



NRL League Touch – Rules of Play

NRL League Touch is an alternate format of Touch Football and Rugby League.

1. The Field

- The field is half a rugby league field in most cases is 68m x 50m.
- Rugby League Sidelines are the Try lines in NRL League Touch.

2. Team Composition

- A team consists of a maximum of 14 players. Only 6 players can take the field at one time.
- (*local rules may vary*)

3. Game Length

- The game of NRL League Touch is forty-five (45) minutes in duration, consisting of two (2) twenty (20) minute halves and a five (5) minute half time.

4. Kick off

- The Kick-off is taken at the centre of the halfway line of the field. The kick is to be a place kick off the ground.
- A kick-off must travel 10 metres prior to being touched by any player.

Infringement = Penalty tap to the non-offending team shall be awarded where the ball was kicked.

- Should the team kicking off kick the ball out on the full.

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- At a kick-off should the ball touch the ground prior to being kicked into touch the receiving team shall recommence with a play the ball 7m infield where the ball crossed the line.
- Should the ball be touched by the receiving team prior to going out the team which kicked off will restart play with a play the ball 7m infield where the ball crossed the line.

5. The Touch

- A Touch is legitimate and minimal contact between a player in Possession and a defending player. A Touch includes contact on the ball, hair or clothing and may only be made by a defending player. *Should an attacking player intentionally initiate the touch in order to gain an advantage a handover will result.*

6. Touch & Pass (Late pass)

- Should a Touch & pass situation occur the referee will halt play and direct the player who was touched prior to the ball being passed to play the ball where the touch occurred.

7. Over the mark

- The attacking player in possession after being touched must return to the mark to play the ball. Should the player play the ball over the mark the referee will halt play and direct the player to play the ball where the touch occurred.

8. Play the Ball

- The attacking player is to position on the Mark, face the opponent's (defending) Tryline, stand parallel to the Sidelines, place the ball on the ground and make a genuine attempt to roll the ball back with the foot.

9. Marker



- One (1) Marker may be present at each play the ball. The marker must remain square to the Play the Ball until the ball is either passed or the dummy half runs.

10. Defence

- At a Play the ball, a player must retire a distance of seven (7) metres as indicated by the Referee or to the Defending Try line.

11. Kicks in play

- The ball may be kicked on the 4th & 5th touch only.
- All types are allowed with the exception of a bomb kick. A bomb is defined as a high kick intended to send the ball relatively straight up so players can get under the ball and put pressure on the catcher. The referee is the sole judge of whether a kick constitutes a “bomb”.

12. Restarts

- After a Try is scored the team scored against will restart play with a tap at the centre of the halfway line. The Defence will need to retire 10m as set by the referee.
- Should a player run out or the ball cross the sideline play is restarted with a play the ball 7m in from touch to the non-offending team.
- Should a ball be kicked or knocked dead play will restart with a tap 10m out from the closest try line by the non-offending team. This in effect will eliminate the need for a Goal Line Dropout.

13. Handover

A handover results under the following circumstances:

- Should the ball be lost forward and hit the ground (knock-on).
- An attacking player intentionally initiates a touch.
- A player in possession of the ball or the ball touches the sideline or the ground over the sideline.

14. Scoring

- A Try is awarded when a player places the ball on the ground on or over the Tryline without being Touched. A Try is worth one (1) point. In attempting to score a Try a player must have possession and control of the ball prior to placing it on, or over the Tryline.

15. Player Misconduct

- In the case of player misconduct the referee may utilise the following options:
 - Sin Bin, Any player sinbinned will not be permitted to return to the game for the remainder of the half. Should a sinbin occur in the second half the player will not be permitted to return for the remainder of the game.
The sinbinned player can be replaced by a substitute player.
 - Send off, Used as a last resort. The player will also receive an automatic 2 match suspension.

7.11 Ruling = A Penalty to the non-offending team at the centre of the Halfway line.