



FAST5 Touch laws

The Ground

- Handball pitch (40m x 20m)

The Ball

- U16 - senior: Size 5
- U10 - U14: Size 4

Number of Players

- 5 players
- A team may have up to 5 substitutes.
- Teams can make an unlimited amount of substitutions during play.
- A player being substituted must cross the touch line and tag their replacement player (slap hands) before the replacement player can enter the field of play.
- If a player is injured, the referee may signal to allow a replacement player to enter the field of play before the injured player has left the field of play.
- If there is a serious injury, the referee should stop play so that player can be treated.

Time

- 2 x 5 minute halves, 2 min half time.
- There is no time off for injury or other stoppages.

Scoring

- A try is awarded 5 points.

Kick-off and Restarts

- All kick-offs are tap kicks. After a try, the non-scoring team kicks off from the centre of the half-way line.

(tap-kick is when the ball is in on the floor and touch with one foot, ball has to be passed to a team mate)

- The other team at a kick-off must be at least 5m back from half-way.

The "Touch"

- A touch is when the player with the ball is touched by an opposing player with a minimum of one hand.
- Touches are not permitted above the shoulders
- Touches with force are regarded as dangerous play
- When a player is touched, the player has two options: to Offload or Ball Place.
- The referee will keep a count of how many times a team has been touched.



The “Offload”

- After a player has been touched, they can pass the ball to a teammate.
- This must happen within 2 seconds of the touch.
- The player can take a maximum of 2 steps before passing.
- If the player offloads the ball, there is no offside line for defending players and general play continues.
- If a player takes longer than 2 seconds or runs further than 2 steps, the referee will blow the whistle and order a Ball Place.
- The third time the referee needs to intervene to order a Ball Place during a set of seven touches, a Turnover will be awarded to the defending team.
- If a player is touched within 2 steps of their opponent’s goal line, they may run 2 steps before passing, but will not be able to score a try themselves.

The “Ball Place”

- After a player has been touched, they can turn and face their own goal-line and place the ball on the ground. A supporting attacking player then plays the ball and play continues.
- A Ball Place must take place at the mark where the touch occurred.
- If a touched player opts for a Ball Place, defending players must move back behind an offside line 5 metres from the mark of the Ball Place. Defending players cannot move forward until the ball is played by the supporting attacking player.
- A defending player who is offside at a Ball Place can only take part in play after retreating behind the 5 metres line from the previous Ball Place.

The “Turnover”

- Once a team has been “touched” seven times, the referee should immediately award a Turnover to the defending team.
- The defending team restarts play with a Ball Place at the place of the seventh touch.

Knock-on and Forward Pass

- A knock-on or forward pass by the attacking team results in a Turnover.
- A knock-on by the defending team re-gathered by the attacking team results in the touch count being reset to zero.
- A ball knocked backwards by the defending team re-gathered by the attacking team results in the touch count being reset to zero.

Quick throw-in

- When the ball or a player with the ball goes into touch, play is restarted by a quick throw-in.
- The team who did not last touch the ball before it went into touch will take the throw-in.
- The throw-in may be taken anywhere from where the ball crossed the touch line into touch, back to the goal-line of the team throwing in.



- A quick throw-in must travel straight or towards the throwing team's own goal-line
- There is no required distance a quick throw-in must travel before being caught or played by a teammate of the thrower, however the thrower cannot throw-in to themselves.
- Defending players at a quick throw-in must be behind an offside line 10 metres from the place where the quick throw-in is taken. Defending players cannot move forward until the ball is thrown in.
- A defending player who is offside at a quick throw-in can only take part in play after retreating behind the 10 metres line from the quick throw-in.

Kicking

- No kicking in general play allowed.
- If a player kicks the ball, the referee awards a Turnover to the non-infringing team, at the place where the ball was kicked.

Penalty Kicks and Advantage

- When a Penalty infringement occurs, the referee should blow the whistle to stop play and play should restart with a Ball Place at the place of the infringement with the touch count reset to zero.
- If the infringement occurs before the first touch of a set of 7, the referee may advance the mark for the Penalty 10 metres up the field from the place of the infringement. When a Penalty infringement occurs, and the referee sees that a team may gain an advantage from play continuing, the referee should allow play to continue, but call out the infringement and reset the touch count to zero as play continues.

Foul Play

- Yellow Cards (2 mins temporary suspension) and Red Cards (send off) may be used. There is no replacement of a player who receives a card.
- Dangerous play or any act contrary to good sportsmanship, will not be tolerated. A Yellow Card may be appropriate.
- Time wasting is considered foul play and players who intentionally waste time (including by intentionally or repeatedly infringing) should be strongly sanctioned. A Yellow Card may be appropriate.

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