

# ADULTS RULEBOOK



  
***kick it***

UPDATED 2026

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# THE GAME

The Kick It Touch adults rule book is applied to all adults competitions and representative matches.

## **Game Duration:**

40 minutes | 2x 20-minute halves.

## **Team numbers:**

Teams will take the field with a maximum of seven players. A minimum of two girls must be on the field in mixed games. *Toowong location is 6-aside.*

## **Constituting a game:**

Teams will take the field with a minimum of five players listed on their team list to constitute a game.

Mixed teams will consist of a minimum of one female player.

A 5-0 loss is recorded for team forfeits or ineligible teams.

## **Interchange:**

Teams are entitled to unlimited interchanges. Interchanging players must be within 10m of each other.

## **Try scoring**

Female tries are worth 2-points.

Male tries are worth 1-point.

# FINALS | ELIGIBILITY

Each player is required to play a minimum of three trial or fixture games throughout the season, 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**

The top four teams in each division will progress through to finals.

Week 9: Semi-final: 1v4 + 2v3.

Week 10: Grand Final: (semi-final winners play off)

### **Top Eight Finals**

Top eight finals structure is a simplified NRL finals consisting the top eight teams overall.

Teams are separated into a top four and bottom four playoff bracket.

Week 9: Semi-final: 1v4 + 2v3 and 5v8 + 6v7.

Week 10: Grand Final: (semi-final winners from both brackets)

Finals system may vary at each location.

*Please note, all teams play finals weeks regardless of standings or final match outcomes.*

# FINALS | EXTRA TIME

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

## **Format:**

Teams will start the extra time period with a full team of players.

Teams will begin to drop one male player off the field at one-minute intervals from the 3rd minute.

A minimum of four players will remain on the field at all times. Two players must be female in mixed matches.

## **Scoring:**

If a try is scored on the first attacking possession (*included is any repeat sets*), the opposition team will have one attacking set to equalise.

If no try is scored on the first attacking possession, the next try scored will win the match.

## **Notes:**

- An attacking set is over when possession is gained by the opposition team or the ball is made dead.
- All tries are worth 1-point
- Teams are entitled to unlimited substitutions.
- All existing rules remain in play during extra-time.

# OFFENCE

## KICK-OFF

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

### **An incorrect kick-off occurs when;**

- the kick doesn't travel 10m on the full
- the ball is kicked out of play on the full
- players of the kicking team are in front of the kicker.

**Result:** Penalty. Change of possession.

**Restart:** Tap on halfway.

Players of the receiving team are entitled to straddle the ball out of play by having a grounded body part outside the field play, before touching the ball.

Kick-off rules apply to goal line drop outs.

## RE-GAINING POSSESSION

The kicking team is allowed to re-gain possession from the kick-off provided it travels 10m on the full.

### **Safety:**

Zero contact is permitted by players on the kicking team in an attempt to re-gain possession of a kick-off.

The kicking team can regain the ball if the kick bounces over the sideline;

**Result:** Kicking team remains in possession.

**Restart:** Play the ball 5m in from the sideline.

Or if a kick bounces beyond the dead-ball line

**Result:** Drop out by the team receiving the kick-off

**Restart:** Goal line drop out.

### **Safety:**

A ball that is touched by any player before travelling 10m will still result in a penalty to the receiving team on halfway.

## PLAY THE BALL

Players are permitted to initiate the touch on a defensive player to start a ruck, without excessive contact.

Once a touch has been initiated, the player in possession must perform a play the ball on the mark at the point of the touch.

### **A correct play the ball includes;**

- placing the ball on the ground.
- stepping over the ball with one foot/leg.
- facing the opponents goal-line.
- Maintaining control of the ball.

A touch is counted following each correct play the ball.

The ball carrier can not baulk the play the ball to draw defenders offside.

**Result:** Play is stopped. Possession retained. Defence resets.

**Restart:** Play the ball.

**Note:**

Playing the ball with your foot is not required.

## INCORRECT PLAY THE BALL

**An incorrect play the ball occurs when the ball carrier;**

- places the ball to the side or doesn't step over the ball.
- is not facing towards the opponent's in-goal.
- loses control when attempting a play the ball .
- the ball rolls outside of the ruck following the play the ball
- the ball is kicked when attempting a play the ball.

**Result:** Change of possession.

**Restart:** Play the ball.

Players who lose control of the ball before starting the process of playing the ball will be permitted to re-roll the ball.

**Result:** Possession retained

**Restart:** Play the ball

*Referee discretion applies.*

## OVER THE MARK

‘Over the mark’ is when a player in possession has taken more than one step in any direction following the point of the touch.

**Result:** Play stopped. Possession retained. Defence resets.

**Restart:** Play the ball on the mark.

## NO TOUCH

An attacking player who plays the ball before initiating the touch, or is touched by a defender.

**Result:** Play stopped. Possession retained. Defence resets.

**Restart:** Play the ball on the mark.

## INSIDE THE OPPONENT'S 10M

Following a touch, the ball carrier is entitled to take the spot of the play the ball backwards up to 10m when attacking the opponents' goal line.

The play the ball must stay in-line with the touch.

## DUMMY HALF

The dummy half can't score and can't be touched in possession of the ball.

### **Dummy half infringement;**

**Result:** Change of possession.

**Restart:** Play the ball.

### **Safety:**

Contested possession rules apply to a dummy half who kicks off the ground in the ruck to avoid a touch.

## DUMMY HALF | PASSIVE DEFENDERS

The onus is on the dummy half to avoid passive, offside defenders outside of the ruck.

The dummy half receives no incentive by deliberately passing or running into a passive offside defender.

**Result:** Play on

### **Note:**

A passive defender is defined as someone who is retreating to get onside in a straight line and is out of the play.

*Referee discretion applies.*

## FORWARD PASS

A pass that is propelled towards the opponent's in-goal and is forward out of the hands of the ball carrier.

**Result:** Change of possession

**Restart:** Play the ball.

A pass that travel forwards with momentum, but is passed backwards out of the hands is permitted.

**Note:**

Advantage can be played by the opposition team if possession is taken following a forward pass.

## PASSING | THE GROUND

The ball is permitted to hit the ground without a stoppage in play.

The attacking team can play-on if the ball hits the ground and travels backwards.

The defensive team can take possession of a loose ball and allow play to continue.

## KNOCK ONS

A knock-on is ruled when the ball lost out of the hands in a forward direction towards the opponent's goal line, and touches the ground, another player or referee.

**Result:** Change of possession

**Restart:** Play the ball

A double knock-on is when players from two different teams knock-on in the same play with no advantage played. The first infringement is resulted.

**Result:** First knock-on, change of possession.

**Restart:** Play the ball.

### Notes:

- Advantage can be played by the opposition team following a knock-on.
- A player who loses control and gets their foot to the ball before it hits the ground is considered a kick, and not a knock-on.

## MAINTAINING CONTROL

The ball carrier can be touched by a defender when in the process of juggling the ball or when attempting to take possession.

**Result:** Touch.

**Restart:** Play the ball on the mark.

The touch will only count if the ball carrier maintains possession through the juggle in attempting to take possession. If a knock-on occurs;

**Result:** Change of possession

**Restart:** Play the ball.

**Note:**

Play will continue if there is no touch made by a defender.

The ball carrier is not permitted to deliberately pass over a defender and re-gain possession to avoid a touch.

**Result:** Penalty. Change of possession.

**Restart:** Tap.

## KICKING | GENERAL PLAY

Players are permitted to kick the ball any height and on any touch in during play.

Players can score off their own kick when outside the opponent's 5m line.

**An incorrect kick is considered by;**

- a kick off the knee or thigh.
- a drop kick in general play.

**Result:** Knock-on. Change of possession

**Restart:** Play the ball.

**Note:**

A kick off the shin is permitted.

Soccering the ball is permitted in open space.  
Contested possession rules apply.

## 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 opponent's 10m.

**Result:** Six again attacking team.

**Restart:** 10m tap (*near sideline*)

## KICKING | INTO TOUCH

Kicking the ball into touch occurs when the ball bounces over the sideline following a kick.

**Result:** Change of possession.

**Restart:** Play the ball (*near sideline*)

## KICKING | OUT ON THE FULL

Play is taken back to the spot of the kick that lands over the sideline on the full.

**Result:** Change of possession.

**Restart:** Play the ball.

## KICKING | DEAD IN-GOAL

Kicking the ball dead in-goal occurs when a player kicks a ball beyond the dead ball line after bouncing or on the full.

**Result:** Change of possession.

**Restart:** 10m tap (*from centre*).

## KICKING | 5M ZONE

When inside the opponent's 5m zone, an attacking player **can not** score from their own kick.

This includes secondary kicks and deflections off the legs when inside the 5m. Discretion applies.

### **5m zone infringement;**

**Result:** No try, change of possession.

**Restart:** 10m tap (*from centre*).

The referee will communicate 'inside' or 'outside' based on the location of the kick.

### **Notes:**

- A kicker's position will be judged by their non-kicking leg.
- 5m line will be visible to all players.
- All existing rules apply.

## SCORING | GROUNDING

A player can score a try by placing the ball in their opponent's in-goal with downward pressure, while maintaining control of the ball.

A grounding can only occur with the hands, arms, chest or stomach.

The ball carrier can ground the ball short of the try line and maintain possession, or slide into the in-goal to score provided they maintain control of the ball through the entire process.

### **Note:**

A corner post is considered part of the field of play and can be touched when attempting to score.

## INCORRECT GROUNDING

**An incorrect grounding is when an attacking player;**

- loses control of the ball.
- applies no downward pressure.
- simultaneously touches the sideline or dead ball line when attempting a grounding.
- grounds the ball outside the field of play.

**Result:** Change of possession.

**Restart:** 10m tap.

## IN-GOAL | ROLLING THE BALL

An attacking player can not deliberately roll the ball along the ground in the in-goal for a teammate to score.

**Result:** Change of possession.

**Restart:** 10m tap.

### **Safety:**

A genuine attempt at a pass or kick is required to limit the possibility of contact in-goal.

## TOUCH IN-GOAL

A player in possession of the ball is ruled to be touched in-goal when two feet are on or behind the try line at the point of the touch.

A player who has jumped from the in-goal and is touched in the air will be considered in-goal.

The ball carrier needs one foot in the field of play to be considered in the field of play.

The position of the ball carrier is judged by their feet or forward most grounded body part, and not by the position of the ball.

Catching a ball in-goal on the full will result in a 10m tap restart.

## OFFSIDE

In general play, attacking players must be behind the ball to be considered onside.

Players need both feet behind the ball at the point of a pass, kick or lost ball.

**If a player is deemed offside and is active in the play;**

**Result:** Penalty. Change of possession.

**Restart:** Tap

Players who are in front of the ball, and are passive are considered out of play and will not be penalised.

Passive offside players must stay outside 10m from the ball or ball carriers on any touch.

## OFFSIDE | PLAY THE BALL

Attacking players must be behind the play the ball on any touch to be considered onside.

Players who are in front of the play the ball, and make a play on the ball or ball carrier will be penalised.

**Result:** Penalty. Change of possession.

**Restart:** Tap

Attacking players need both feet behind the play the ball to be judged onside.

## OFFSIDE | IN-GOAL

An attacking player is not offside in their own in-goal when supporting a pass or kick, or when taking possession of a loose ball.

Both the ball carrier and supporting player must have two feet in-goal to take possession of the ball.

Supporting players who are in the field of play or only have one foot on or behind the try line are considered offside.

All existing rules apply in-goal.

## ADVANTAGE

Following an infringement by the attack team, 'advantage' can be given to the opposition to take possession of the ball and 'play on' without a stoppage in play.

### **Free Pass Play**

The team in possession will receive one free passing play to promote the ball forward. The touch count will start at 'zero'.

For play to continue, the team in possession must be in a better position than the spot of the original infringement.

## NO ADVANTAGE

Advantage is over if possession is lost, no ground is gained or a kick is performed and doesn't travel more-than 10m from the spot of the original infringement.

**Result:** Possession is retained by team playing advantage.

**Restart:** Play the ball.

The position of the play the ball is based on the spot of the original infringement (*inside 10m*) or where advantage is over.

Pass play advantage is over when possession is lost. The position of the ensuing play the ball is where possession is lost.

## ADVANTAGE TAKEN

Advantage is considered taken for any kick that is performed or travels 10m from the spot of the original infringement.

The referee will call 'advantage taken'.

*Discretion applies.*

Pass play advantage taken is when the team in possession is touched and is in a better position than the original infringement.

Any subsequent infringements by the team in possession will count after taking advantage.

## ADVANTAGE | 'SIX AGAIN'

Following a defensive infringement, 'advantage' can be played with the attacking team receiving a new set of six touches.

'Six again' can be applied to defensive infringements such as offside, shadowing, ruck infringements, yes/no touch calls or phantom touches.

The 'six again' advantage allows play to continue following minor defensive infringements. Touch count starts at zero.

A penalty is awarded when advantage is lost or the play breaks down.

## ADVANTAGE | PLAY THROUGH

An attacking player can take advantage and 'play through' a touch made by an offside defender.

Advantage is over if the attacking player performs a play the ball, stops moving, makes contact with a defender or loses possession when taking advantage.

**Result:** Penalty to attacking team.

**Restart:** Tap

### **Notes:**

- Typically, a referee will call "play on" or "play through" following a touch by an offside defender.
- The ball carrier can not run through an offside defender.

## PENALTY TRY

A penalty try occurs when there is an infringement by a defensive player, that is either dangerous to or deliberately prevents an attacking player from scoring.

To be considered a penalty try, the referee must determine that if not for the actions of the offending player, a try is likely to be scored.

Players are strongly encouraged to uphold sportsmanship to help avoid penalty try or professional foul situations.

No extra points are awarded for a penalty try.

### **Notes:**

- See professional foul (p36).
- Referee discretion applies.

## BENEFIT OF THE DOUBT

Benefit of the doubt favours the attacking team.

Benefit of the doubt can be applied to touch/pass, touch/kick or try situations where there is a simultaneous grounding and touch made.

The referee may use benefit of the doubt in situations where they are unsighted on a call.

*Discretion applies.*

## OBSTRUCTION

Obstruction is when a player in possession of the ball runs behind one of their own teammates and disadvantages an approaching defender.

**Result:** Penalty. Change of possession

**Restart:** Tap

Minor obstructions may result in the offending player surrendering the touch and receiving a warning.

In loose ball situations, players are entitled to hold their position, but must not deliberately change their line or make contact with an opposition player to cause a disadvantage.

**Result:** Penalty. Change of possession

**Restart:** Tap

## REFEREE OBSTRUCTION

Referee obstruction is when a the ball or a player contacts referee in general play or on kick-off.

Play is stopped. Possession is retained by the attacking team at the spot of the referee infringement.

A touch is not lost for referee obstruction.

## TAP RESTART

A tap restart is when a player uses their foot to ‘tap’ the ball, with play able to continue.

The ball carrier must wait for the referee’s whistle to tap a ball.

### **Note:**

A player doesn’t need to release the ball from their hands to tap.

## QUICK TAP RESTART

A quick tap is allowed on 10m re-starts, following an in-goal infringements.

The ball carrier must run to the centre mark on the 10m line, wait for the referee’s whistle and use their foot to tap the ball.

A quick tap won’t be permitted if there is a pass or kick in an attempt to get to the 10m line.

## QUICK PLAY THE BALL

A ‘step over’ play the ball is permitted on a change of possession restart that result in a play the ball.

The ball must be stationary and on the correct mark. The referee must be in position to allow to restart.

The referee will often prompt ‘step over’ for play to restart.

## ATTACKING ONUS

When attacking inside the opponent's 10m, the onus is on the team in possession to play.

The referee may warn against slow play inside the 10m, and prompt the attacking team to 'use the ball'.

Repeated periods of slow play inside the 10m will result in a change of possession.

Referee discretion applies.

## INTENTIONAL GROUNDING

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

### **Safety:**

The referee will call a touch immediately.

# DEFENCE

## THE MARK

The mark set by the referee following each touch is 8m.

All defenders must retreat to the mark set by the referee to be judged onside.

The defence can move off the mark once the ball has been tapped to restart play, or released in the play the ball.

Defenders require one foot in-line with the referee or one foot the goal line to be considered onside.

When the mark is the goal-line, one defender, often the 'A' defender is required to continue moving up to promote play.

## THE MARK | NO DUMMY HALF

An attacking player who significantly delays the play the ball to wait for a dummy half will receive a prompt by the referee to play the ball.

The referee may provide a secondary prompt the defence to leave the mark early.

*Referee discretion applies.*

## MAKING A TOUCH

A legitimate touch by a defender can only be made with the hands or arms.

Defenders are encouraged to shout 'touch' when a touch has been made.

Under no circumstance can a defender attempt to or accidentally make a touch using their body or legs/foot.

This is not considered a touch and can be dangerous contact.

## TOUCH INFRINGEMENTS

### **'Yes', 'No' touch**

A 'yes', 'no' touch is when a defender calls "yes", only to miss the touch, then "no", often disadvantaging the ball carrier.

**Ruling:** A team warning for first team infringement. A 'Six Again' penalty is awarded following a second offence.

### **Phantom Touch**

A phantom touch is when a defender claims to make a touch, only to clearly miss the player in possession.

**Ruling:** A penalty is awarded to the team in possession.

**Restart:** Tap

*Referee discretion applies.*

# TOUCH INFRINGEMENTS

## **Two handed push**

A defender who attempts to make a two-handed touch and pushes the ball carrier off the mark.

**Ruling:** A team warning for first and minor offence. A 'Six Again' or penalty following a second team offence.

## **Touch on the ball or lower arm**

A direct or deliberate touch on the ball or lower arm of the ball carrier, causing a loss of possession.

**Ruling:** A team warning for minor offences. A penalty is awarded if play breaks down.

## **Shooting defender contact**

Defenders who shoot off the line to make a touch must do so without heavy contact on the ball carrier.

**Ruling:** A team warning for first and minor offences. A penalty is awarded for second team offence.

## **Notes:**

- Defenders are entitled to 'square up' when making a touch, but can't contacting the ball carrier off the mark.
- Defenders are able to 'push off' when making a touch, but can't push the ball carrier off the mark in the process.
- The ball carrier can initiate the touch on a defender, but must do so without making excessive contact, or causing a disadvantage.

## CLEARING THE RUCK

Following a touch, defenders must clear the play the ball and the channel next to the ruck, to not impede the dummy half.

A ruck infringement where play is able to continue;

**Ruling:** “Six again” to the attacking team.

or, If play stops or breaks down;

**Ruling:** Penalty to the attacking team.

**Restart:** Tap.

### **Note:**

The referee will often provide a team warning for minor ruck infringements before penalising.

## SHADOWING

Shadowing is when a retreating defender changes their line to make a play on the ball carrier from an offside position.

**Ruling:** “Six again” to the attacking team, if play an continue.

Or, Penalty, if play breaks down.

The referee may provide a warning for minor shadowing on the first team offence.

## DEFENDING A KICK

The ball carrier can not be touched once they have released the ball from their hands to kick.

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

### **Types of contact following a kick;**

- Closing the gap on the kicker.
- Striking/blocking the kicker.
- Tripping or running the kicker off the ball.
- Incorrect jostling.

**Ruling:** Penalty against the defence.

**Result:** Tap.

## CHARGE DOWNS

A charge down is a deliberate downwards action with the arms to block a kick, and take possession of the ball.

Defensive players are entitled to block a kick with their hands or body, provided they do not make contact with the kicker or another attacking player.

A charge down is not considered a knock-on.

## PLAYING AT THE BALL

A defender is judged playing at the ball when there is a reaction or movement towards a pass or kick.

In a pass situation, this may include attempting a tag or accidentally touching the ball with their hands.

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

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

The attacking team will receive a new set of six touches if they regain possession following a defender playing at the ball.

## ANKLE TAPS

Defenders are entitled to make a diving touch on an attacking player.

Unnecessary ankle taps when there is no diving touch, or when a defender deliberately swipes at an attacking player's lower leg or foot is a dangerous form of contact.

**Result:** Penalty

**Restart:** Tap

## “NO TOUCH” & TOUCH PASS/KICK

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

In “no touch” and ‘touch pass’ situations;

**Ruling:** Play stops. The attacking team retains possession.

**Restart:** Play the ball on the mark.

The defence will have an opportunity to reset before play resumes.

# 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 uphold the social competition environment.

## **Types of contact:**

- Minor or accidental
- Dangerous contact
- Anti-Social Contact

**Ruling:** The referee will determine the severity of each infringement prior to making a decision.

## **First infringement.**

**Player warning:** Minor or accidental contact.

**Penalty:** Dangerous contact.

**Substitution/Send-off:** Deliberate dangerous contact, Anti-social behaviour.

## **Second infringement**

**Team warning:** Minor or accidental

**Penalty:** Minor or accidental (*repeat offending player*)

**Substitution/Send-off:** All dangerous contact, Anti-social behaviour.

## **Third Infringement:**

**Penalty:** All contact

**Substitution/Send-off:** All contact.

# TYPES OF CONTACT

## **Minor or accidental**

- Accidental collisions.
- Body contact.
- Pushing, slapping.
- Heavy handed touching.
- High touches (face and neck).
- Pushing, slapping.

## **Dangerous contact**

- Closing the gap or blocking the kicker.
- Contact on kickoffs.
- Incorrect jostling.
- Jersey grabbing or holding players back.
- Kicking in danger, kicking.
- Shooting defender contact.
- Tackling and shoulder charging.
- Tripping, sliding, or deliberate ankle tapping.

## **Anti-Social behaviour**

- Altercations between two or more players.
- Intimidation, baiting or bullying that may lead to an altercation.
- Physical assault.
- Threats or racism.

# CONTESTED POSSESSION

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

A duty of care of players in a contested possession situation use their hands to make a play on the ball.

Kicking, striking at the ball and/or making bodily contact with another player is considered dangerous and could result in injury.

**Ruling:** Penalty against first offending player.

**Restart:** Tap

Contested possession creates a blanket rule of no-kick/no-contact when two or more players are competing for a loose ball, often from different directions.

A contested possession is not considered when one player has a clear first play on a ball.

It's the duty of care of any secondary player not to make contact or put themselves in a dangerous position when making a play on the ball.

*Referee discretion applies on all contested possession situations.*

# PROFESSIONAL FOUL



A professional foul is the deliberate act of foul play that disadvantages the opposition team in general play or try scoring opportunities

A professional foul extends to deliberate contact in possible try scoring situations, incorrect substitutions and time wasting.

**Result:** Offending player is removed from the field for five (5) sets without a replacement. Penalty against the offending team.

**Restart:** Tap

At the completion of the fifth set, that player will be allowed to return to the field.

# RESPECT THE REFEREE

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.

# INSURANCE

Kick It Touch Football is not responsible for any injury or loss, whether bodily or to property.

Players accept that when participating in an adults 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 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.

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

# SAFETY



Players must wear enclosed footwear.

It is against Health and Safety regulations to let any player play barefoot, or any non-protective footwear.

- Runners and sand shoes are permitted.
- Moulded tag boots are allowed.
- Metal tags, running spikes, cricket/golf shoes, sandals/flip flops and socks is 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 or coach may instruct a player to leave the field to remove or tape a dangerous item if it poses a risk to other players.

# WET WEATHER



Kick It Touch Football is played in all conditions except thunderstorms or when it is unsafe to do so.

Venue managers will notify team captains when games will be postponed in extreme cases of weather.

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

No games are ever lost due to weather conditions or extraordinary circumstances.

Games are simply postponed to the following week or alternate date.

# GLOSSARY OF TERMS

## KEY PHRASES

**'A' defender:** The first defender off the ruck. Often the defender marking the first receiver.

**Advantage:** The ability to play on and gain ground following an infringement.

**Caught in-goal:** A defender who catches a kick on the full in-goal.

**Clear the ruck:** An instruction given to defensive players who may impede the play the ball, or dummy half.

**Double knock on:** A sequence of play where there is a knock on from both teams. The infringement goes against the first team to knock on.

**Dummy half:** Name given to the player who picks up the ball following the play the ball.

**Eight metres:** The mark set by the referee. Often doubles as a prompt by the referee to defenders.

**First receiver:** Name given to the player who receives the pass from the dummy half.

**Five and last:** Final touch call made by the referee.

**Gone:** A referee prompt in a close touch/pass or touch/kick situation for play to continue.

**Grounded:** A ball that is stationary or placed on the ground with downward pressure.

**Kicking in danger:** Kicking of the ball when two or more players are completing for a loose ball.

**In the juggle:** When an attacking player is touched while juggling or maintaining possession of the ball.

**Line's up:** Prompt made by the referee for defending players to make a line to be onside.

**Link:** Name given to a defender who is inside the winger on both sides of the field.

**Middle:** Name given to the two/three players inside the line defenders.

**Not played at:** A player who doesn't react or make a play on the ball.

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**On the mark:** An attacking player who has played the ball off the mark of the touch.

**One step:** A defender who is one step in front of the referee, one step is required to get onside.

**Out of play:** A player who is in front of the play the ball, an incorrect substitution or an offside defender who can't be active in the play, or contact the ball.

**Played at:** A player who does react or touches the ball.

**Play on:** A call made by the referee to prompt play to continue without a stoppage

**Play the ball/roll ball:** Following the touch, the ball carrier will place the ball on the group and step over the ball.

**Play Through:** A form of advantage when the attacking player can play on after a touch by an offside defender.

**Push off:** A defender who makes the touch and pushes backwards off the ball carrier while maintaining bent elbows.

**Shooter:** A defender who sprints off the mark.

**Six Again:** A new set of six touches given to the attacking team after an infringement by the defence.

**Simultaneous:** A close touch/pass, touch/kick or touch/grounding scenario that favours the attacking team.

**Step over:** Ability for an attacking player to step over a dead-ball to commence a play the ball.

**Square:** Ensuring the player playing the ball is facing straight, towards the opposition's in-goal.

**Square Up:** A defender who makes a touch directly in front of the ball carrier.

**Touch In-goal:** An attacking player is touched in their own in-goal area.

**Toucher:** Name given to the player who makes the last touch.

**Winger:** Name given to the defender closest to each sideline

**Use the ball:** A prompt by the referee for the attacking team to play on when attacking the opponent's goal-line

**Zero touch:** When playing advantage, the attacking team will start at zero touch. 43