**Game Format & Rules**

***Basic Format*** Team Size 5 players

players on field 5 players (officials can modify if needed)

Game Length: 2 x 5 min halves with 2-minute halftime

No stop clock will occur.

Scorekeeper keeps track of time.

***Game Rules***

**Inappropriate behavior by any player results in warning** (CONSEQUENCE: will be derived by Sports Commissioner(s) and as necessary in consultation with Sports Officials Committee.

1. **Scoring:** A touchdown will be awarded when a player placed the ball on or over the try line prior to being touched. “The Half” is not permitted to score touchdowns.
2. **Possession of the ball:** a Change of possession shall occur when:
   1. The ball goes to the ground
   2. “The Half” is touched while in possession
   3. “The Half” place the ball in the Touchdown Zone
   4. The 6th Touch occurs
   5. The player in possession steps on or over the boundary of the field of play.
   6. A roll ball is performed incorrectly.
   7. A tap is performed incorrectly.
   8. At a Change of possession, play is restarted with a roll ball.
3. **Passing:** a player may pass, knock, throw or otherwise deliver the ball to any onside player in the attacking team. Passing forward is NOT permitted.
4. **The Tap:** The tap is taken by placing the ball on the ground on the mark, releasing the ball from both hands, tapping the ball with the foot a distance of not more than one yard, and retrieving the ball cleanly. Any player from the attacking team may take the tap.
5. **Penalties:** When a player/team is penalized the non-offending team shall restart play with a tap. The tap is taken at the mark and the defending team must retire 10 yards from the mark until the ball has been tapped. Play restarts with a tap when the following infringements occur;
   1. Forward pass
   2. Touch and pass
   3. Roll ball performed off the mark
   4. Performing a roll ball prior to a touch being made
   5. Defender offside
   6. Deliberately delaying play
   7. Defenders offside at the roll ball (5 yards)
   8. Defenders offside at the tap (10 yards)
   9. Using more than the minimum force to make a touch
   10. Misconduct

**Roll Ball:** A means of restarting play.Players must perform the roll ball off the mark while facing their opponent’s defending try line and rolling the ball backwards between their legs a distance of not more than one yards. Players must not delay performing the roll ball.

**The Touch:** Players from both teams are permitted to affect the touch. A touch is contact with any part of the body, ball clothing or hair. A Minimum of force is to be used at all times. The team in possession is entitled to 6 touches.

**Touch and Pass:** A player is not to pass the ball after a touch has been made.

**The Half:** the half is the person who picks up the ball after a teammate has performed a roll ball. “The Half” has the choice to run with the ball or pass the ball, but if this player gets touched, it is a turnover. Additionally, this player cannot score since at least one pass must be made to score.

**Offside/Onside:** after a touch has been made all defender players must retire 5 yards from the mark. Defenders cannot move forward until the dummy half has touched the ball.

**Touch Line:** If a player with the ball touches or crosses the Touch Line s/he is deemed to be out of play and a change of possession occurs. Play restarts with a roll ball 5 yards in from where the player went out. If a touch is made before the player goes out., the touch counts.

**Try zone touch down:** This is similar to an end zone in football. To score, the player with the ball must cross into this zone and touch the ball under his or her control to the ground.

**Shepherding/Obstruction:** A player who is on offense and prevents a defensive player from tagging his or her teammate who has the ball is sheepherding, and it is a turnover. No, This isn’t football and you can’t block. It results in a penalty and the defense must start back 10 meters.

**The Mark:** When a player is touched with possession of the ball, the player must place the ball on the ground at the exact point beneath them when they were touched. This is known as “The Mark”. The defense has to retreat 5 yards from “the Mark”. One exception is if a player is tagged within 5 yards of their attacking try-line then they must bring the ball back to the five-yard line.

**Gain Line:** This is an imaginary line that runs horizontally across the pitch from the location of the ball at the mark

*Sport Official Committee and Sports Commissioner can make modifications to rules when needed.*