

Return to Rugby

Touch Rugby League – Youth

Return to Rugby Stage 3 (17 July 2020)

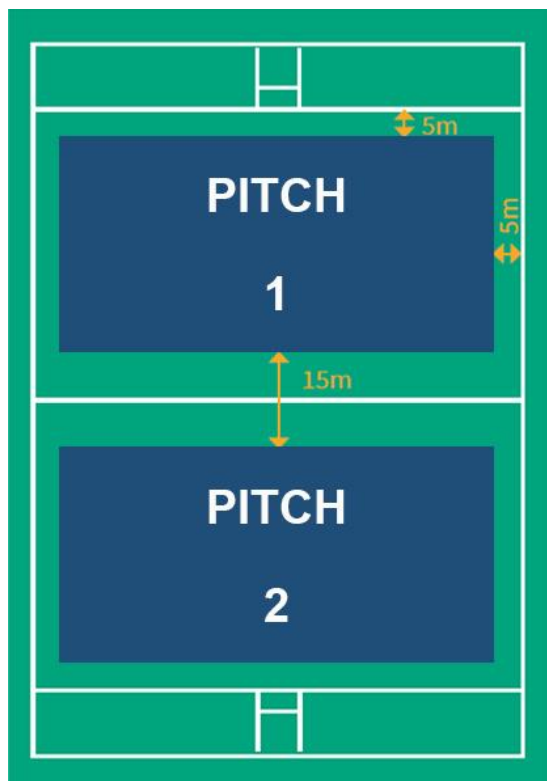
From the 13 July 2020, children and young people (under 18 on 1st September 2020) can participate in outdoor 'contact sport'.

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

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

PITCH SET-UP



1. min 10m gap between pitches to prevent players from opposing teams running into each other
2. min 5m gap between touch line & pitch
3. 1 parent or guardian per child. Must stay behind the perimeter fence and maintain physical distancing
4. Single entry and exit points for players, with hand sanitiser stations available
5. ball cleaning station next to each pitch
6. ball 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

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