

## PERFECT MOTION SUMMER TOUCH LEAGUE FORMAT

- The season will run from Monday 23<sup>rd</sup> and Wednesday 25<sup>th</sup> April, to Wednesday 4<sup>th</sup> and Monday 9<sup>th</sup> July. There will be **NO** games on Monday 7<sup>th</sup>, or Monday 28<sup>th</sup> May, due to the venue being closed. Wednesday 11<sup>th</sup> and Monday 16<sup>th</sup> July will be reserve dates in case of cancellation. If there is enough interest, we will consider a Tuesday night league.
- For new players, those relatively new to the game, or teams requiring some dedicated coaching, **Nottingham Touch Club** will be running three FREE taster sessions on Monday 9<sup>th</sup> and 16<sup>th</sup> and Wednesdays 11<sup>th</sup> and 18<sup>th</sup> April from 6pm to 8pm. Existing teams need to book a slot in advance if they wish to receive some coaching.
- The expected league format will be as follows:
  - **Mixed Open leagues** – 2 divisions, up to 8 teams in each (min **3** females) – *Mondays, 6.30pm and 8pm*
  - **Women's Super League** (women only) – 6-8 teams, *Mondays, 7.15pm & 8.45pm*
  - **Men's Super League** – 6-8 teams, *Mondays, 7.15pm & 8.45pm*
  - **Juniors Dev. leagues** (likely split u12s and u15s) – up to 8 teams, *Wednesdays, 6.30pm & 7.15pm*
  - **Mixed Social league** (minimum **2** females) – up to 8 teams, *Wednesdays 6.30pm & 7.15pm*
  - **Men's Social league** – up to 8 teams, *Wednesdays 7.15pm & 8pm*
- In all leagues teams will play one another at least once and in some leagues, where the number of teams dictates, they may play some teams twice. In such instances leagues will either be split into two pools, or the second set of opposition selected randomly. There may be play-offs at the end of the season, which will be confirmed in advance.
- All fixtures will be advertised on [www.perfectmotiontouch.com](http://www.perfectmotiontouch.com) and in the newsletter. It is the responsibility of the captain to ensure that all players are aware of fixture times. We recommend all players sign-up to the newsletter which can be done on the website.
- Any news or cancellations will be advertised on the website, in the newsletter and on the Perfect Motion Touch Facebook page. We recommend all players like this page.
- All fixtures will take place on the grass (and possibly 3G) pitches at Gresham Playing Fields, Gresham Park Road, Wilford Lane, West Bridgford, Nottingham, NG2 7YF. There are changing, shower and toilet facilities on site. There is also an outside water tap.
- All fixtures will be 40 minutes in length unless advertised otherwise. A two-minute half time interval will be permitted. The exception to this is during the early part of the season, when due to a lack of light, fixtures will be made slightly shorter.
- Players may only register for one team in each league and may only represent a second team if it is deemed acceptable by both captains and referee at the start of the match.
- Match points for fixtures will be as follows:
  - Win = 4 points; Draw = 2 points; Loss = 1 point (the team must show up)
  - A bonus point will be awarded if the team scores four or more touchdowns
  - If a team fails to show up the opposition will be awarded a bonus point 4-0 win
- Teams **MUST** play in matching numbered kit. Kit can be purchased from Perfect Motion, please get in touch if you need some.
- All teams must nominate **two** referees who will be required during the season.
- All other rules will be as per the standard Federation of International Touch (FIT) rules, of which a simplified version is attached.

## PERFECT MOTION SUMMER TOUCH RULES

The conventional rules of touch as laid out by the Federation of International Touch (F.I.T) will apply, unless otherwise states below:

1. The fields are typically half a rugby pitch (approx. 50m x 70m)
2. Teams may have 14 squad members in total, with 6 players on the field for each team at any one time. For mixed touch there must be at least 2 or 3 females (check format above) for each side on the field at any one time. Teams may make as many substitutions as they wish, although the player must leave the field before a replacement joins.
3. Play starts and restarts at the centre with a “tap”, this is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up. Penalties are performed by the same procedure. On both a re-start and penalty the defending team must retreat 10 metres.
4. A touchdown is scored by grounding the ball on or behind the try-line, one point is awarded.
5. A legal touch is on any part of the body, clothing and ball. A player must claim a touch by shouting “touch”. The referee is the sole judge of the touch and has the discretion to overrule a claim. An attacking player may affect the touch by deliberately touching the opposition.
6. When touched, the player in possession must place the ball on the ground at the exact point of the touch. Play is re-started by stepping over the ball. It can be controlled with a hand or foot. This is known as a ROLL BALL. The ball may not roll more than a metre. A player may not perform a roll ball unless touched.
7. The player picking up the ball (the dummy-half or acting half) may run, but if touched a changeover occurs. The dummy-half may not score and a changeover (roll ball) will be awarded.
8. After 6 touches possession changes. The attacking team starts on the “first down”, starting with a “roll ball”.
9. All defending players must retire more than 5 metres in line with the mark of touch. The defending team cannot move forward until play restarts, nor interfere with play whilst retreating. A restart occurs the moment the ball is tapped or the dummy-half touches the ball at the roll ball.
10. If the attacking player, when making a quick start, is touched by an offside defender, play is allowed to continue. If an attacking side gains no advantage, a penalty tap will be given.
11. When a roll ball is taken within 5 metres of the try-line the defending players must retreat with both feet on their try-line before they can make the touch. If a player is touched over the try-line before grounding the ball the touch counts and play is restarted on the 5-metre line.
12. If the ball is dropped or if a player crosses the sideline (touchline) before being touched, change of possession will occur. This is by means of a roll ball.
13. A penalty is awarded for the following infringements; a forward pass, offside play (not retreating 5m or 10m), performing a roll ball beyond the mark, claiming a touch when none was made, interfering with the roll ball (running around the ruck), passing the ball once touched (touch & pass), voluntary roll ball (no touch), obstruction, and following a player while offside (change of direction). When a penalty is awarded, the referee must give the exact mark from where the tap must be taken. The defending team must retire 10 metres from the mark or behind the try-line.
14. If the defending team unsuccessfully intercepts the ball or it is intentionally knocked down, the attacking team starts from a “first down” roll ball.
15. No obstruction, excessive contact, verbal abuse or foul play will be tolerated – the referee is sole judge. A penalty will be awarded in such cases and a player can receive 2 minutes in the SIN BIN