

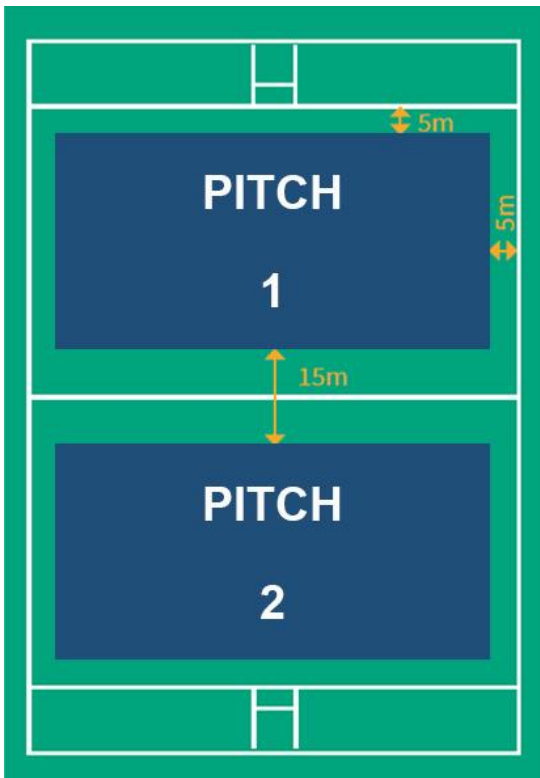
From the 14 September 2020, children and young people (under 18 on 1st September 2020) can participate in outdoor 'contact sport'.

A specific set of rules and guidelines for Rugby League have been developed by Scotland Rugby League, which is the only sanctioned format during stage 3 (as of 14 September 2020).

TOUCH RUGBY OVERVIEW



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. 1v1 tackle only, both players then disengage for play the ball
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