

# foxtel TOUCH 7s HOW TO PLAY

1. Seven (7) players (male, female or mixed) in each team
2. Touches, not tackles
3. Seven (7) touches to score before ball given to opposition
4. PASS to a teammate or perform a BALL PLACE once you're touched:



5. When ball goes over the sideline a quick throw takes place
6. Kicking allowed in general play (depending on age and skill)
7. Turnovers - Ball goes to other team when the attacking team:

- Drops the ball forward
- Does a forward pass
- Uses up their 7 touches