

## What is touch?

Touch or Touch Rugby is different from any other form of rugby. Essentially, it has **no tackling**, lineouts, scrums or rucks. It is a fast paced **usually mixed** 6-aside team sport where men and women compete equally, height and weight are not important, and, because of the rolling sub rule any level of fitness can be accommodated.

## Who Plays Touch?

Last year **36** teams comprising of **400** men and women from the world of commerce competed for **16** weeks. Teams which have competed in past decade include: BP, Shell, Talisman, Hess, Conoco, Phillips, Venture, Halliburton, JPK, Technip, Subsea-7, PGS, DnV, PSL, Lloyds, Thales, SAIC, Sub-Atlantic, Consafe, Global Santa-fe, Expro, Kvaerner, Smith Tools, Helix-RDS, Stolt-Offshore, Genesis, ISL, MLURI, Mountain Rescue, Surf Rescue, Grampian Health Board, and KCA and Marathon.

## Where does Touch take place?

Games are held at Woodside Sports Complex in central Aberdeen. Teams usually play two 20 minute games with a break in-between. M/F changing, refreshments and BBQ facilities are all available.

## How many leagues are there?

There is a league to suit everyone from the very experienced to the complete novice, plus men and women, boys and girls can play in mixed sides. There are Men's and Mixed Experienced, Intermediate and Novice leagues as well as Men's and Mixed Cup competitions. In all there are usually 6 Leagues in the summer competition.

## When are the Leagues, 1 day tournaments and Awards Nights?

After each 1-day Tournament a social evening is held with awards, food and a band.

Mixed 1-day Tournaments: Spring-15<sup>th</sup> April, Summer-8<sup>th</sup> July, Autumn-23<sup>rd</sup> September

Leagues: Summer: 26<sup>th</sup> April to 28<sup>th</sup> June and Autumn: 14<sup>th</sup> August to 18<sup>th</sup> September

## Is there beginners training?

Player training takes place on **Wednesdays at 7pm at Woodside** until the tournaments start.

Referee training will take place on 15<sup>th</sup> April on the morning of the spring 1-day tournament.

## What about kit?

Minimal - Each team must play in an identifiable strip and wear moulded boots or trainers.

## How do I register?

Each team Captain should fill in the registration form available from the website or by contacting [info@aberdeentouch.com](mailto:info@aberdeentouch.com). The registration form should be returned with appropriate payment 2 weeks before the Tournament start date.

