

Summary of FIT Playing Rules 5th Edition

第五版比賽規則概括

Credit: Ting Fan (Chinese Taipei Touch)

1. Introduction 介紹

<https://youtu.be/xmQ82XItIWQ>

Sequence of videos as below. The rules are not changing, they are reflecting the modern game.
請觀看這系列的影片。規則並沒有特別大的改變，只是反映現代遊戲的趨勢。

2. Start of the Match 比賽開始

<https://youtu.be/Fnmq7kbMwQU>

Team captains are to toss a coin and the winning captain's team having the choice of:

- Direction of the team wishes to run in the first half
- Interchange areas
- Which team will commence the match

兩隊隊長將會擲硬幣而獲勝擲硬幣的隊長將可以決定：

- 上半場的開球方向
- 比賽時間的交換區
- 哪一隊將會開球

3. 7 metres 7 米

<https://youtu.be/nKVDtkPVnZA>

To keep the game flowing, referee to the 7 m in the middle of the field, and close to tryline.
From a minimum of 5 m to 7 m.

為了讓比賽進行更順暢，在球場中間以及靠近達陣線都是以 7 米為不越位線。
第四版的用詞為至少 5 米，這將改成為 7 米。

4. Obstruction 阻擋

<https://youtu.be/6jxdOH1JCJY>

Defenders can change direction while getting on side, but **must not obstruct** the attacking player in possession.

為了退到未越位線 (onside)，防守球員可以改變方向。但是，防守球員不可以阻擋控球的進攻球員。

5. Three penalty Exclusion zone 3 次犯規的排除區

<https://youtu.be/EBZ-rz9tKCs>

When a player from the defending team enters its defensive Seven Meter Zone, the defending team must move forward at a reasonable pace until a Touch is imminent or made.

If the defending team is penalized three times upon entering their Seven Meter Zone during a single possession, the last offending player will be given an Exclusion until the end of that Possession.

A complete possession:

- Try
- Turnover
- Penalty against your team.

當任何一位防守球員進入了自己的防守 7 米區，防守球隊的每位球員都必須以合理的速度向前移動並且有積極意圖要執行 Touch 觸碰。防守球員必須繼續到執行 Touch 觸碰或者即將執行 Touch 觸碰之後才能往後退。

在防守 7 米區域，防守球隊在同一組控球權內犯規三次的話，最後一位的犯規球員將會被裁判指定去排除區等候。該球員可以在控球權完畢之後返回球場。

控球權完畢的定義為：

- 達征
- 控球權交換
- 對方球隊犯規

6. Zero touch 零 touch

<https://youtu.be/EUD6LgWVs2E>

If a defender intercepts a ball in flight and is touched, this will be zero touch.

If a player from the Defending Team deliberately makes contact with the ball in flight and:

- The ball goes to ground, the Attacking Team retains the ball and the Touch Count restarts as zero (0) Touch.
- The ball is retrieved by an attacking player, without touching the ground, play continues and the next Touch is zero (0) Touch.
- Propelling the ball forward and an attacking player, in an attempt to regain possession, drops the ball, the Attacking Team retains Possession and the Touch Count restarts as zero (0) Touch.

Referee will call Zero Touch and signal 6 again.

如果防守球員攔截到進攻方的球，然後被 touch，這個算 zero 零 touch。

如果防守球員試圖獲得控球權而故意接觸飛行的球：

- 而導致球落地，進攻球隊將包留控球權和觸碰計數歸零 (0) touch。
- 球並沒有落地而是由進攻球員接到，比賽將繼續進行。而下一個 touch 觸碰為零 (0) touch。
- 球被往前推進而進攻球員在試圖獲得控球權而導致球落地，進攻球隊將包留控球權和觸碰計數將而歸零 (0) touch。

裁判將會喊 Zero Touch 并做出 6 again 的手勢。

7. Sin bin 受罰席區

https://youtu.be/UJUtXNq_YjI

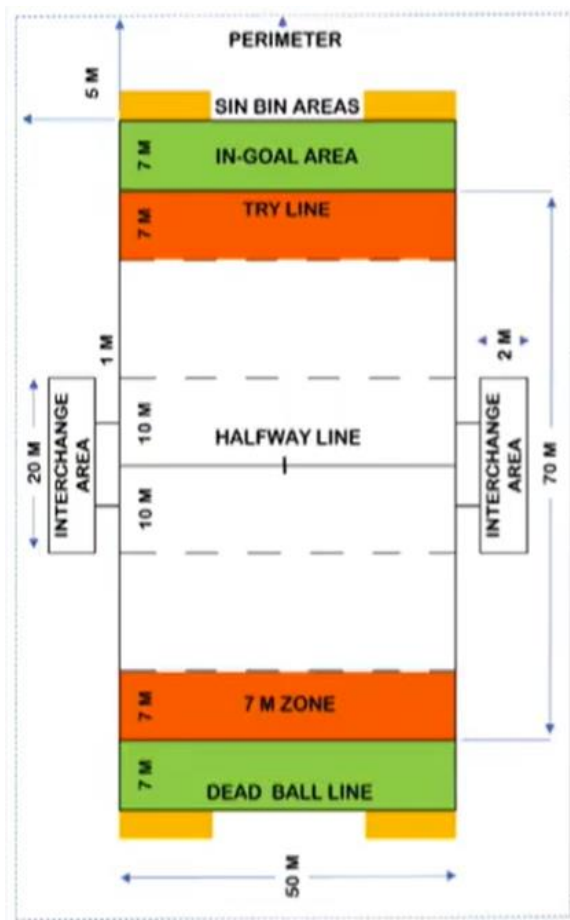
Players sin-binned need to go to the sin-bin area behind the opposite team's dead ball line for four completed possessions. What defines a "Completed possession":

- Try
- Change of Possession

受罰席的球員必須到對方球隊的死球線後面的受罰席區，時間為四組完成的控球權。

完成的控球權的定義:

- 達陣
- 控球權交換



Sin Bin



- Defined as "Four (4) completed Possessions"
- What defines a "completed Possession"
 - Try
 - Change of Possession

8. Interchange 交換

<https://youtu.be/uTurYR90Jds>

After an intercept or line break, defensive players are not permitted to Interchange until the next Touch has been made or the ball becomes Dead.

Ruling A = If a player enters the Field of Play and prevents the scoring of a Try, a Penalty Try will be awarded and the offending player sent to the Sin Bin

Ruling B = If a player enters the Field of Play but does not impede the scoring of a Try, the offending player will be sent to the Sin Bin.

在截球 (攔截球) 或者突破防守線的情況下, 防守球隊的球員必須等到下一次的 Touch 觸碰或者死球之後才能夠進行交換。

裁決 A = 如果球員進入球場並且阻止了對方達陣, 裁判將判決懲罰達陣並指定犯規的球員去受罰席區。

判決 B = 如果球員進入球場但是沒有阻止對方達陣, 裁判將指定犯規的球員去受罰席區。

9. Defensive player enters the 7 m Zone 防守球員進入了 7 米區

<https://youtu.be/toqVFVMqgpE>

When a player from the defending team enters its defensive Seven Metre Zone, the defending team must move forward at a reasonable pace until a Touch is Imminent or made.

Ruling = A Penalty to the Attacking Team at the point of the Infringement.

If the defending team is penalized three times upon entering their Seven Metre Zone during a single Possession, the last offending player will be given an Exclusion until the end of that Possession.

Consistency of "reasonable pace and positive intent to make a touch." from all referees is very important.

Video 1 & 2: Defenders are moving forward at a reasonable pace with a positive intent to make a touch.

Video 3: NQ Cowboys are not moving forward at a reasonable pace or showing a positive intent to make a touch. Defensive players are holding/retreating before a touch is made.

When a **player in Possession enters the defending teams' Seven Metre Zone**, the defending team is not obliged to move Forward but cannot retire back towards their Tryline until a Touch is Imminent or made.

Ruling = A Penalty to the Attacking Team at the seven (7) metre line, in line with the point of the Infringement.

Video 4: Brisbane Broncos are not moving forward or back.

當任何一位防守球員進入了自己的防守 7 米區, 防守球隊的每位球員都必須以合理的速度向前移動並且試圖執行 touch 觸碰。防守球員必須繼續到執行 Touch 觸碰或者即將執行 Touch 觸碰之後才能夠往後退。

裁決 = 在犯規的位置進攻球隊獲得罰點球。

在防守 7 米區域, 防守球隊在同一組控球權內犯規三次的話, 最後一位的犯規球員將會被裁判指定去排除區等候。該球員可以在控球權完畢之後返回球場。

所有的裁判的“合理的速度向前移動並且有積極意圖要執行 touch 觸碰”定義非常重要。

影片 1 和 2: 所有防守員的都以“合理的速度向前移動並且試圖執行 touch 觸碰”, 這點很重要。

影片 3: NQ Cowboys 球員並沒有以“合理的速度向前移動並且試圖執行 touch 觸碰”。防守球員在執行 Touch 之前都保留原位或者提早後退。

當控球球員進入了防守球隊的 7 米線區，防守球隊並不需要往前移動。在執行 Touch 觸碰或即將執行 Touch 觸碰之前，防守球員也不能夠退到達陣線上。

判決 = 進攻球隊在犯規的位置跟 7 米線平線位置獲得罰點球。

影片 4: Brisbane Bronco 球員並沒有往前或往後的行為。

10. Drop-off procedures 減少球員的程序

<https://youtu.be/kGoCqQi3C4o>

The Drop-Off commences with a Tap from the centre of the Halfway Line by the Team that did not commence the Match with Possession.

Each team will reduce their on-field Team to four (4) players.

The Drop-Off will commence with a two (2) minute period of extra time.

- Should a Team be leading at the expiration of the two (2) minute period of extra time then that Team will be declared the winner and Match complete.
- Should neither team be leading the Match will pause at the next Touch or Dead Ball.
- Each Team will then remove another player from the Field of Play.
- Play will recommence immediately after the players have left the field at the same place where it paused and will continue until a Try is scored.

There is no change to the Sin Bin and Send Off Procedure.

Mixed Division: No more than two males on the field.

If a player was sin-binned or sent off at any stage of the game, the player is still part of the game, starting the game with 4 v 3.

If a male player was sin-binned or sent off at any stage of the game, their team will have one less male player on the field. E.g. 2 females, 1 male, or 3 females.

The non-offending team will retain a numerical advantage on the Field of Play during Drop Off.

If a player was sin-binned or sent off at any stage of the game, the player is still part of the game, starting the game with 4 v 3.

If a male player was sin-binned or sent off at any stage of the game, their team will have one less male player on the field. E.g. 2 females, 1 male, or 3 females.

The non-offending team will retain a numerical advantage on the Field of Play during Drop Off.

Drop-Off 減少球員的程序是從球場中間開始，由比賽開始的防守球隊開球。
雙隊都會減少場上的球隊到四位（4）球員。

Drop-Off 減少球員的程序開始有兩（2）分鐘的延長賽。

- 當兩（2）分鐘的延長賽結束之後，如果其中一隊在分數上領先的話，那一隊將是獲勝者而比賽也因此結束。
- 如果兩隊都在延長賽結束之後不分上下，比賽將會在下一個 Touch 觸碰或是死球後而暫停。
- 兩隊將從球場上再減少一位球員。
- 球員離開球場之後比賽將會在暫停前的地點繼續進行，一直到其中一隊達陣為止。

Drop-Off 減少球員進行時，Sin Bin 受罰席 和 Send Off 判罰出場(驅逐出場)的程序沒有改變。

男女混合組: 場上不能超過兩位男球員。

如果在比賽的任何時刻，有球員被受罰席或判罰出場 (驅逐出場)，該球員還是屬於比賽中的球員，因此比賽將會以 4 v 3 開始。

如果男球員被受罰席或判罰出場 (驅逐出場)，該球隊在場上將會少一位男球員。例如：兩位女球員，一位男球員，或者是三位女球員。

在 Drop Off 減少球員時，沒有犯規的球隊在球場上將保留人數上的優勢。

11. Conclusion 結論

<https://youtu.be/-TEt9QZxN8k>