

SOCIAL COMPETITION RULES – TOUCH FOOTBALL

[TFA Rulebook](#)

“These rules are based on the Touch Football Australia (TFA) Official Rules, with modifications specific to this mixed competition.”

Players & Eligibility

- Team size: Maximum (12) players
- Minimum (5) players to avoid forfeit.
- Minimum (2) females on the field at all times (non-binary athletes may self-identify their gender).
- Maximum (5) players on the field.
- All players must be registered and sign the team sheet before each game
- Players must have played a minimum of (4) games to qualify for finals

Game Format

- 2 x 20-minute halves with a 3-minute halftime break.

Uniform & Safety

- No hats, jewellery (facial piercings taped), or unsafe items
- Footwear: moulded studs, blades, screw-ins, turf shoes, joggers, runners

Fill-In / Borrowed Players

- Teams may use fill-in players if required to avoid a forfeit.
A team must have at least 50% of their originally registered team present to take the court/field

Substitutions

- Unlimited substitutions permitted, but only for registered players.
- Players must be fully off the field before substitutions are made

Blood Rule

- Players with visible blood must leave the court until cleared by umpire.

Forfeits

- Forfeits: Game forfeited if not started within 10 minutes of scheduled time. Forfeiting team: -3 points, 0 score difference. Opposition: +3 points, +20 score difference. No refunds for forfeited games

Competition Points

- Win = 3 points Draw = 1 point Loss = 0 points Forfeit = -3 points Bye = 0 points

Finals Format

- Top 4 teams in each division play: 1 v 4, 2 v 3; all other games are friendly

