



Jamaica Rugby Football Union

55 Slipe Road, Shop #13, Kingston 5
Tel: 876-631-3249. email: admin@jamaicarugby.org. website: jamaicarugby.org

Contributing to National Development.

JRFU TOUCH RUGBY LAWS

(Adapted from World Rugby Leisure Rugby Laws – Touch Rugby: www.world.rugby – tabs: The Game, Laws of the Game, Modified forms, touch rugby)

Law 1: THE GROUND

1.1 Surface of the playing enclosure

- (a) The surface must be deemed safe to play on.
- (b) The surface may be grass, sand, clay, snow or artificial grass. Match organisers may decide to use other surfaces provided they are suitable for purpose.

1.2 Dimensions of the field of play

Match organisers may decide the dimensions of the playing area according to competition, developmental and age grade requirements, but usually matches are played across one half of a Rugby pitch with the goal line and half way lines acting as touch lines. This will normally be 70m long from goal line to goal line and 50m wide from touch line to touch line. (refer to world rugby Leisure Rugby Laws... Touch Rugby)

1.3 Lines on the playing enclosure

Any extra markings required can be indicated by cones or other markings.

1.4 Objections to the ground

- (a) If either team has objections about the ground the captain must tell the referee before the match starts.
- (b) The referee or match organisers will attempt to resolve the issues but must not start a match if any part of the ground is considered to be dangerous.

Title: JRFU Touch Rugby Laws

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Law 2: THE BALL

2.1 The ball must conform to World Rugby Laws of the Game Law 2.

2.2 This will normally be a size 4. Match organisers may decide to use balls of up to size 5. Smaller sizes may be used for age grade and developmental purposes.

Law 3: NUMBER OF PLAYERS – THE TEAM

3.1 **Maximum:** Each team must have no more than six players on the playing area. Match organisers may vary the maximum numbers appropriate to the match, tournament or size of the playing area.

3.2 More than the permitted numbers

(a) At any time before or during a match a team captain may make an objection to the referee about the number of players in the opponent's team. As soon as the referee knows that a team has too many players, the referee must order the captain of that team to reduce the number appropriately. The score at the time of the objection remains unaltered. **Sanction: Penalty kick at the place where the game would restart.**

(b) Match organisers may decide on the maximum number of males on the playing area in mixed gender matches.

3.3 **Sent off for foul play:** A player sent off for foul play must not be replaced or substituted.

3.4 **Injured player:** If the referee decides – with or without the advice of a doctor or other medically qualified person – that a player is so injured that the player should stop playing, the referee should order that player to leave the playing area. The referee may also order an injured player to leave the field in order to be medically examined.

3.5 **Blood injury:** A player who has an open or bleeding wound must leave the playing area. The player may return only when the bleeding has stopped or controlled and covered.

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LAW 4: PLAYERS CLOTHING

4.1 A player wears a jersey, vest or t-shirt, shorts and appropriate footwear.

4.2 Additional items of clothing: A player may wear additional items of clothing as permitted by World Rugby Laws of the Game Law 4 and World Rugby Regulation 12 except shin pads. Match organisers may deem it appropriate to allow players to wear adequate protection from the environment. Match organisers may decide on the appropriate footwear to be worn.

4.3 Banned items of clothing

- (a) A player must not wear any item that is contaminated by blood.
- (b) A player must not wear any item that is sharp or abrasive.
- (c) A player must not wear any items containing buckles, clips, rings, zippers, screws, bolts or rigid material or projection not otherwise permitted under the World Rugby Laws of the Game Law 4.
- (d) A player must not wear jewellery such as rings or earrings.
- (e) A player must not wear gloves, but fingerless mitts may be permitted.
- (f) A player must not wear any item that is normally permitted by the World Rugby Laws of the Game Law 4, but, in the referee's opinion that is liable to cause injury to a player.

4.4 The referee has power to decide at any time, before or during the game, that part of a player's clothing is dangerous or illegal. If the referee decides that clothing is dangerous or illegal the referee must order the player to remove it. The player must not take part in the game until the items are changed or removed.

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LAW 5: TIME

5.1 Duration of the match: A match lasts no longer than 14 minutes actual time. A match is divided into two halves each of not more than 7 minutes actual time. Match organisers may vary the duration of the match appropriate to the match or tournament.

5.2 Half time: After half time the teams change ends. There is an interval of not more than two minutes. During the interval the teams, the referee and the assistant referees remain in the playing area. Match organisers may vary the duration of the half time.

5.3 The referee keeps the time but may delegate the duty to either or both the assistant referees and/or the official time-keeper if appointed.

5.4 Playing extra time: A game may last more than 14 minutes. Match organisers may decide to vary the playing of extra time for knock-out competitions.

Match organisers may decide for knock-out rounds that should a match be drawn at full time the following procedures may be followed until a golden try is scored:

- Each team shall lose one player before the start of extra time.
- Play immediately restarts with a tap from the centre of the half way line, by the team who won the toss at the start of the game.
- After two minutes the referee stops the game at the next tackle or when the ball next becomes dead. Each team then loses one player. This is repeated every two minutes until a golden try is scored which wins the game.
- The minimum number of players is 3. If a player is subsequently sent off or temporarily suspended that player's team forfeits the game.

5.5 Referee's right to end a match: Referees have the power to end matches at any time if they believe that play should not continue because it would be dangerous.

5.6 When time expires: If time expires and the ball is not dead the referee allows play to continue until the next turnover of the ball. If time expires and then a penalty kick is awarded, the referee allows play to continue.



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LAW 6: MATCH OFFICIALS

6.1 Every match is under the control of a referee. Additional persons, as authorised by the match organisers may include the assistant referees, reserve referee and/or reserve assistant referee.

6.2 Toss. The referee organises the coin toss to determine which team kicks off and in which direction. One of the captains tosses a coin and the other captain calls to see who wins the toss. The winner of the toss decides whether to kick off or to choose an end. If the winner of the toss decides to choose an end, the opponents must kick off and vice versa. (Other appropriate methods may be used.)

6.3 The referee may consult with assistant referees in regard to matters relating to their duties.

6.4 If a player is injured and continuation of play would be dangerous, the referee must blow the whistle immediately.

6.5 If the referee stops play because of player injury when an infringement has not occurred, play resumes with a ruck ball to the team in possession of the ball when play stopped. If neither team had possession the attacking team is awarded the ruck ball.

6.6 The ball carrier touching the referee

(a) If the ball carrier touches the referee and neither team gains an advantage, play continues. If either team gains an advantage in the field of play, the referee awards a ruck ball, ground touch or free pass to the team that last played the ball.

(b) If either team gains an advantage in in-goal, if the ball is in the possession of an attacking player, the referee awards a try where the contact took place.

(c) If either team gains an advantage in in-goal, if the ball is in the possession of a defending player, the referee awards a touch down where the contact took place.



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LAW 7: MODE OF PLAY

7.1 A match is started by a kick-off. After the kick-off, any player who is onside may take the ball and run with it. Any player may throw it. Any player may give the ball to another player. Any player may touch tackle a player holding the ball. Any player may ground the ball in in-goal. Whatever a player does must be in accordance with the World Rugby Leisure Rugby Laws.

7.2 If neither team was in possession, the team which is in the opposition half is awarded the ruck ball.

7.3 The ball must not be kicked in open play. Match organisers may permit kicking in open play, up to and including the fifth tackle.

(a) If the ball is kicked and caught by a player in the team that kicked the ball play continues as though the ball had been passed.

(b) If the ball is kicked and caught by a player in the team that did not kick the ball, turnover and play continues.

(c) If the ball is kicked and dropped by a player in the team that did not kick the when attempting to catch the ball, ruck ball to the team that kicked the ball at point where ball went to ground.

(c) If the ball is kicked and goes to ground, turnover, roll ball at the point where the ball was kicked.

7.4 Should an event occur which is not covered by the World Rugby Leisure Rugby Laws, play restarts with a ruck ball to the team last in possession of the ball.

LAW 8: ADVANTAGE

8.1 The Law of advantage takes precedence over most other Laws and its purpose is to make play more continuous with fewer stoppages for infringements. Players are encouraged to play to the whistle despite infringements from their opponents. When the result of an infringement by one team is that their opposing team may gain an advantage, the referee does not whistle immediately for the infringement.

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8.2 When referees are playing advantage they shall shout “Advantage!”. When referees determine that an advantage has been gained they shall shout “Advantage over!”.

8.3 If a team commits an offence and the non-offending team takes possession and gains an advantage the referee will allow the game to continue. If no advantage has been gained by the non-offending team, the ball will be returned back to the point of the original offence and the non-offending team will restart with a ruck ball or penalty kick. (example: drop ball, a knock-on or forward pass that’s intercepted)

LAW 9: METHOD OF SCORING

9.1 Try. When an attacking player is first to ground the ball in the opponents’ in-goal, a try is scored.

Value: 1 point. Match organisers may decide to vary the number of points awarded in mixed gender matches.

9.2 Penalty try. If a player would probably have scored a try but for foul play by an opponent, a penalty try is awarded.

Value: 1 point. Match organisers may vary the points system.

LAW 10: FOUL PLAY

10.1 Foul play is anything a person does within the playing enclosure that is against the letter and spirit of the World Rugby Laws of the Game. It includes obstruction, unfair play, repeated infringements, dangerous play, handing off a player and misconduct which is prejudicial to the game. **Sanction: Penalty kick at the place of infringement or where play would next restart**

10.2 All players must respect the authority of the referee. They must not dispute the referee’s decisions. They must stop playing at once when the referee blows the whistle except at starts and restarts. **Sanction: Penalty kick at the place of infringement or where play would next restart**



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10.3 Sanctions for infringements of foul play

(a) Any player who infringes the World Rugby Leisure Rugby Foul Play Law must be:

- admonished, and/or advised to be temporarily substituted
- cautioned and temporarily suspended (sin bin) for a period of 2 minutes playing time, or
- sent off.

The referee may choose to end a period of temporary suspension subject to advantage being given to the non-offending team (e.g., if the non-offending team scores, then this is seen as a fair sanction).

(b) A player who has been cautioned and temporarily suspended who then commits a second cautionable offence must be sent-off.

LAW 11: OFFSIDE

11.1 In general play, a player is offside if the player is in front of a team-mate who is carrying the ball, or in front of a team-mate who last played the ball. Offside means that a player is temporarily out of the game. Such players are liable to be penalised if they take part in the game before they have been put onside. **Sanction: Penalty kick**

LAW 12: BALL TO GROUND OR THROW FORWARD

12.1 When the ball is knocked backwards, forwards or sideways and touches the ground, the ball has gone to ground. Forward means towards the opposing team's dead ball line. **Sanction: Ruck ball awarded to the non-offending team if they do not obtain possession the ball and gain an advantage.**

12.2 A throw forward occurs when a player throws or passes the ball forward. **Sanction: Penalty kick (organizers may prefer turnover, ruck ball) awarded to the non-offending team.**



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12.3 Intentional knock or throw forward: A player must not intentionally knock the ball forward with hand or arm, nor throw forward. **Sanction: Penalty kick. A penalty try must be awarded if the offence prevents a try that would probably otherwise have been scored.**

LAW 13: STARTS & RESTARTS

13.1 A kick-off is used to start each half of the match. Restarts are taken as kick-offs and occur after a score. Match organisers may decide that kick-offs are:

- Tap kick
- Ground touch
- Free pass

13.2 Kick-offs at the start of each half and at restarts must be taken at or behind the centre of the half way line. The team that does not score restarts the game after the referee has signalled that play may resume. Match organisers may permit a drop-kick or punt kick for kick-offs and restarts. In these circumstances, for restarts, the team that scores will kick off.

13.3 All the opposing team must stand on or behind the 10-metre line. If they are in front of that line or if they charge before the ball is kicked, it is kicked off again.

LAW 14: BALL CARRIER GOES TO GROUND – NO TACKLE

14.1 If the ball carrier and the ball touch the ground, and the player loses possession of the ball, a ruck ball is awarded to the non-offending team if they do not secure the ball and gain an advantage.

14.2 If the ball carrier goes to ground and the ball does not touch the ground, then play continues.

14.3 If the ball carrier goes to ground and the ball touches the ground, but the carrier retains control of the ball, then play continues.



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LAW 15: TACKLE

15.1 A tackle occurs when the ball carrier is touched by an opposition player on any part of the body below the chest. Match organisers may decide to restrict body areas where touches may be made, particularly where there are mixed gender matches. **The tackler must not use excessive force when making a tackle. Sanction: Penalty kick.**

15.2 When players tackle an opponent the word "Touch!" must be called at the same time by that player. If the referee considers that a touch has not taken place the referee will call "Play on!". Following the sixth tackle, in succession, the opposition team will be awarded a ruck ball.

15.3 The tackler must not attempt to pull the ball from the ball carrier's hands and must not prevent the ball carrier from playing the ball. **Sanction: Penalty kick.**

15.4 If a defending player touches the ball in flight from a pass but does not gain possession, the attacking side retains the ball and the tackle count restarts. If the defending player or team-mate gains possession following the touch, the ball does not go to ground and they are onside, play continues.

15.5 Match organisers have three options for the application of World Rugby Leisure Rugby Laws following a tackle:

- (a) Ruck ball
- (b) Ground touch
- (c) Pass from the tackle

Following a tackle, match organisers may permit the tackled player to hold the ball between the legs or turn to hand the ball to a supporting player. **Sanction: Penalty kick.**

The ball must not move more than one metre from the mark in any direction. **Sanction: Penalty kick.**

15.6 No player may prevent the tackled player from placing the ball. **Sanction: Penalty kick.**

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15.7 Positions of players following a tackle

(a) Opposing players, including the tackler, must immediately retire five metres from the tackled player (match organisers may decide to vary this distance or the position of the tackler). If play continues before they do so they must continue to retire and not interfere with play or obstruct opponents. **Sanction: Penalty kick.**

(b) If the players are retiring and the ball carrying team move towards them and they have no opportunity to retire further they will not be penalised.

(c) The players may only move forward after the scrum half has played the ball.
Sanction: Penalty kick.

(d) If the scrum half does not take the correct position at a ruck ball within three seconds, the referee may indicate that the team not in possession may play the ruck ball.

15.8 The tackled player, facing the opponents' goal line, must place the ball between the legs. **Sanction: Ruck ball to the non-offending team.**

15.9 A player cannot conduct a ruck ball without having been touched by an opposition player. **Sanction: Penalty kick**

15.10 A tackled player must stop and ruck the ball at the place of the tackle. **Sanction: Return to the spot where the touch is made.**

15.11 A tackled player must not pass the ball after a touch has been made. The pass shall be allowed if the passer is deemed by the referee to be unable to stop the pass after being touched. **Sanction: Penalty kick.**

15.12 Player tackled near the goal line. If a player is touched within five metres of the goal line, the player must retire to five metres from the goal line to play the ruck ball. **Sanction: Replay the roll ball on the 5 meter line.**

15.13 Players may not feign a tackle. **Sanction: Penalty kick.**



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15.14 The player who picks up the ball after a ruck ball is known as the scrumhalf. If an opponent tackles the scrum half in possession of the ball, the opposition team is awarded a ruck ball. Match organisers may permit the scrum half to retain possession when tackled.

15.15. The scrum half who takes a ruck ball at the tackle cannot score a try from that position but can cross the goal line. **Sanction: Ruck ball.**

If the scrum half touches the ball down in the opposition in-goal, the try is disallowed and the game restarts 5 metres from the goal line with a ruck ball to the opposition.

Match organisers may permit the scrum half to score a try.

Match organisers may decide the only action a scrum half can take is to pass the ball.

15.16 After six tackles on a ball carrying team the referee awards a ruck ball to the opposing team where the sixth tackle took place.

15.17 - Ground touch

In 15.6 - 15.16, references to ruck ball are replaced with ground touch where match organisers have chosen to implement ground touch following a tackle.

15.18 C - Pass from the tackle

In 15.6 - 15.16 references to ruck ball are replaced with pass from the tackle where match organisers have chosen to implement pass from the tackle following a tackle.

LAW 16: RUCKS

Ruck ball replaces the ruck in World Rugby Leisure Rugby Laws. Unions or match organisers may wish to refer to the ruck ball as roll the ball.

LAW 17: MAULS

Mauls do not exist in World Rugby Leisure Rugby Laws but may be used for developmental purposes.

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LAW 18: MARK

The mark does not exist in World Rugby Leisure Rugby Laws - Touch Rugby, but may be used for developmental purposes.

LAW 19: TOUCH AND LINEOUT

There are no lineouts in World Rugby Leisure Rugby Laws.

19.1 The ball is in touch when it is not being carried by a player and it touches the touchline or anything or anyone on or beyond the touchline.

19.2 The ball is in touch when the ball carrier (or the ball) touches the touchline or the ground beyond the touchline before a touch has been effected.

19.3 The line of touch is where the ball carrier (or the ball) touches or crosses the touch line.

19.4 When the ball is in touch the referee awards a ruck ball to the team who did not carry or put the ball into touch five metres from the touchline on the line of touch.

LAW 20: SCRUM

There are no scrums in World Rugby Leisure Rugby Laws. They are replaced by ruck ball, ground touch or free pass. Match organisers may decide to use uncontested scrums for developmental purposes.

LAW 21: PENALTY PROVISION

For sanctions designated as penalty kicks, within the World Rugby Leisure Rugby Laws, match organisers may permit the use of tap-kick (tap and go), ruck ball, ground touch or free pass.

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21.1 Penalty kicks are awarded to the non-offending team for infringements by their opponents. Penalty kicks are taken as tap-kicks from the place of infringement unless otherwise provided for in the World Rugby Leisure Rugby Laws. Match organisers may decide to use alternate methods of restarting the game including:

- Ruck ball
- Free pass
- Ground touch

21.2 When a penalty kick is awarded for an infringement in in-goal, the mark for the penalty kick is in the field of play, five metres from the goal line. Match organisers may decide to vary this distance according to the size of the field of play.

21.3 The opposing team must immediately run towards their own goal line until they are at least 10 metres away from the mark for the penalty kick or until they have reached their goal line if that is nearer the mark.

Sanction: Any further infringement by the opposing team results in a second penalty kick up to ten metres ahead of the mark for the first kick. This mark must not be within five metres of the goal line. If the referee awards a penalty kick, the second penalty kick must not be taken before the referee has made the mark indicating the place of the sanction.

21.4 Even if the penalty kick is taken and the kicker's team is playing the ball, opposing players must keep running until they have retired the necessary distance. They must not take part in the game until they have done so.

Sanction: Penalty kick

21.5 If the penalty kick is taken so quickly that opponents have no opportunity to retire, they will not be penalised for this.

21.6 The opposing team must not do anything to delay the penalty kick or obstruct the kicker. They must not intentionally take, throw or kick the ball out of reach of the kicker or the kicker's team-mates.

Sanction: Penalty kick ten metres from the mark for the original sanction



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LAW 22: IN GOAL

In-goal areas may not always be marked on the playing area.

22.1 A player grounds the ball by holding the ball and touching the ground with it, in the in-goal. 'Holding' means holding in the hand or hands. No downward pressure is required.

22.2 A player grounds the ball when it is on the ground in the in-goal and the player presses down on it with a hand or hands, arm or arms, or the front of the player's body from waist to neck inclusive.

22.3 When an attacking player who is onside is first to ground the ball in the opponents' in-goal, the player scores a try. This applies whether an attacking or a defending player is responsible for the ball being in the in-goal.

22.4 The goal line is part of the in-goal. If an attacking player is first to ground the ball on the opponents' goal line, a try is scored. The player scoring must return the ball to the centre of the half-way line or to a player on the opposing team.

Sanction: The offending player is cautioned and temporarily suspended

22.5 A penalty try is awarded if a try would probably have been scored but for foul play by the defending team.

22.6 When defending players are first to ground the ball in their in-goal, it results in a touch down.

22.7 When an attacking player carries the ball into the opponents' in-goal and it becomes dead there, either because it went into touch-in-goal or on or over the dead ball line, or the attacking player fails to score a try, a ruck ball is awarded to the defending team five metres from the goal line.

22.8 If an attacking player knocks-on or throws forward in the field of play and the ball goes into the opponents' in-goal and it is made dead there, a ruck ball is awarded where the knock-on or throw forward happened.



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22.9 If a defending player throws or takes the ball into the in-goal, and a defending player grounds it and there has been no infringement, play is restarted by a ruck ball to the attacking team, five metres from the goal line, in line with where the ball has been touched down.

22.10 If the attacking team loses possession of the ball and it goes to ground in the field of play and subsequently moves into the opposition team's in-goal and is made dead, then a ruck ball is awarded to the non-offending team five metres from the goal line or at the place of infringement, whichever is furthest from the goal line.

22.11 If the attacking team throws the ball forward and it goes to ground in the opposition team's in-goal then a ruck ball is awarded to the non-offending team five metres from the goal line or at the place of infringement, whichever is furthest from the goal line.

22.12 When a defending player carries the ball into their own in-goal and it becomes dead there, either because it went into touch-in-goal or on or over the dead ball line, a ruck ball is awarded to the attacking team five metres from the goal line.

22.13 If an infringement occurs in the in-goal, play is restarted five metres from the goal line, in line with the place of infringement.

22.14 If an attacking player commits an infringement in the in-goal, play is restarted with a ruck ball to the non-offending team five metres from the goal line in line with the place of infringement.

22.15 If a player commits an act of foul play in the in-goal, the resultant penalty kick will be awarded where the game would have restarted.

Sanction: Penalty kick at the place where the game would have restarted



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DEFINITIONS

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|-----------------------|---|
| Advantage | The advantage Law precedes most other Laws to promote continuity. When a team infringes the Laws and opponents have opportunity to gain an advantage, the referee should not blow the whistle if a satisfactory advantage has been gained. When a team infringes the Laws and opponents have opportunity to gain an advantage, the referee delays blowing the whistle until determining that advantage has not been gained. |
| Attacker | This is a player from the team in possession of the ball. |
| Attacking team | This is the team in possession of the ball. |
| Ball carrier | This is a player carrying/controlling the ball. |
| Ball player | This is the player who plays the ball, by kicking, passing or controlling it. |
| Captain | This is a player nominated by the team and is solely responsible for choosing options relating to the referee's decisions. |
| Changeover | This is the surrendering of the ball to the opposing side. |
| Contact | This is deliberate colliding with other players. |
| Defender | This is a player from the team not in possession of the ball. |
| Defending team | This is the team not in possession of the ball. |
| Drop-kick | This is when the ball is released from the hand and is kicked as it rebounds off the ground. |
| Field of play | This is the area (as shown on the plan) between the goal lines and the touchlines. These lines are not part of the field of play. |
| Foul play | This is anything a person does within the playing enclosure that is against the letter and spirit of the World Rugby Laws of the Game. It includes obstruction, unfair play, repeated infringements, dangerous play and misconduct which are prejudicial to the game and shall be construed in accordance with World Rugby Laws of the Game Law 10. |
| Free pass | This is a pass awarded to the non-offending team after an infringement by its opponents. |

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Jamaica Rugby Football Union

55 Slipe Road, Shop #13, Kingston 5
Tel: 876-631-3249. email: admin@jamaicarugby.org. website: jamaicarugby.org

Contributing to National Development.

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|-----------------------------|---|
| Golden try | This is the first team to score a try in extra time is deemed to have scored a golden try. |
| Ground touch | This is when a tackled player faces the opposition goal line and touches the ball on the ground before running or passing the ball to a team-mate. |
| In-goal | This is the area between the goal line and the dead-ball line. |
| Kick-off | This occurs at the start of the match and the restart of the match after half time and shall be by way of tap-kick. |
| Knock-on | This occurs when a player loses possession of the ball and it goes forward, or when a player hits the ball forward with the hand or arm, and the ball touches the ground or another player before the original player can catch it. |
| Knock back | This is to knock the ball back towards a player's own goal line with the hand or arm. |
| Marker | This is a defender who may stand at least one metre directly in front of the player conducting the ruck ball. |
| Obstruction | This is the act of preventing an opponent from playing the game, by pushing, holding, blocking or crossing. |
| Pass | This is when a player throws the ball to another player or hands the ball to another player without throwing it. |
| Pass from the tackle | This is when a tackled player passes the ball to a team-mate from the place of the tackle. |
| Penalise | This is to award a penalty against an offending player. |
| Penalty kick | This is awarded by a referee and shall be taken by way of tap-Kick from where the infringement occurs, unless otherwise provided in the Laws. |
| Penalty try | If, in the opinion of a referee, a try would probably have scored but for an infringement by an opponent, a penalty try may be awarded. |
| Playing area | This is the field of play and the in-goal areas (as shown on the plan). The touchlines, touch-in-goal lines and dead ball lines are not part of the playing area. |
| Playing enclosure | This is the playing area, and the space around it, not less than five metres where practicable, which is known as the perimeter area. |

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| Restart-kick | Restart-kicks occur after a try has been scored and are taken by way of tap- kick by the team who scored the try. |
| Ruck ball | This is when the tackled player holds the ball, faces the opponents' goal line, and places the ball on the ground between the legs and steps forward. Ruck ball may also be referred to as roll-the-ball. |
| Scrum half | This is the player who takes up position immediately behind the ball player during the ruck ball. A scrum half may also be known as a dummy half. |
| Tap and go | This is the way that a penalty kick is taken by a player tapping the ball with the foot and then running or passing the ball. |
| Tap-kick | This is a deliberate touch of the ball with any part of the leg or foot up to the knee whilst in the hand or on the ground. The ball does not have to leave the hand. |
| The plan | This, including all the words and figures on it, is part of the World Rugby Leisure Rugby Laws Touch Rugby. |
| Throw forward | This is when a player throws or passes the ball forward. 'Forward' means towards the opposing team's dead ball line. |
| Try | This is when an attacker is first to ground the ball in the opponents' in-goal, a try is awarded. |
| Uncontested scrums | An uncontested scrum is the same as a normal scrum except that the teams do not compete for the ball; the team throwing the ball must win it, and neither team is allowed to push. |
| Union | This is the controlling body under whose jurisdiction the match is played; for an international match it means the World Rugby or a Committee of World Rugby. |

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