

# WALKING RUGBY LEAGUE RULES



## GAME ON! Walking Footy

### Game Duration

- Match duration will vary between 20 and 30 minutes
- Games will be divided into four quarters of equal length
- Teams will change ends at half time where applicable

### Team Numbers

- Teams may consist of 5-7 players on the field at any one time
- Mixed-gender participation is encouraged

### Field Dimensions

- Game will be played cross-field
- Field dimensions will be adjusted according to player numbers and available space
- The Competition Coordinator may modify field dimensions to ensure safe and enjoyable play

### Kick-offs & Restarts

- All kick-offs and restarts begin with a tap of the ball on the knee
- Defenders must be onside before the game can restart
- After a turnover, the new attacking team restarts with a knee tap from the mark where the turnover occurred

### Attacking Rules

- Teams have 6 tackles to score a try.
- Tries are scored by carrying the ball over the try line. Grounding the ball is not required
- The ball must be passed immediately after the knee tap. No scooting/running from the tap is permitted
- Players must restart play from the spot where they were touched
- If a knee tap is missed or taken from the wrong mark, play returns to the correct spot with no penalty

### Turnovers Occur For

- Knock-on (dropped ball)
- Forward pass
- Ball hitting the ground from an incomplete pass
- Ball or player going into touch
- Running with the ball

### Defending Rules

- Defenders must retreat **2 metres** from the play-the-ball/knee tap
- A touch is made with one hand anywhere from the shoulders down, including clothing, bibs, or the ball
- No running in defence
- If an interception attempt is missed and the ball goes to ground, the attacking team receives a "6 again"

### Penalties

**Penalties may be awarded for:**

- Running in attack and defence
- Offside (not retreating 2 metres once a touch has been made)
- Crossing or obstruction
- Obstructing an attacker



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