



JUNIOR TOUCH RULES



THESE RULES HAVE BEEN MODIFIED TO PROVIDE A QUALITY EXPERIENCE FOR OUR JUNIOR PLAYERS

GRADE

YEAR
1-2
(Ages 5-7)

FIELD & BALL SIZE

JUNIOR BALL
Size 3

MINI FIELD
35m x 50m

TEAM NUMBERS

10 - 14
players
per team

RULE VARIATIONS

- Errors count as touches
- Every change of possession starts with a Plant Ball
- Substitutions can tap the player on the field they wish to substitute the player Dummy half must pass the ball from the ruck
- Coaches to take the field to assist game flow and player management
- At a Plant ball, defence cannot advance until the receiver has received the ball from the dummy half
- Players can be awarded Touchdowns if they run over the Touchdown line but reminded of grounding process
- Close enough is good enough – enjoyment and success are the key focus



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GRADE

YEAR

3-4

(Ages 7-9)

FIELD & BALL SIZE

JUNIOR BALL
Size 3

MINI FIELD
35m x 50m

TEAM NUMBERS

10 - 14
players
per team

RULE VARIATIONS

- Dummy half must pass the ball from the ruck
- At a Plant ball, defence cannot advance until the receiver has received the ball from the dummy half
- Every change of position starts with a Plant Ball including penalties
 - If required due to skill level and experience
 - Errors count as touches
- Substitutions can tap the player on the field they wish to substitute the player
- Coaches to take the field to assist game flow and player management



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GRADE

YEAR

5-6

(Ages 9-11)

FIELD & BALL SIZE

STANDARD
BALL
Size 5

STANDARD
FIELD
50m x 70m

TEAM NUMBERS

10 - 14
players
per team

RULE VARIATIONS

No variations (Standard rules apply)



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GRADE

YEAR
7-8
(Ages 11-13)

FIELD & BALL SIZE

STANDARD
BALL
Size 5
STANDARD
FIELD
50m x 70m

TEAM NUMBERS

10 - 14
players
per team

RULE VARIATIONS

No variations (Standard rules apply)