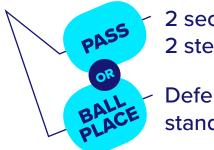
foxtel TOUCH S HOW TO PLAY

- 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
- PASS to a teammate or perform a BALL PLACE once you're touched:



- 2 seconds to pass &2 steps allowed
- Defenders have to stand back 5 metres
- 5 When ball goes over the sideline a quick throw takes place
- 6 Kicking allowed in general play (depending on age and skill)
- Turnovers Ball goes to other team when the attacking team:
 - Drops the ball forward
 - Does a forward pass
 - Uses up their 7 touches