



# NANYANG TECHNOLOGICAL UNIVERSITY

## SPORTS CLUB

c/o SPORTS & RECREATION CENTRE  
20 NANYANG GREEN SINGAPORE 637715  
TEL: 67905172 FAX: 63165315  
WEBSITE: WWW.NTUSPORTSCLUB.SG

### Surf N Sweat 2017

#### Beach Touch Rugby: Rules and Regulations

## 1 TEAM FORMATION

### 1.1 Number of Players

A team will consist of **five (5)** players of which only **three (3)** are allowed to be on the field of play at any point in time whilst a team is in possession of the ball, and a **maximum of two (2)** whilst a team is defending. A **minimum** of one **(1) female** player is required to be on the field of play at all times. If minimum number of players is not met, the match will not proceed and a walkover will be ruled for the opposing team.

### 1.2 Substitution

A **rolling substitution system** will be used. A substitute player is allowed to enter into the playing sand court **only after** the player that is being substituted has left the playing sand court on an onside position. Substitution will be allowed **at any point of the match from the sidelines or score line and players must be substituted at the same spot**. Failure to abide by substitution rules will result in a turnover.

In case that the female player is injured and there are no more female players left, the team will have to play with 2 guys while in possession of the ball and 2 guys when defending.

## 2 PLAYERS' EQUIPMENT AND ATTIRE

### 2.1 Safety

A player shall not use equipment or wear anything sharp that is dangerous to him/her or to any other players, including any kind of jewelry, as determined by the referees. No watches are allowed. If players are found to have any of these items during game play, they will be asked to remove all dangerous objects prior to the game.

### 2.2 Footwear

**Players shall play bare-footed.** It is strictly forbidden to wear any kind of hard footwear or equipment that may cause injury to another player. Socks and/or elastic ankle guards and/or foot wraps are optional.

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### 2.3 Uniforms

The players' uniforms consist of shorts and shirt/singlet. Use of plastic goggles for eye protection is allowed. Bare-bodied players are not allowed. If both teams are wearing the same color jersey, each team will be required to send one representative up to play scissors paper stone. The winner of the game will decide whom to wear the bibs. Randomly attired teams will be required to put on the bibs as well. For hygiene purposes, a shirt must be worn underneath the bibs.

## 3 REGISTRATION & REPORTING

3.1 Registration for all teams will **start at the stipulated time in the confirmation email** at the Beach Event Registration Counter.

3.2 Teams are advised to report to the respective Court IC, **15 minutes prior to the start of their subsequent matches**. If teams are not present at the court during their stated time slot, it would be considered a walkover. The team on the field ready to play will be considered winner with a walkover 5-0 score line for that particular match.

3.3 In case of bad weather or any circumstances on the day of the matches, the respective teams are still required to report on time (unless otherwise instructed). **The organisation reserves the right to delay the matches according to contingency plan**. In a situation of heavy rain with thunderstorm, the organisation reserves the right to cancel the event with no refunds given. Thank you for your kind understanding.

## 4 REFEREEING

The game shall be directed and officiated by a referee and a timekeeper. The referee shall determine, before or during the game, if the conditions of the area of play and surrounding the area of play are satisfactory for **safe play**. He/She shall use a whistle to officiate the game, positioning himself /herself along the sidelines. The referee shall have full authority to enforce the Laws of the Game in connection with the match to which he has been appointed for. **The decisions of the referee, regarding facts connected with play, are final**. The referee who has whistled an infraction shall enter the playing area to position the ball where the infraction was committed, and to position the players accordingly to the Laws of the Game.

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6.3 In the event of a tie in points between **TWO** teams in the same table, the deciding factor will be in the sequence of

- i) Outcome of the head to head games involving the tied teams
- ii) Goal difference
- iii) Number of goals scored

6.4 In the event of a tie in points between **MORE THAN TWO** teams in the same table, the deciding factor will be in the sequence of

- i) Goal difference
- ii) Number of goals scored

6.5 If both teams fail to turn up on time, it would be considered as a lost for both teams hence no points would be awarded to either team.

6.6 **For the Knockout Stage, if the game concludes a draw at the end of the game, "Golden Goal" rule apply.**

6.7 The **"Golden Goal" game** will be played as follows:

6.7.1 **Commencement of "Golden Goal" Game.** The game will commence as per rule 8.1.3. The team that last held possession when the game ended will commence attacking first.

6.7.2 **Play of "Golden Goal" Game.** Each team will be given the same amount of chances to attack and defend. (If a team commences the game with an attacking role, the other team being a defender will be given the same chance to commence the next turn as an attacker. The completion of 2 turns (with both teams having been the attacker & defender once) is referred as 1 play).

6.7.3 In **Golden Goal Game**, play is switched over upon loss of possession or at the end of 4 counts, whichever comes first.



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6.7.4 **Winner of “Golden Goal” Game.** The team, which is able to score AND prevent the other team from scoring in one play, will be declared the winner by the referee. If both team are not able to score or both team score in a play, the next play will commence until one team is able to score and prevent the other team from scoring.

## 7 GENERAL TERMS

7.1 **Onside** – means in line with or behind a teammate who is legally able to participate in the game, usually 3m from the point the ball is brought into play.

7.2 **A Pass** – is the action of throwing or propelling the ball to a teammate who is beside (**but not forward** of the ball carrier), or behind the ball carrier.

7.3 **Penalty Point** – is the awarding of a point to a team.

7.4 **Play** – means the action of bringing the ball into play after a touch is effected or at the commencement or recommencement of the game.

7.5 **Points** – are scored when the players in possession place the ball on or over their opponent’s defending score line.

7.6 **The Mark** – is the position where the attacking player is at the time a touch is effected on him/her or of greater advantage to the non-offending team at an infringement.

7.7 **Touch** – is any contact made by an opponent on any part of the body, (**shoulder and below including clothing**) or ball.

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### 7.8 Offside – is being:

7.8.1 In front of the player in possession of the ball when receiving the pass.

7.8.2 Not retreating 3 meters after a touch,

7.8.3 Not retreating 5 meters after an infringement/foul,

7.8.4 Being inside 3 or 5 meters of your opponent when the ball is “played”.

7.8.5 Not being on or behind the half way line at the commencement or recommencement of the game (for the defenders).

### 7.9 Knock downs

If a defender deliberately knocks the touch ball out of an attacker's hands, the attacking team receives a penalty tap (i.e. defending team is penalized), with the count restarted to 4. Attacking team starts attack with a ground tap.

### 7.10 Intercepts

If a defender intercepts the touch ball, the referee will call 'play on' if no touch is made. A player from the new defending team must then leave the field when the first touch is made. At the same time, an attacker can come onto the field of play.

## 8 Rules and Regulations of the Game

### 8.1 Commencement & Re-Commencement of the Game

8.1.1 **Choosing of Sides and Being Attacker/ Defender.** Both teams will send a representative to do a coin toss with the winner having the choice to either attack or defend first as well as a choice of ends.

8.1.2 **Restarting of Game After Each Score.** The game commences and/or recommences (after a point is scored) by placing the ball anywhere along the score line by the team commencing play or who were just scored against. **The attacking team starts on its defending try line and defending team starts on the half-court line.**

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**8.1.3 Rules of Commencement/ Re-Commencement of Play.** Upon the referee's whistle, an attacking player picks up the ball and taps it on the ground before commencing attack at the centre line. **A pass to another teammate after the ground tap is required to commence play.**

**8.1.4 Ball Out Of Play.** When the ball goes out of play, defending team will restart the play at the mark where the ball went out of play. If an infringement takes place within 5 metres of the goal line, defending team will restart the play 5 metres way from the goal line.

**8.2 Effecting a Touch -** (*Touch* – is any contact on any part of the body including clothing, **(shoulder and below ONLY)** or ball.

**8.2.1** If a touch is effected on a player in possession, that player **MUST** return to the mark and play the ball (i.e. touch the ground with the ball at the spot he/she was tapped)

**8.2.2** A team retains possession of the ball until **FOUR (4) touches** have been effected or an infringement causes the ball to be handed over to the opposition.

**8.2.3** Play is recommenced by touching the mark with the ball.

**8.2.4** If a touch is effected on the ball in flight, by a defending player, the attacking team must retain possession for the touch count to continue. A team is not however awarded "four more touches" because of the action by the defender. The attacking team will be awarded four touches again if the last touch that causes the ball to drop to the ground is by the defending team.

**8.2.5** The defending team may move forward to effect a touch as soon as the opposition team passes the ball. The attacking team can recommence the game after a touch regardless of whether the opposition team has 2 players on the court, as long as a tap of the ball is effected.

**8.3 Restart After Touch Is Effected**

**8.3.1** All players on the defending team must move back **3 metres** from the attacking player. A touch by players that are not onside will not be considered as a valid touch.



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8.3.2 When touch is effected on a player in possession, **that player must return to the mark** and play the ball, (i.e. touch the ground with the ball), then immediately effect a pass without taking a step before passing, unless step is part of passing action.

### 8.4 Touchdown

8.4.1 A touchdown is awarded in 2 ways:

- a) The ball is grounded on or over the score line, with downward pressure;
- b) The player in possession of the ball must cross the score line. The ball must also cross the score line in both instances.

8.4.2 A touchdown is worth **one (1)** point.

8.4.3 After scoring a point the ball is to be left on the ground at the mark, or immediately given to the closest opposition player.

8.4.4 Failure to adhere to either of these rules may result in an immediate Penalty Point awarded against the offending team.

8.4.5 Play will recommence as per normal after a point is scored.



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8.5 **Infringement** - (The attacking team must **tap the ball on the ground** after a change of possession to restart play)

8.5.1 Infringement are awarded in the following cases:

- a) Incorrect play of the ball during playing the ball
- b) Forward Pass
- c) Obstruction of a player
- d) Ball hitting the ground when a player isn't in control
- e) Stepping on or outside of the field perimeter whilst in possession of the ball
- f) Stepping prior to making a pass, after a touch, or at the commencement or recommencement of the game.
- g) Not playing the ball when touched.
- h) On a change of possession, not returning the ball to the mark it handing it to the closest opponent.
- i) Interfering in the play of the ball
- j) Unsportsmanlike behaviour
- k) Over –vigorous in affecting a touch
- l) Offside – Failure to retreat three (3) metres after a touch or five (5) metres after a penalty.
- m) When attacking team plays the ball without a touch being effected

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- n) Failing to play the ball at the mark where the touch was effected
- o) When an attacking player passes the ball to his/her teammate after an effective touch
- p) False call by defender for a touch
- q) Defending team has more than 2 players

8.5.2 For all penalties, the defending team must retreat **5 meters** back from the mark. If the defending team fails to retreat the 5 meters, the referee will award an **additional 5 meters advantage**. The attacking team must tap the ball with the foot to restart play.

8.5.3 Any infringement by the attacking team at the commencement or recommencement of the game is a change in possession and **the ball is taken by the non-offending team to the halfway mark of the court for the restart.**

8.5.4 Unsportsmanlike Behavior such as:

- i) Unbecoming attitudes shown by Players
- ii) Profanity / Foul language
- iii) Rough Play
- iv) Throwing the ball at Players to intentionally hurt them
- v) Dangerous plays which might hurt other players (E.g. Intentional Contact with catcher to prevent opposing team from scoring.)
- vi) Not respecting the referees' decision
- vii) Unsportsmanship behaviour (e.g. stalling intentionally)

is subject to a loss of possession, dismissal from the game and/or a loss of five meters for the offending player's team. Any unsportsmanlike behavior deemed by the referees will result in the mark for the infringement being advanced five meters towards the score line.



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8.5.5 If a player is dismissed from the game they can no longer take part in that game but **may be substituted** by one of the other four team mates. The player must leave the playing area and cannot sit with the rest of the team. Players may be dismissed for a period of time at the absolute discretion of the referee. A team mate **may substitute** for any player sent off for a period of time provided they have not been dismissed for the remainder of the game.

## 9 INJURIES

9.1 If there are any injuries involved, the injured player will need to leave the court (if possible) and the time on the stopwatch will continue to run.

9.2 However, if the injury results in the player being unable to be shifted out of court, the game will stop. If the opponent caused the injury deliberately (referee's discretion), the game will be awarded to the team with the injured player. However, if the injury was accidental, time keeper will have to stop and record the time on the score.

Serious injuries will include: Broken limbs/ Neck

Minor injuries: Abrasions/ Sprains

**For minor injuries, please report to medics immediately and JASON TANG (H/P: 9638 3531). For serious injuries please report to FLORENCE OOI (H/P No.: 9739 6599) with details of the injury.**