

**NRL
TOUCH
FOOTBALL
ACT**

NRL Touch Football ACT

**Conditions of
Entry**

**Junior Domestic
Competition**

2026

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Regulations for Domestic Junior Competition

These regulations govern the terms and conditions of the NRL Touch Football ACT (NRLTFACT) Junior Domestic Competition/s.

The following rules of interpretation apply to these regulations, unless the context requires otherwise:

- The singular includes the plural and vice versa.
- Where a word or phrase is defined, its other grammatical forms have the corresponding meaning.
- Headings are for convenience only and do not affect interpretation.

All competition games will be played, administered and governed by the Touch Football Australia (TFA) 8th Edition Playing Rules, together with these regulations and any published policy of NRLTFACT.

If any inconsistency or conflict exists between the TFA rules, these regulations and any published policy of NRLTFACT, these regulations and any published policy of NRLTFACT will apply.

NRLTFACT reserves the right to amend, modify or change, at its discretion, these regulations prior to or during any stage of the competition.

1	NOMINATIONS
1.1	Competition Nominations
1.1.1	Participation in the competition will be initiated by NRLTFACT calling for nominations from interested teams.
1.1.2	Team nominations will be accepted by NRLTFACT for the Junior Domestic Competitions.
1.1.3	Nomination numbers in each division will be limited by available grounds.
1.1.4	All other things being equal, nomination preference will be given in order of registration.
1.1.5	Nominations are offered online via My Sideline.
1.1.6	Nominations after the closing date will only be accepted at the convenience of the competition.
1.1.7	<p>Players will only be deemed eligible to nominate and participate in the Junior Domestic Competition if they are:</p> <ul style="list-style-type: none"> - Not suspended by TFA, NRLTFACT or another TFA affiliated competition. - Financial (i.e. not carrying a debt to TFA, NRLTFACT or another TFA affiliated competition).
1.2	Referee Assistance
1.2.1	NRLTFACT pursues to have all games covered by a qualified referee.
1.2.2	In the instance that NRLTFACT are unable to supply a qualified referee for a game, a parent/s may be asked to assist in refereeing their own child/children's game.
1.3	Nomination Information and Approval
1.3.1	<p>On the online nomination portal, My Sideline, at the time of nomination, a team must provide the following information for a team delegate:</p> <ul style="list-style-type: none"> - Contact name - Postal address - Contact number - Contact email - A team name which complies with Regulation 1.4
1.3.2	Nominations that do not comply with Regulation 1.3.1 will not be accepted.
1.3.3	NRLTFACT may refuse any nomination at its discretion and does not have to provide a reason rejecting a nomination.
1.3.4	Submitting an online nomination is not a guarantee that the nomination will be approved by NRLTFACT, even once a confirmation email is received.

1.3.5	Any decision made by NRLTFACT rejecting a nomination is final.
1.4	Team Name Approval
1.4.1	Each team must nominate a team name for use within the competition on their nomination form.
1.4.2	Team names considered by NRLTFACT at its absolute discretion to be offensive, defamatory, racist, discriminatory or otherwise inappropriate will be refused.
1.4.3	If a proposed team name is refused, NRLTFACT will notify the team delegate. The team name will default to the team delegate's surname until an appropriate name have been chosen.
1.4.4	If two or more teams nominate the same team name, a team who played in the NRLTFACT competition in the season immediately preceding the current competition will have preference and the other team(s) will be required to alter their name.
1.4.5	If none of the teams played in the NRLTFACT competition immediately preceding the current competition under the contested name, whichever nomination was received first by NRLTFACT will have preference and the other team(s) will be required to alter their name.
2	TEAM STRUCTURE AND PLAYER REGISTRATION
2.1	Team Structure
2.1.1	A maximum of six players per team may be on the field whilst in possession of the ball and a minimum of four whilst defending (5 maximum and 4 minimum for Tiny Touch Rules – Competition for U10).
2.1.2	The total number of players that can play for a team during one competition game is 14.
2.2	Player Registration
2.2.1	Each team is allowed to register sixteen players, and six players will be required to be registered into each team before the event starts.
2.2.2	A player registration must have completed before the event begins via the NRLTFACT My Sideline registration process.
2.2.3	Each player participating in a NRLTFACT competition must have agreed to the terms and conditions outlined in the relevant TFA policy
3	PAYMENT OF FEE
3.1.1	Each player nominating to participate in Junior Competition season will be required to pay the appropriate player fee for that season

3.1.2	Players will be required to pay the full amount at time of registration. No disbursement of costs to players registered to the team will be entertained by TFACT.
3.1.3	The player fee is to be paid in full to TFACT by the third week of competition. If a team cannot show a minimum of 8 registered players by the third week of competition, they must contact TFACT. TFACT may disqualify teams who do not meet minimum requirements
3.1.4	TFACT has the right to not refund any of the competition fee paid by a player after the start of competition games.
3.1.5	Teams or individuals that do not comply with Regulation 3.1.3 may have their outstanding debt referred to an external debt collector, in which case a further 50% of the competition fee will be added to the outstanding debt to cover administration costs.
3.1.6	A team may be automatically removed from the competition if all competition fees have not been paid in full by the due date, unless the NRLTFACT State Manager, at his/her discretion, provides approval for alternative payment arrangements.
4	Grading
4.1.1	Competitions will not be graded.
5	Finals
5.1.1	The composition of finals series will be subject to the volume of nominations in any particular division of competition.
6	UNIFORM REQUIREMENTS
6.1.1	Each team entering TFACT competitions will be required to wear a uniform.
6.1.2	No person, other than TFACT management, including opposing team captains, a referee or ground controller may waive the requirement for players to comply with the player uniform regulations set out in this regulation.
6.1.3	TFACT Management may waive the requirement for non-compliant uniform during the round games in extreme cases where reasonable notice has been given and the non-compliant team is attempting to rectify the non-compliant uniform immediately. Under no circumstances will the requirement be waived during the final series.
6.2	Playing Shirt Requirements
6.2.1	Each player taking the field must wear a uniform playing shirt representative of his/her team.
6.2.2	Pink playing tops are not permitted. Predominantly white playing strips are permitted.

6.2.3	Playing shirts bearing incidental differences such as alternate sponsors are permitted, providing style and colour of the strip is otherwise the same, and all other requirements of Regulation 6 are met.
6.2.4	Playing shirts must bear an exclusive number (unless discussed with TFACT office or playing under <u>Tiny Touch Rules</u>).
6.2.5	Players may wear other apparel underneath their playing shirt so long as the number is clearly visible.
6.2.6	Uniform requirements are in place from round one of competition games. The only exception is if regulation 6.1.3 has been implemented.
6.3	Playing Shirt Number Requirements
6.3.1	The number displayed on a player's playing shirt will be their team player number.
6.3.2	A players' team player number must correspond with the team player number printed on the relevant sign on sheet by, or on behalf of, the player and provided to NRLTFACT.
6.3.3	<p>Team player numbers must be:</p> <ul style="list-style-type: none"> - At least 15cm in height. - Placed on the rear of the jersey. - In a contrasting colour to the colour of the team playing shirts. - Legible to the referee.
6.3.4	Blood-stained clothing, including playing shirt, must be removed. Alternative playing shirts are allowed in this exception. If no alternate playing shirt is available, uniform penalties will apply if the player continues to play.
6.3.5	If the blood flow cannot be stemmed, the player is not permitted to return to play.
6.4	Playing Shoes, Socks and Shorts Requirements
6.4.1	A player must always wear approved sports shoes whilst on the field during a competition game.
6.4.2	Football boots with screw-in studs are not permitted.
6.4.3	Any sharp edges of an approved sports shoe are required to be filed.
6.4.4	Despite Regulation 6.4.1, a referee may refuse to allow a player to wear the shoes he/she is wearing if the referee considers the shoes put the safety of players at risk.
6.4.5	A player must always wear socks whilst on the field during a competition game.
6.4.6	

	Approved playing shorts can include any type of exercise shorts, pants or tights so long as they do not have any metal or buckles that could cause injury to another player.
7	PLAYER SAFETY
7.1.1	Player Safety Regulations 7 are designed to provide maximum safety for all players and participants in the competition.
7.1.2	<p>A player is not permitted to play with:</p> <ul style="list-style-type: none"> • A watch. • Necklace. • A bracelet, including rubber or plastic bracelets and arm bands. • Un-taped powerbands or similar products. • Non-prescription glasses. • Sunglasses. • Any other items which the referee, at his/her absolute discretion, considers may present a danger to players, or to put the safety of players at risk.
7.1.3	All body piercings must either be taped or removed.
7.1.4	Rings must be taped or removed.
7.1.5	Fingernails must be kept short or taped.
7.1.6	Players are permitted to wear gloves.
7.1.7	The referee may order a player wearing potentially damaging items from the field.
7.1.8	<p>Potentially damaging items include but are not limited to:</p> <ul style="list-style-type: none"> - Jewellery. - Non-prescription glasses or sunglasses. - Medical casts. - Strapping. - Approved sports eyewear. - Hair clips. - Head gear. - Pins.
7.1.9	The decision of the referee is final.
8	GAME TIME
8.1.1	Subject to NRLTFACT Disrupted Games Policy and Extreme Weather Policy, competition games will ordinarily consist of two 20-minute halves with a 5 minutes half time break.
8.1.2	The commencement and recommencement of play in competition games will be initiated by the ground controller.

8.1.3	The referee will start and finish the competition game by the sound of a whistle.
8.1.4	Despite Regulation 8.1.1, the referee/ground controller may alter the duration of a competition game if he/she considers it appropriate.
8.1.5	Any disruption to a competition game will be managed under the NRLTFACT Disrupted Games Policy.
9	SIGN ON PROCEDURE
9.1.1	TFACT competition games involve a sign on procedure.
9.1.2	Players must sign their name onto the sign on sheet next to their printed name and write their playing number next to it. In case of an Under 8's or 10's player, a guardian can sign on behalf of the player.
9.1.3	Printed names must include a first name and surname and be written legibly. TFACT accepts no responsibility for a game not being counted towards played games if this isn't the case.
9.1.4	If a player's signature is not on the sign-on sheet, they will be deemed to have not played in the game, with no avenue for appeal.
9.1.5	If the player signature does not match previously recorded signatures, team delegates will be contacted to explain this anomaly. If the explanation is unsatisfactory, results may be overturned, and matches forfeited.
9.1.6	Teams found guilty of fraudulently signing on players will have any matches where the fraud occurred deemed as forfeited losses, with no accrual of games for finals purposes for any players.
9.1.7	Upon registration as individuals, players will be entered into the TFACT database and their names will appear on each sign on sheet in subsequent weeks.
9.1.8	Players must have either registered online to play.
9.1.9	Teams that have not had players register online will have their games recorded as a forfeit.
10	GAME RESULTS
10.1.1	Competition game results will be recorded as noted on referee game cards.
10.2	Referee Game Cards
10.2.1	Each team captain must sign the referee game card at the conclusion of the competition game, unless they disagree with the score recorded, players sent off, uniform penalties and any other factor which may influence the game result.

10.2.2	If a team captain disagrees with the score, they must not sign the referee game card, and lodge a protest in accordance with Regulation 11.
10.3	Delays and Forfeits
10.3.1	<p><u>If a team is not ready to take the field by the time the siren signals the start of the game (assuming the other team is present), the following actions will be taken by the referee:</u></p> <ul style="list-style-type: none"> • One touchdown is to be awarded for every two (2) minutes the team is unable to take the field (minimum of four (4) players) • If a team is later than ten (10) minutes, the game is to be declared a forfeit in favour of the team which is present.
10.3.2	Teams who forfeit a competition game will receive no points (5-nil score line).
10.3.3	Any team that forfeits without notice on two occasions may be removed from the competition at the discretion of TFACT, with no refund given for playing fees.
11	PROTESTS
11.1.2	A team delegate may lodge a protest on behalf of his/her team with the ground controller following a competition game.
11.1.2	Protests concerning individual refereeing decisions will not be accepted.
11.1.3	Protests must be lodged within twenty (20) minutes of the conclusion of the competition game.
11.1.4	<p>Protests may be lodged in relation to:</p> <ul style="list-style-type: none"> • Specific incident/s in a competition game considered by the team delegate to have fundamentally affected the outcome of the competition game. • Player eligibility. • Player shirts. • Any other matter.
11.1.5	Incomplete protest forms, or a protest deemed frivolous by TFACT at its discretion, will not be investigated.
11.1.6	A protest will be decided by TFACT upon review of the Laws of the Game before the start of the relevant team/s next scheduled competition game.
11.1.7	This review may involve TFACT interviewing witnesses and persons of interest to the investigation.
11.1.8	The game result of a competition game in which a protest has been lodged may be upheld, varied or declared void.
11.1.9	A competition game in which a protest has been lodged may be declared a forfeit or draw or may be rescheduled in accordance with the TFACT Disrupted Games Policy.

12	COMPETITION POINTS														
12.1.1	The competition will be judged on a Competition Table and Competition Points System.														
12.2	Competition Points Table														
12.2.1	The competition will have a competition points table.														
12.2.2	The competition points table will be used to determine the order of ranking of teams in each division of the competition.														
12.2.3	Competition points will determine the ranking of a team on the competition points table. Teams will be progressively ranked in order of most competition points to least competition points.														
12.2.4	<u>If two or more teams are on equal competition points in the competition points table, ranking will be determined in order of the following:</u> The team with the highest positive difference between the number of touchdowns scored for and against it. If still equal, the percentage system will apply as shown on the competition points table. If still equal, the team who last won a game played between the equal-placed teams will go ahead. If still equal, teams will play again on a date decided by TFACT, with TFA Drop Off Rules applying.														
12.3	Competition Points														
12.3.1	<u>General Competition Points are awarded as follows:</u> <table style="width: 100%; border: none;"> <tr> <td>Win</td> <td style="text-align: right;">= 3 Points</td> </tr> <tr> <td>Bye</td> <td style="text-align: right;">= 3 Points</td> </tr> <tr> <td>Loss</td> <td style="text-align: right;">= 1 Point</td> </tr> <tr> <td>Draw</td> <td style="text-align: right;">= 2 Points</td> </tr> <tr> <td>Win by forfeit</td> <td style="text-align: right;">= 3 Points</td> </tr> <tr> <td>Loss by forfeit</td> <td style="text-align: right;">= 0 Points</td> </tr> <tr> <td>Washout (including teams with bye)</td> <td style="text-align: right;">= 0 Points</td> </tr> </table> <p>The above competition points are taken from the '7th Edition Playing Rules', the only variation to this table will be where the situation is deemed to fall under 'Local Disrupted Game Policy'</p>	Win	= 3 Points	Bye	= 3 Points	Loss	= 1 Point	Draw	= 2 Points	Win by forfeit	= 3 Points	Loss by forfeit	= 0 Points	Washout (including teams with bye)	= 0 Points
Win	= 3 Points														
Bye	= 3 Points														
Loss	= 1 Point														
Draw	= 2 Points														
Win by forfeit	= 3 Points														
Loss by forfeit	= 0 Points														
Washout (including teams with bye)	= 0 Points														
13	DISCIPLINE														
13.1.1	Touch Football ACT has adopted the TFA Disciplinary Regulations Manual. Please see this manual at Policies - Touch Football Australia														
13.1.2	These disciplinary powers are to be read and operate in conjunction with TFA 7th Edition Playing Rules.														
13.2	Disciplinary Powers														
13.2.1	Despite Regulation 13.1.1, the regulations in this area are intended to provide the referee with further disciplinary powers than specified by the TFA Rules.														

13.2.2	An appointed referee is the sole person who has the power to discipline a player, official or spectator during a competition game.
13.2.4	The referee coordinator will appoint a referee for each competition game.
13.2.5	Despite Regulation 13.2.4, TFACT does not guarantee a referee will be provided for each competition game.
13.2.6	<p><u>During a competition game, a player may be disciplined by the referee if the referee believes:</u></p> <ul style="list-style-type: none"> • The player has infringed, or attempted to infringe, the Laws of the Game; or • The player is reasonably likely to infringe the Laws of the Game; or • The player, an official and/or spectator has breached the Code of Conduct.
13.2.7	<p><u>A referee may discipline a player by:</u></p> <ul style="list-style-type: none"> • A warning. • A direction to the player to substitute (force sub). • A direction to the player to leave the field for a period of time. • A direction to the player to leave the field for the remainder of the competition game (send-off).
13.3	<u>Disciplinary Categories and Sanctions</u>
13.3.1	<p><u>Misconduct</u></p> <ul style="list-style-type: none"> • Misconduct warranting Penalty, Forced Interchange, Sin Bin or Dismissal includes: • Continuous or regular breaches of the Rules. • Swearing towards another player, Referee, spectator, or other match official. • Disputing decisions of Referees or other match official(s); • Using more than the necessary physical force to make a Touch. • Poor sportsmanship. • Tripping, striking, or otherwise assaulting another player, Referee, spectator or other match official; or • Any other action that is contrary to the spirit of the game.
13.3.2	<p><u>Forced Interchange</u></p> <ul style="list-style-type: none"> • Where the Referee deems it necessary to implement a Forced Interchange following an Infringement, the Referee is to stop the match, direct the ball to be placed on the Mark, advise the offending player of the reason for the Forced Interchange, direct that player to return to the Interchange Area, display the relevant signal and award a Penalty to the non-offending Team.
13.3.3	<u>Sin Bin</u>

	<ul style="list-style-type: none"> • The on-field Referee is required to indicate the commencement and the end of the Sin Bin time. • Any player sent to the Sin Bin must stand in the Sin Bin Area at the opposition's end of the Field of Play and on the same side as their Interchange Area. • Any player sent to the Sin Bin must return to the Interchange Area prior to re-entering the Field of Play. • Any action that causes the Touch Count to restart will result in a continuation of that Possession. For the avoidance of doubt, should a defender knock the ball down or give away a Penalty, this does not mean that the Possession has been completed, but rather the Possession continues.
13.3.4	<p><u>Dismissal</u></p> <ul style="list-style-type: none"> • A player or official dismissed for misconduct is to take no further part in that match and is to move to and remain outside the Perimeter for the remainder of the match. • The dismissed player or official cannot be replaced and, in accordance with TFA Disciplinary Regulations, that player shall receive an automatic two (2) match suspension.
13.4	Automatic Suspension Period
13.4.1	<p>If a person is sent off under Regulation 13.3.4: The person will be automatically suspended from the competition for the period of time it takes the player's team to play two competition games; and During the suspension period, the person will be ineligible to participate in: Any other TFACT competition. Any TFA affiliated competition</p>
13.4.2	<p>When calculating the automatic suspension period, a bye does not count towards the required two (2) competition games.</p>
13.4.3	<p>When calculating the automatic suspension period, a forfeit by an opposing team will be counted towards the required two (2) competition games.</p>
13.4.4	<p>If it is not practical for the team in which the person was suspended to play two (2) competition games in the competition, the automatic suspension period will be continued to the next TFACT competition in which the player participates.</p>
13.4.5	<p>Until the automatic suspension period has been served, the person will remain ineligible to participate in competition.</p>
13.4.6	<p>Appeal of the automatic suspension period: Please refer to Regulation 8.2 in the TFA Disciplinary Regulations Manual.</p>
13.5	Incident Reports
13.5.1	<p>Please refer to Regulation 8.1 in the TFA Disciplinary Regulations Manual.</p>

13.6	Breaches of Code of Conduct
13.6.1	<p><u>If a person is considered to have breached the TFACT Code of Conduct by TFACT he/she may be:</u></p> <ul style="list-style-type: none"> • Given a formal warning in writing by TFACT • Reported to the TFACT Disciplinary Tribunal.
13.7	Disciplinary Tribunal Hearing
13.7.1	Please refer to Regulation 7 of the TFA Disciplinary Regulations Manual.
13.8	Power of the Disciplinary Tribunal
13.8.1	Please refer to Regulation 3 and 16 in the TFA Disciplinary Regulations Manual.
13.9	Rights to Appeal
13.9.1	Please refer to Regulation 17 in the TFA Disciplinary Regulations Manual.
14	COMPLAINTS PROCEDURE
14.1.1	A team delegate may lodge a complaint on behalf of his/her team with the ground controller following a competition game, or with TFACT.
14.1.2	Complaints must be submitted no later than 48 hours after the alleged conduct occurs.
14.1.3	Complaints will be investigated by TFACT in accordance with Regulation 8 and Regulation 9 in the TFA Disciplinary Regulations Manual.
14.1.4	In spite of Regulation 14.1.3, complaints deemed by TFACT to concern a serious breach of the TFACT Code of Conduct may be referred to the TFACT Disciplinary Tribunal immediately.

15 FORCE MAJEURE	
15.1.1	If TFACT is unable to perform, in whole or in part any obligation under these regulations by reason of a force majeure event, TFACT is relieved of that obligation under these regulations to the extent, and the period it is unable to perform.
15.1.2	TFACT has no obligation to refund any team competition fees paid if it is unable to perform by reason of a force majeure event.
16 RESPONSIBILITIES	
16.1.1	<p><u>Team and team delegate:</u></p> <ul style="list-style-type: none"> • It is the responsibility of the team and its delegate to ensure: • Its players are eligible, in accordance with Regulation 2.2.7. • Its players, officials and associated spectators comply with the TFACT Code of Conduct at all times. • Its players comply with the uniform requirements at regulation 7. • Its competition fees are paid in full. Its players are aware of the Laws of the Game. • The sign on sheet is signed at the end of the game by all players.
16.1.2	<p><u>Players:</u></p> <ul style="list-style-type: none"> • Each player is responsible for: Ensuring he/she is aware of and complies with the Laws of the Game. • Ensuring they sign their name and place their number on the sign on sheet for the game.

DEFINITIONS	
	Appointed Referee: Referee appointed by referee coordinator, in consultation with TFACT.
	Approved Playing Shorts: Includes, but is not limited to shorts, skirts, pants or tights.
	Approved Sports Shoes: Includes but is not limited to football boots and running shoes.
	Automatic Suspension Period: Suspension period for being sent from the field for the remainder of the game.
	Club: Affiliated through the annual submission of the TFACT Associate Member Registration Regulations.
	Code of Conduct: Code by which all players / persons involved with touch football in the ACT must abide.
	Competition: TFACT Junior Domestic Competition.
	Competition Fee: A fee paid to enter the competition.
	Competition Games: Any games played for a purpose within the competition.
	Competition Round Games: Any games played for a purpose within the competition not including finals of any kind.
	<p>Force Majeure: For the purposes of these regulations, a force majeure event includes but is not limited to any or all of the following:</p> <p>Acts of God including flood, drought, earthquake, storm, cyclone, fire, explosion, epidemic; or war, terrorism or other civil disturbance; or a permanent injunction issued by any court of competent jurisdiction; or An act, fact, circumstance matter or thing beyond the reasonable control of TFACT.</p>
	Game Result: Result of a competition game as recorded by TFACT.
	Game Tally: Cumulative total of competition games used for finals qualifications purpose.
	Individual: Any single player in a TFACT competition.
	Individual Competition Fee: Fee determined by TFACT for single players placed in a team by TFACT.
	Online Nomination Portal: Online portal required to be completed for entry to competition, being My Sideline
	Player: Individual involved in game of touch football. Definition also extends to include officials and spectators for judicial matters.

	Player Registration Form: Online form that must be filled out in order to compete in competition. Completed within My Sideline
	Player Team Number: Number worn on the back of playing shirt, at least 15cm in height.
	Playing Shirt: shirt, singlet or sleeveless shirt, so long as all playing shirts are of the same type.
	Referee Game Card: Device used to record score.
	Regulations: Terms by which teams and individuals agree to abide by to play in competition.
	Protest: Protest lodged within twenty (20) minutes of game ended to refute recorded score.
	Sign-On Sheet: Register of individuals who were present at competition game to be recorded.
	Team: Any team submitting to play in competition.
	Team Delegate: Person who is the main point of contact for the team.
	TFA: Touch Football Australia.
	TFACT: Touch Football Australian Capital Territory.
	Wash Out: Games that have been cancelled or otherwise rendered unplayable due to adverse weather.