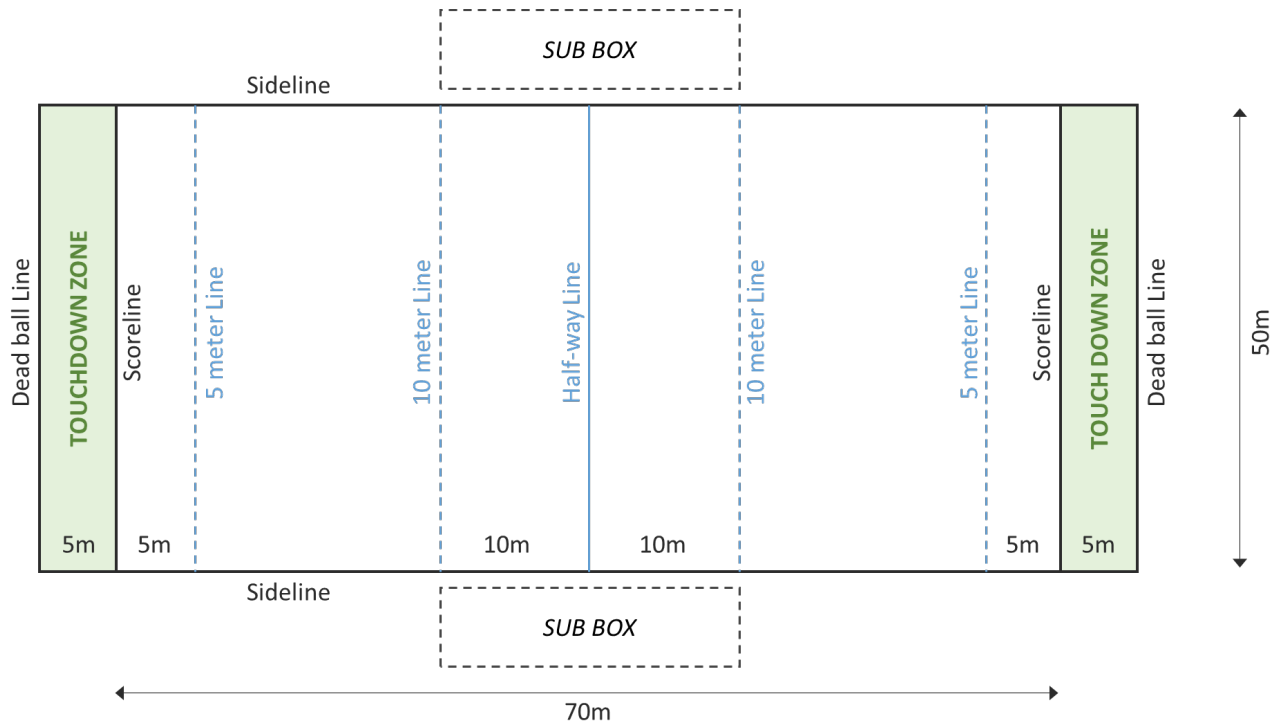


Simplified rules

Pitch & Game duration

The international standard for the playing area is 70m x 50m. However, each tournament organiser can set its own pitch size.



The international standard game duration is 40 mins (2 x 20 mins), with five minutes for half time. However, each tournament organiser can set its own match length. In case of a draw at the end of a match, when there must be a winner, the game continues with each team removing one player. Every 2 minutes another player must be removed in each team, until there are only 3 players per team on the pitch. In this situation, the game resumes after the final whistle with five players on the pitch, a minimum of one woman and one man, and maximum of three men.

Referee

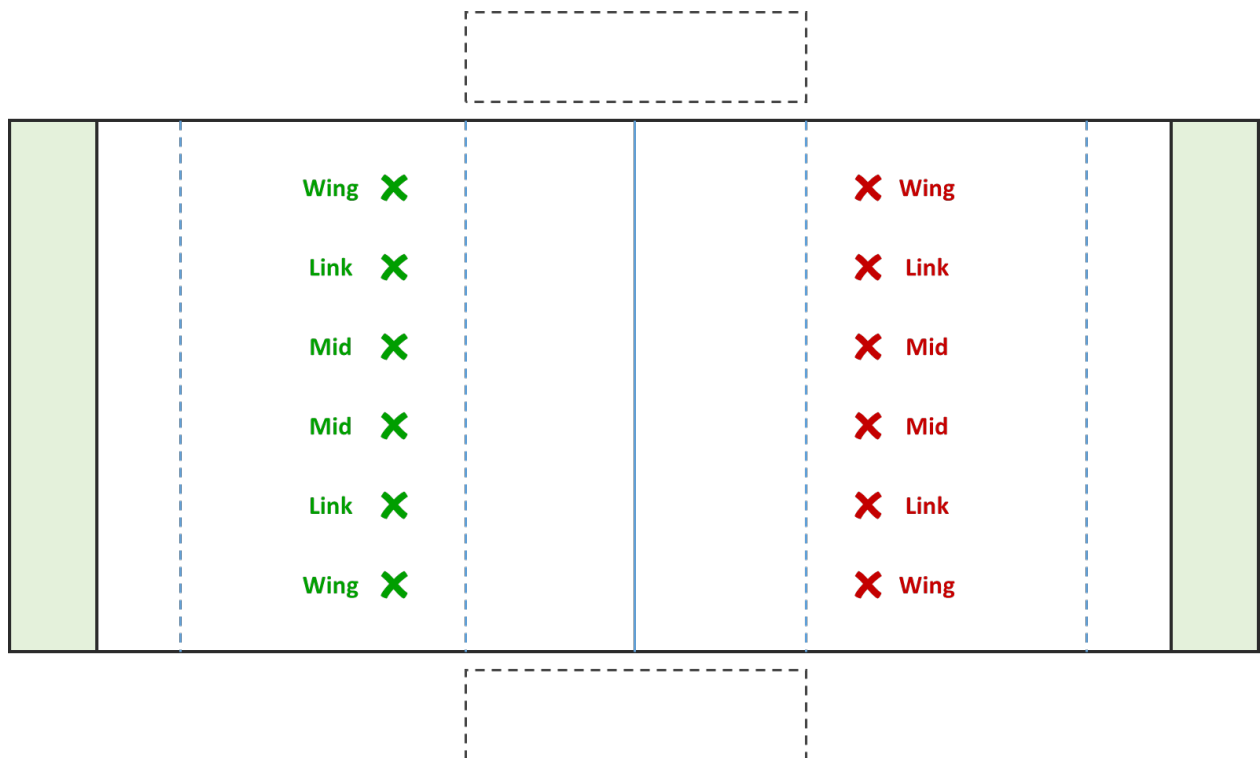
The referee is the only one who can judge what happens on the pitch, and the only one who can enforce the rules. The referee can take any decision so that the game is properly played. The referee is responsible for marking each touchdown immediately after it is scored.

Teams & Players

A teams consists of up to 14 players with a maximum of 6 players on the field at any time. In a mixed team, there must be minimum 1 man and maximum 3 men on the field.

Players that are not on the field must be on the side of the field, in what is called the "sub box". Players may interchange from the sub box as often as they wish.

The 2 players occupying the middle of the field are called the “middles” or “mids”. The 2 players occupying the side part of the field are called the “wings” or “wingers”. The 2 players occupying the position between the middles and the wings are called the “links”.



Players must wear adequate clothing and footwear and have short nails. They can't wear glasses, jewellery or metal studs.

General play

Before the game commences, team Captains toss a coin and the winning captain also has the choice of sub box and choice of direction in the first half.

The winner starts the game at the center of the half-way line with a “tap ball”. This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up. A touchdown is scored by grounding the ball on, or behind, the score line. One point is awarded for a touchdown.

Attacking players may run with the ball or pass the ball sideways or backwards until they are touched.

A touch is legitimate when minimal contact is made between a player in possession and a defending player. A touch includes contact on the ball, hair or clothing and may be made by a defending player or by the player in possession. An attacking player may affect the touch by deliberately touching the opposition.

When touched, the player in possession must place the ball on the ground at the exact point of the touch (the mark). Play is re-started by stepping over the ball, facing the opponent score line, standing parallel to the sidelines. The ball can be controlled with a hand or foot. This is known as a “roll ball”. The ball may not roll more than a meter from the mark. After a touch, the defense must retire 5

meters. If a player is touched within 5 meters from the score line, the player can go back to the 5 meters line to do the roll ball.

The player picking up the ball after the touch ("the half") may run with the ball, but is not entitled to be touched nor to score. The half can either run or pass the ball. If the half is touched while in possession of the ball, there is a change of possession for the other team.

If one defender enters in the 5 meters zone, then each player in the defending team must move forward until the next touch, except if the player carrying the ball moves within the 5 meters zone.

The attacking team has 6 attempts or touches to score.

Change of possession

At a change of possession, a roll ball on the mark has to be made by the non-offending team. Defending teams must retire 5 meters. The defending team cannot move forward until the attacking player has stepped over the ball, nor interfere with play whilst retreating. The restart occurs the moment the ball is rolled.

When a roll ball is taken within 5 meters of the score line, the defending players must retreat and have both feet on or behind the score line before they can make the touch. If a player is touched in the touchdown zone before grounding the ball the touch counts and play is restarted on the 5-meter line.

A change of possession occurs for the following reasons:

- 6th touch happens
- The ball is dropped
- The half is touched
- The half tries to score a touchdown
- A roll ball is performed incorrectly
- A tap ball is performed incorrectly
- The player carrying the ball crosses or touches the side line
- The defending team unsuccessfully intercepts the ball, or it is intentionally knocked down ("six more" or "six again")

Penalty

A tap on the mark is taken by non-offending team for penalties. Defending teams must retire 10 meters. The defending team cannot move forward until play restarts, nor interfere with play whilst retreating. The restart occurs the moment the ball is tapped.

A penalty occurs for the following reasons:

- Forward pass
- Late pass ("Touch and pass" – Player passing the ball after being touched)
- Voluntary roll ball (Player performing a roll ball without being touched)
- Roll ball or tap ball not performed on the mark ("Off the mark")

- Offside players (Defenders who do not retire 5 meters for a roll ball and 10 meters for a tap ball)
- Players not moving forward when a defender is in the 5 meters zone
- Touch falsely claimed
- Touch made using more than minimum force ("Hard touch")
- Interference with the roll ball, obstruction in the play
- Misconduct, back chat, verbal abuse