

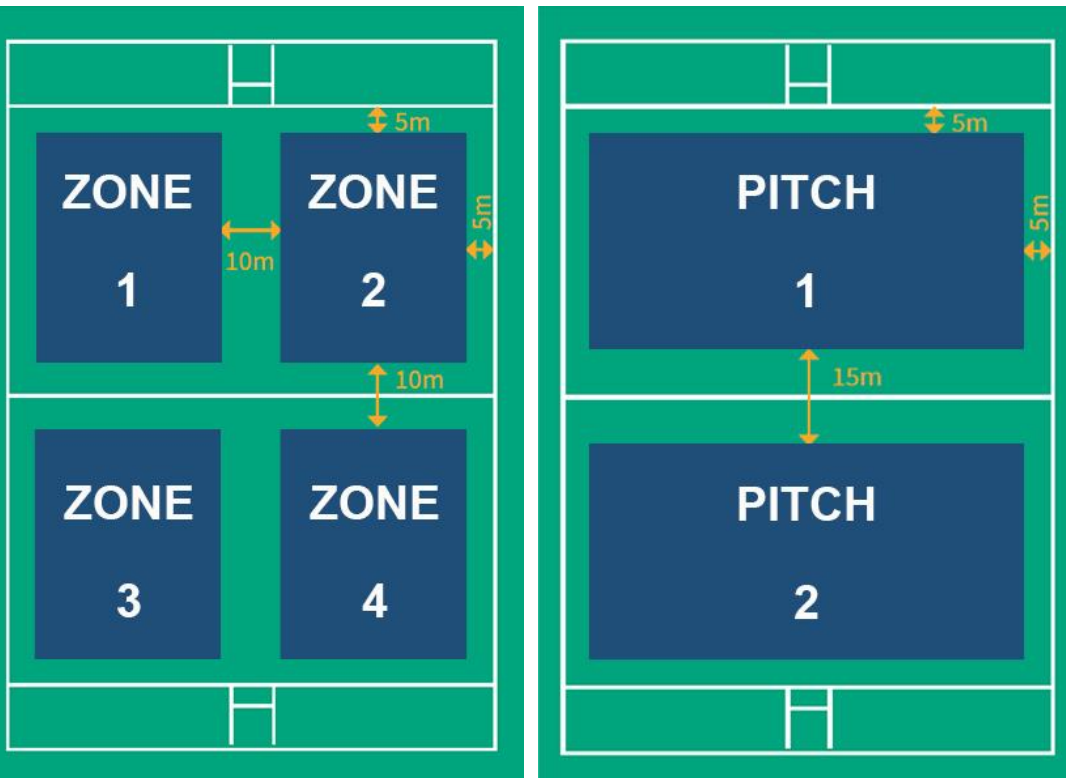
From the 13 July 2020, children and young people (under 18 on 1st September 2020) can participate in outdoor ‘contact sport’.

A specific set of rules and guidelines for Touch Rugby have been developed by Scotland Rugby League, which is the only sanctioned format during stage 3 (as of 20 July 2020).

TOUCH RUGBY OVERVIEW

<p>MAX 7-A-SIDE</p> <p>Or 5-a-side with 2 subs per team</p>	<p>NO PVG =</p> <p>No youth coaching</p>	<p>SELF REFEREED</p>	<p>MAX 15 PLAYERS</p> <p>From unlimited households per half pitch</p>
<p>BUBBLES</p> <p>Players allocated into training ‘bubbles’ in 2yr age groups (where possible).</p>	<p>NO ADULTS ON PLAYING AREAS</p> <p>2m physical distancing at all times</p>	<p>1 x PARENT/GUARDIAN</p> <p>Allowed where supervising a child (with physical distancing)</p>	

PITCH SET-UP



- min 10m gap between pitches to prevent players from opposing teams running into each other
- min 5m gap between touch line & pitch
- 1 parent or guardian per child. Must stay behind the perimeter fence and maintain physical distancing
- Single entry and exit points for players, with hand sanitiser stations available
- ball cleaning station next to each pitch
- all cleaned before & after each game

In addition to touch rugby, mini and youth players are also permitted to undertake skill development activities (e.g. ball handling practices).

RULES

- One handed touch only (on torso or waist)
- 6 touches per set
- Play restarts with a roll ball
- Defending team must retire 5m
- 1 marker
- No kicking
- Maximum 2hr sessions (per training bubble per day), with min 15m ‘gap’ between bubbles arriving and departing