion applies.

ADVANTAGE TAKEN

Advantage taken is when the team in possession travels 10m or more in a forward's direction from the spot of the original infringement and/or gains a considerable advantage by passing or kicking the ball, or promotes the ball beyond their opponent's dead-ball line.

The touch continues when advantage is taken.

ADVANTAGE NOT TAKEN

Advantage taken is not taken when the team in possession doesn't travel 10m with the ball or gain an advantage.

'Six again' can be applied by the referee and the team in possession will receive a new set of six touches. Alternatively, a penalty may be awarded to the attacking team.

Advantage is over when the ball is grounded (or made dead) by a player on the infringing team.

"SIX AGAIN"

'Six again' is when the referee rewards the team in possession with a fresh set of six touches when advantage cannot be played following a defensive infringement.

'Six again' can be applied to advantage situations such as offside, shadowing, ruck or play the ball infringements, yes/no touch, phantom touch, or minor contact.

In most cases, a 'six again' call will allow play to flow rather than concede a play stoppage and a penalty.

"PLAY THROUGH"

A player in possession of the ball can take advantage and "play through" from a touch made by an offside defender. Typically, a referee will call "play on" or "play through" following the touch by the defender.

Advantage is deemed to be taken when the ball carrier can promote the ball 10m in a forward's direction. Referee discretion applies.

Should the attacking team not gain advantage, the referee will call "6 again" with the team in possession receiving a fresh set of six touches with play allowed to continue. *(See more – defence, setting the mark)*

TOUCH IN GOAL 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 disadvantages 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 must stay in-line or behind the ball carrier. 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.

OFFSIDE | IN ATTACK

Players on the attacking team are deemed offside if they are in front of the play the ball on any given touch. This results in an immediate penalty to the defensive team.

To get onside and take part in the play, attacking player who is offside must then step behind the play the ball.

REFEREE OBSTRUCTION & CONTACT

When the ball contacts a referee, play is stopped, and the attacking team will retain possession at the point the ball touched a referee. The attacking team will not lose a touch on the ensuing play the ball.

Player/referee contact may occur when a referee inadvertently obstructs a player from making a touch or grabbing a loose ball. In most cases, the referee cannot disappear and is not at fault.

In the fairness of play and at the referee's discretion, the official may choose to re-start the play at the point of the obstruction. The attacking team will retain possession and not lose a touch on the ensuing 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 on the 10m line, five metres in from the touch line.

Roll Ball: A roll ball will be ordered when there are minor infringements in the field of play such as a knock on, forward pass or 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, holding players
- **Dangerous contact.**
 - Kicking, kicking in danger, tripping, sliding, or deliberate ankle tapping
 - 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 an altercation.

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.

CONTESTED POSSESSION

A contested possession is when two or more players are equal distance from a loose ball and are competing for possession.

It's important in a contested possession situation that players involved use their hands to make a play on the ball. Kicking or striking at the ball or making contact with another player could be penalised a deemed dangerous play/contact.

A contested possession infringement will result in a penalty against the offending team.

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, an incorrect substitution 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

MAKING THE TOUCH

A 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.

'YES', 'NO' TOUCH

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

If a 'yes', 'no' touch disadvantage the team in possession, advantage will be played.

The attacking team in will receive a fresh set of six or a penalty if advantage isn't taken.

PHANTOM TOUCH

A phantom touch is when a defender claims to of made a touch, only to clearly miss the player in possession. Referee discretion applies.

A phantom touch will result in a penalty against 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”

Kick It chooses not to apply the ‘no touch’ rule as seen in traditional Touch Football.

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 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 keep the game flowing and remain as close to Rugby League as possible.

When 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 play the ball or dummy half.

If a defender clearly impacts the play the ball, ruck or contacts the dummy half, advantage will be given to the attacking team.

Provided play doesn’t breakdown, ‘six again’ will be given to the attacking team. Should the play break down from a ruck infringement, the attacking team will receive a penalty.

PLAY THE BALL INFRINGEMENTS

A defender cannot limit the ball carrier or cause them to lose 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 lower arm (below elbow).

Advantage will be given to the team in possession in the event defenders limit or slow down the play the ball. The attacking team in will receive a fresh set of six or a penalty if advantage isn’t taken.

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.

ADVANCING OFF THE MARK

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

When on the goal line, defenders are required to move 5m off the line and will be prompted by the referee.

Defenders only need one foot on the goal line, or the mark set by the referee.

ADVANCING OFF THE MARK | 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 path of the player in possession) before getting onside.

Defenders who shadow may receive a warning, followed by a 'six again' call or a penalty against their team. 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 with **two** feet are on or behind the try line or are touched while in the air after jumping from the in-goal.

- When a player in possession is on the ground, they will be ruled to be touch in-goal by the position of the ball.

- When player has one foot in the field of play, they cannot be touched in-goal.

DEFENDING AGAINST THE KICK

A touch cannot be made once the player in possession releases the ball from their hands to kick.

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 forwards in the direction 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.

Types of contact following a kick;

- Multiple defenders 'closing the gap' on the kicker.
- Striking/blocking the ball and inadvertently tripping the kicker.
- Running the kicker off the ball and making contact following a kick.

Advantage can be played for contact following a kick. The referee may award the attacking team with six again or a penalty if advantage isn't taken.

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.