

IRELAND TOUCH Association



Our aim is to promote and develop the game of Touch Rugby throughout Ireland



IRELAND TOUCH

contact us



president@irelandtouchassociation.com



Garry Glenn (President)
353 868307392
353 1 2960546



Ireland Touch Association
18 College Park Way,
Ballinteer, Dublin 16

- * Do you want to play a fun, minimal-contact sport suitable for all ages, where men and women compete side-by-side?
- * Do you want to get fit without even realising it?
- * Do you want to get involved in the great social side of one of the fastest growing sports in Ireland?
- * Do you want to play competitively and possibly even get the opportunity to represent your country?

Touch is the sport for you!



About Touch

Touch Rugby is a minimal contact sport played by people of all ages, abilities and body shapes. It's one of the few sports where men and women play side-by-side in the same team.

Touch is a great way to exercise and is simple to play. If you're enthusiastic, you'll quickly master the skills and enjoy yourself on the field.

Touch is an international sport. Those with the skill and dedication can go on to represent Ireland at European Championships and World Cups.

Get Involved

Get involved in Touch as a player, a referee, a coach, a volunteer or as a spectator. Come down to any of the Touch venues and check out how the game is played. You'll find people are really friendly and happy to chat about the game to you.

Socially, Touch is a fantastic sport. We welcome all age groups from young to old. A Mixed team is only as good as its women so women players are highly valued.

To find out more, just get in touch!



[Where do we play?](#)



[Touch Calendar - Upcoming Events](#)



[Touch Videos](#)



[Touch Quiz: Penalty or Roll Ball?](#)

facebook

Kenilworth Language Institute are proud supporters of Irish Touch

GMC Mortgages were official sponsors of Team Ireland at the 2011 Touch World Cup



The **Ireland Touch Association (ITA)** is the national body responsible for the development of the sport of Touch across Ireland. ITA is a full member of the Federation of International Touch (FIT). ITA supports and coordinates leagues and competitions at all levels within Ireland and organises National squads to participate at World and European Level.

IRELAND TOUCH Association



Our aim is to promote and develop the game of Touch Rugby throughout Ireland



IRELAND TOUCH

contact us



president@irelandtouchassociation.com



Garry Glenn (President)
353 868307392
353 1 2960546



Ireland Touch Association
18 College Park Way,
Ballinteer, Dublin 16

Home

Get Involved

Where we Play

Calendar of Touch Events

About Touch

Touch Videos and Photos

National Squads

Get Involved in Touch

The Ireland Touch Association promotes playing Touch at ALL levels from social Touch right up to international honours. If you can't find any information you need here, please contact page and we'll be happy to help!

I've never played Touch. Is it hard to learn?

Touch is very simple to play. 2-3 games will see you master the basic skills and the more you play the better you will become. As long as you are keen to get involved you will develop the skills to enjoy yourself on the field.

How fit do I have to be to play?

People of all shapes, sizes, ages and fitness levels play in social and competitive leagues, you chose the level you wish to play. You'll find over the season your personal fitness levels will increase, Touch is a great way to exercise, improve cardio-vascular fitness and help to burn excess fat.

What do I need to play?

All you need to get started is a willingness to learn and have fun. You can start by simply getting some friends together, a set of the rules and a ball.

What does it cost to play?

Playing socially with your friends costs nothing, League costs vary throughout the country, but are not expensive compared to other sports.

How long are the games?

The international standard is 40 mins (2 x 20 mins).

How big is the field?

The international standard is 70m x 50m.

How many people play in a team?

Maximum 14 players per squad, 6 on the field at any one time with up to eight substitutes. who interchange at random. 10-12 players is a good number to allow for that much needed rest during the game.

What is the male/female ratio in a Mixed Team?

There is a minimum of 3 women and a maximum of 3 men on the field.

How does the scoring work?

Single points are scored for each try scored in most competitive games although local competition rules may differ.

If I haven't played before, am I able to come down and just watch?

Of course! Feel free to come down to any of the venues and check out how the game is played. You'll find people are really friendly and happy to chat about the game to you. The sport is also renowned for its social appetite.

How far can I go with Touch?

If you have the skill and determination you can represent your country in International competitions, with the World Cup being the ultimate test.

Is there an international governing body?

For more information on the Federation of International Touch, visit <http://www.international-touch.org/>

How do I get started?

If you are interested in playing locally in a Touch league or team in your area, contact us. We will be able to provide you with contact details if there is Touch being played in your area. If there is no Touch currently in your area, we will offer advice on how to set up a team, some simple to follow grids and drills for skill development and details of one-day or weekend tournaments in which you can compete.

If there is a Touch team in your area, you will find a willing group of people, happy to pass on their knowledge of the game to you.

The non-collision aspect of Touch allows men and women of all ages to play alongside and compete against each other. All you need is a ball and a pitch to play so putting a team together and practising is relatively easy. The pitch can be marked out with cones or the markings can be used on the field of a different sport (half a rugby pitch for example).

How do I improve?

We are told that "practice makes perfect" but if we practice the wrong things we will not improve. After taking up the sport, if you decide you would like to play at a higher level, we will be able to put you in contact with the experienced players and coaches. One of the great things about the Touch community is that experience international player and beginners get to play side-by-side. We also travel to tournaments throughout Europe during the season. You will be able to gain from the knowledge gained from competing at a higher level or just learning from more experienced players and coaches.

If your whole team want to advance and play at one of these tournaments, go to the calendar page of this website for details. You can contact the tournament organiser directly or contact us. You can check the expected standard, playing against the best can improve your game.

International Squads

The next step from these tournaments is representing your country. There is currently an International tournament every year available to European Nations. The [World Cup](#) is every 4 years, the next being in Australia 2015. The [European Championships](#) are every 2 years, the next being in Treviso, Italy 2012. In the years with no European championships or World Cup there is a Home Nations championship for the England, Scotland, Wales, Channel Islands and Ireland.

If you are competing at the highest league in your area and/or are travelling to one-day tournaments, if you are considered good enough the likelihood is you will be invited to trial or train with the National team. Open trials are held annually and are announced on this website.

The **Ireland Touch Association (ITA)** is the national body responsible for the development of the sport of Touch across Ireland. ITA is a full member of the Federation of International Touch (FIT). ITA supports and coordinates leagues and competitions at all levels within Ireland and organises National squads to participate at World and European Level.

IRELAND TOUCH Association



Our aim is to promote and develop the game of Touch Rugby throughout Ireland



IRELAND TOUCH

contact us



president@irelandtouchassociation.com

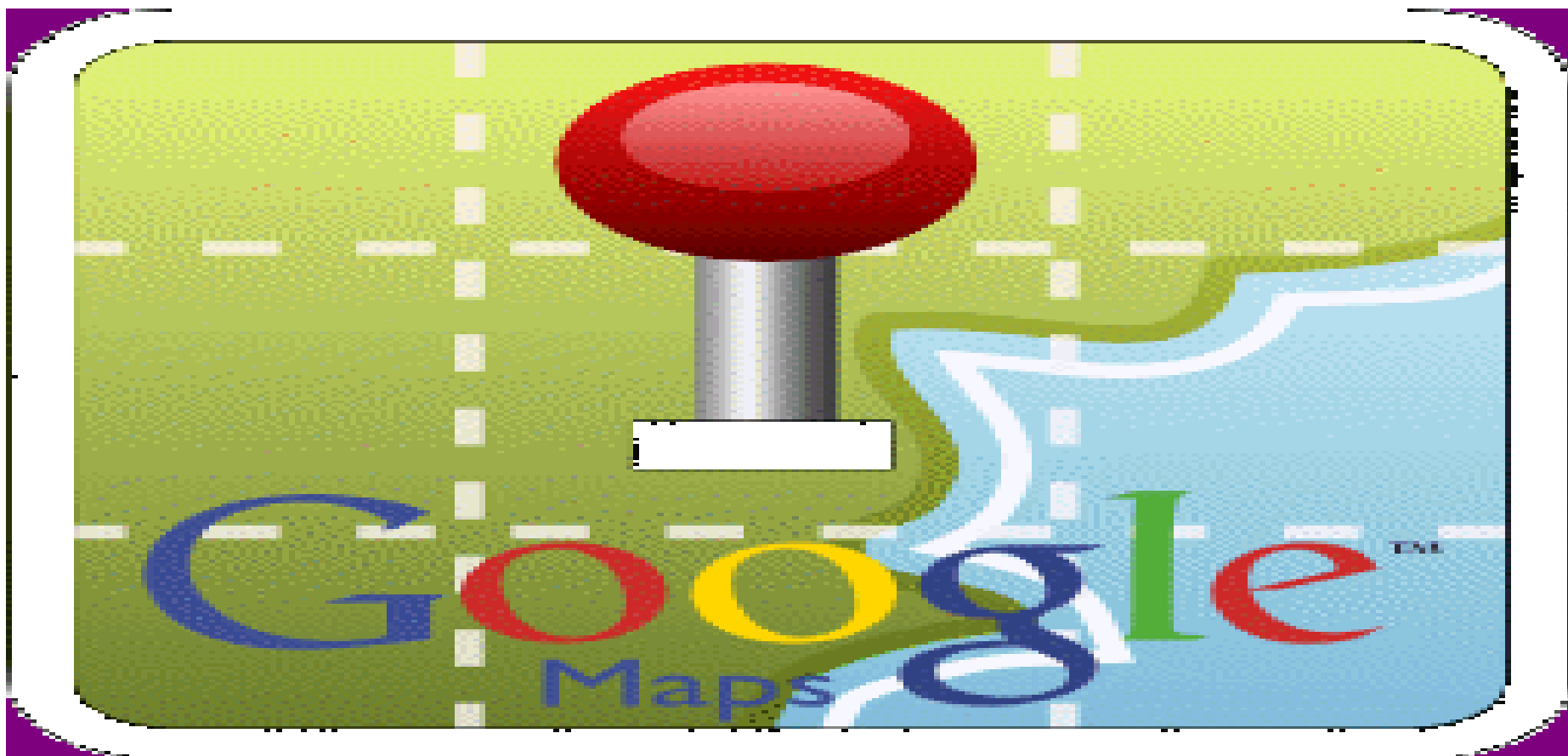


Garry Glenn (President)
353 868307392
353 1 2960546



Ireland Touch Association
18 College Park Way,
Ballinteer, Dublin 16

Map



Touch Venues - Winter/Spring 2012: All welcome to come along

Mondays 7-9pm: Monkstown RFC.

Park Avenue, Dublin 4. (Between Sandymount Village and Sydney Parade)

Wednesdays 7.30-9pm. Palmerston De La Salle.

Enniskerry Road, Stepside, Dublin 18

Fridays 7-9pm. Wicklow RFC.

Ashtown Lane, Wicklow Town, Co. Wicklow

Sundays 11am.-1pm. Kilgobbin Rugby Pitches.

Kilgobbin Lane, Stepside, Dublin 18

Directions - By Car

Monkstown FC

Leave Dublin city centre on the R118 / Lower Mount Street. Continue onto Northumberland Road, Pembroke Road and eventually the Merrion Road into Ballsbridge. With the Four Seasons Hotel on your right, take the left turn onto Sandymount Avenue. Continue straight to the end and take right turn onto Gilford Road/Park Avenue. Continue for 1km and the main entrance to Monkstown FC is on the right opposite St. John's Church.

Palmerstown De La Salle:

On the main Enniskerry Road (R117) it is easily accessed from Dublin's M50 C-Ring Motorway at Junction 15 sign posted Leopardstown / Carrickmines. Head towards Kiltarnan until reaching a T Junction at the Golden Ball Pub. Turn Right and continue past Kiltarnan Parish Church on the left, arriving at Kirwan Park, 300 Metres on the Right hand side.

Wicklow RFC:

Travelling south on the N11 (from Dublin): Take the exit for Rathnew. Turn left at the roundabout at the top of the off ramp. Keep left at the roundabout in the middle of Rathnew village. Take right turn at next traffic lights. Take first exit at roundabout. Continue through two sets of traffic lights until you reach next roundabout. Take the third exit at the roundabout onto Ashtown Lane. Follow this road for approximately 200m. The club is on the left.

Kilgobbin Rugby Pitches:

Leave the M50 at Junction 13, then at roundabout take the 3rd exit onto College Park Way (Signposted Sandyford Dundrum) At Roundabout take the 3rd exit signposted Sandyford.. At traffic signals turn right onto Hillcrest Road R113 (Signposted Sandyford). At traffic Signals turn left onto Enniskerry Road R117. Continue forward onto Enniskerry Road - Entering Stepside, take the immediate left at the junction with the Step Inn onto Kilgobbin Road. After about 200m, take the first left onto Kilgobbin Lane. The entrance to the rugby pitches is on your right.

The **Ireland Touch Association (ITA)** is the national body responsible for the development of the sport of Touch across Ireland. **ITA** is a full member of the Federation of International Touch (FIT). **ITA** supports and coordinates leagues and competitions at all levels within Ireland and organises National squads to participate at World and European Level.

[Home](#)[Get Involved](#)[Where we Play](#)[Calendar of Touch Events](#)[About Touch](#)[Touch Videos and Photos](#)[National Squads](#)

IRELAND TOUCH Association



*Our aim is to promote
and develop the game
of Touch Rugby
throughout Ireland*



IRELAND TOUCH

contact us



[president@
irelandtouchassociation.com](mailto:president@irelandtouchassociation.com)



Garry Glenn (President)

353 868307392

353 1 2960546



Ireland Touch Association

**18 College Park Way,
Ballinteer, Dublin 16**

What's coming up in the world of Touch?

[Home](#)[Get Involved](#)[Where we Play](#)[Calendar of Touch Events](#)[About Touch](#)[Touch Videos and Photos](#)[National Squads](#)

The **Ireland Touch Association (ITA)** is the national body responsible for the development of the sport of Touch across Ireland. ITA is a full member of the Federation of International Touch (FIT).

ITA supports and coordinates leagues and competitions at all levels within Ireland and organises National squads to participate at World and European Level.

IRELAND TOUCH Association



Our aim is to promote and develop the game of Touch Rugby throughout Ireland



IRELAND TOUCH

contact us



president@irelandtouchassociation.com



Garry Glenn (President)
353 868307392
353 1 2960546

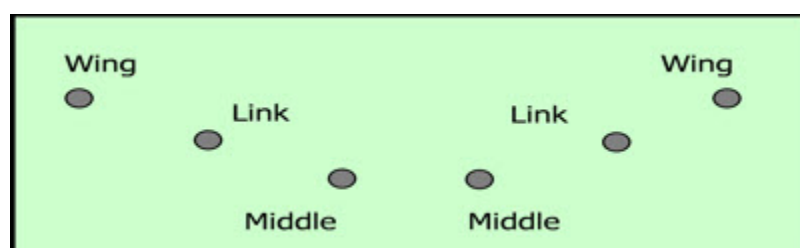


Ireland Touch Association
18 College Park Way,
Ballinteer, Dublin 16

About Touch

Touch is a minimal contact sport played on a pitch half the size of a rugby field (ie 50m x 70m). The game emphasises running, agility, passing, catching and communication. Touch is often referred to as Touch Rugby, but there is no tackling, lineouts, scrumming or kicking involved. This makes it appealing to a wide range of ages and abilities, from juniors to masters and from slight to heavy builds. The main aim of the game is for each team to score "touchdowns" and to prevent the opposition from scoring (One touchdown equals one point). Teams are made up of 6 players on the field at any given time, with up to 8 substitute players on the sideline. Teams are categorized into Mens, Womens and Mixed divisions (mixed = 3 male + 3 female players). Players can substitute anytime during the game and as often as they like.

Attacking players must perform a "roll ball" (between the legs) once they have been touched by a defender. Defenders must retire in a straight line 5 meters from the "roll ball" mark. After 6 touches, the possession changes to the other team for their turn at attack. Penalties are awarded for a variety of infringements including, forward pass, offside, touch-and-pass, roll-ball over the mark and over-vigorous play."



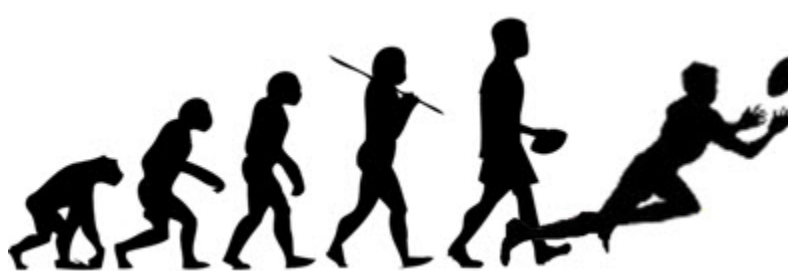
Unlike many other sports, players in a Touch team may often find themselves in any of the six field positions during periods of the game. For this reason all players should be able to perform comfortably in each position. There are three positions in Touch covering the six on-field players as follows:

The Middles are considered to be the main decision makers in the team.

Basic Principles of Play

The attacking principle is for the ball carrier to avoid being touched, for support players to move into areas of space on the field and for the ball to be subsequently passed to a player in a better attacking position as the team attempts to score touchdowns.

The main objective of the defending team is to deny the attacking team time and space in which to move around the playing field and score touchdowns. To achieve this a team should adopt appropriate defensive policies to be adhered to and implemented. This will range from high risk to holding patterns and should vary depending on the different areas of the pitch.



Playing Rules:

- Game duration: Two 20-minute halves with a 1-minute half time. Play starts and restarts at the centre with a "tap". This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up. Penalties are performed by the same procedure. On both a re-start and penalty the defending team must retreat at least 10 metres.
- Six players are allowed on the field at any one time, with any amount of reserves off the field. Reserves can be continuously substituted at any time from one side of the field. The substituting players must make contact with each other behind the sideline.
- A try is scored by grounding the ball on, or behind, the try-line. One point is awarded in men's, women's and mixed leagues.
- A legal touch is on any part of the body, clothing and ball. A player must claim a touch by raising a hand and shouting, "Touch". The referee is the sole judge of the touch and has the discretion to overrule a claim. (Play to the whistle). An attacking player may affect the touch by deliberately touching the opposition. When touched, the player in possession must place the ball on the ground at the exact point of the touch. Play is re-started by stepping over the ball. It can be controlled with a hand or foot. This is known as a ROLLBALL. The ball may not roll more than a metre. A player may not perform a rollball unless touched.
- The player picking up the ball (the dummy-half or acting half) may run, but if touched a changeover occurs. The dummy-half may not score and a changeover (rollball) will be awarded if this occurs.
- After 6 touches possession changes. The attacking team begins play on the "first down", starting with a "rollball".
- All defending players must retire more than 5 metres in line with the mark of touch. The defending team cannot move forward until play restarts, nor interfere with play whilst retreating. A restart occurs the moment the ball is tapped or the dummy-half touches the ball at the roll ball. If there is no dummy-half in position (within 1 metre of the mark) defenders may advance from an on-side position.
- If the attacking player, when making a quick start, is touched by an off-side defender, play is allowed to continue. If an attacking side gains no advantage, a penalty tap for the first down will be given.
- When a rollball is taken within 5 metres of the scoreline the defending players must retreat with both feet to behind their scoreline before they can make the touch. If a player is touched in the touchdown zone before grounding the ball the touch counts and play is restarted on the 5-metre line. At all times no team may delay the game by deliberately delaying a roll ball.
- If the ball is dropped or if a player crosses the sideline before being touched, change of possession will occur. This is by means of a roll ball.
- A penalty is awarded for the following infringements; a forward pass, offside play, performing a roll ball over the mark, claiming a Touch when none was made, interfering with the roll ball (running around the ruck) and passing the ball once touched. When a penalty is awarded, the referee will advance 10 metres from where the infringement occurred. The referee must give the exact mark from where the Tap Ball must be taken. The defending team must retire 10 metres from the mark or behind the try-line.
- If the defending team unsuccessfully intercepts the ball or it is intentionally knocked down, the attacking team starts from a "first down" roll ball.
- The principle of advantage will be applied.
- No obstruction, excessive contact, verbal abuse or foul play will be tolerated – the referee is sole judge. A penalty will be awarded in such cases and a player can receive 2 minutes in the SIN BIN. Serious or continual foul play of any nature will result in the player being sent off without a replacement.

Touch World Cup 2011. Edinburgh, Scotland.



Glossary of Touch Terms:

Acting Half, Dummy Half or just **Half**: the player who receives the ball following the rollball

Dump or **Quickie**: a quick rollball to further attacking opportunities from the ensuing play. At levels above beginners these constitute all touches/roll balls.

Fade or **Drag**: an angled run forwards and towards the wing/sideline in an attempt to drag the defenders sideways and potentially open up gaps on the open side.

Link: The position on the field between the middles and the wings (the second player from the sideline).

Middle: The position on the field in the middle of the players (the third player from either side line).

Open Side: the side of the ball carrier with the most number of players.

Phantom: a defensive player claiming a touch when no touch had in fact been made. Frowned upon by the vast majority of players. A "no touch" call is also regarded as a phantom. If spotted a phantom call results in a penalty, forced sub or sin bin.

Re-Align: when an attacker moves back into an onside position (behind the ball) after passing or making a touch.

Rollball: must be performed once a player in possession is touched by the opposition or after a turnover. The rollball is performed by placing the ball on the mark, and either rolling the ball backwards, or stepping forward over it. The ball is picked up by another player on the attacking team (see acting-half). Above a beginner level, players usually never actually roll the ball along the ground.

Ruck: any attacking move intended to promote the ball down the field rather than specifically result in a touchdown.

Scoop or **Scoot**: an attacking move following the dump, whereby a player runs from the half position in an attempt to get past the defensive line.

Short Side: the side to the ball carrier with the least number of players.

Snap: to beat (ie run past) an opponent by changing direction suddenly.

Squeeze: a type of zone defence used to force attacking players to move the ball to the wings to gain and/or take advantage of an overlap (by which time the defence should have had time to re-position itself).

Switch or **Cut**: an attacking move where the ball player passes to a receiver in the direction that the receiver has come from, as they run angled lines that cross over with the receiver running behind the ball carrier.

Touch: the main defensive tactic in the game of Touch, similar to a tackle in some other codes of football. It forces the attacking team to stop and restart play (see rollball). A touch is performed by the defensive team on any part of the body or clothing of the current ball carrier for the attacking team, or the ball itself. At the moment of a touch, it is customary (but not mandatory) for the defensive player who is performing the touch to shout "Touch", which alerts both the attacking and defensive teams and the referees that the player has been touched.

Wing: The position on the field at the side of the field (the player next to the sideline).

Wrap: a variation on the switch move involving where the ball carrier passes after the receiver as run behind them to the side that the receiver is running to.

The **Ireland Touch Association (ITA)** is the national body responsible for the development of the sport of Touch across Ireland. **ITA** is a full member of the Federation of International Touch (FIT). **ITA** supports and coordinates leagues and competitions at all levels within Ireland and organises National squads to participate at World and European Level.

IRELAND TOUCH Association



Our aim is to promote and develop the game of Touch Rugby throughout Ireland



IRELAND TOUCH

contact us



president@irelandtouchassociation.com



Garry Glenn (President)
353 868307392
353 1 2960546



Ireland Touch Association
18 College Park Way,
Ballinteer, Dublin 16

[Home](#)

[Get Involved](#)

[Where we Play](#)

[Calendar of Touch Events](#)

[About Touch](#)

[Touch Videos and Photos](#)

[National Squads](#)



General Touch Tips



Touch Tips: Powers



Touch Tips: Some notes on Defence/Cornering



2011 Touch World Cup Grand Final: Australia vs New Zealand

Some comments and observations from Rory:

1. Very direct rucking from both teams that makes huge yardage thus putting extreme pressure on those who are back-peddalling.
2. Note how little time the ball is on the ground. Each player knows their function.
3. There are two opposing styles. The Australians like to suck the defenders into the middle before unleashing the bombs out to their wingers (who score 90% of their tries). They do this by dragging the defence across the pitch, followed by a series of dump and splits before the final pass. The Kiwis like to use individual flair where their middles set up their links to score.

The style of play is not too complicated, just very fast and well executed with ALL players knowing their jobs. Interestingly, the Australian 40's played a lot more complicated game with much more moves. This was probably because they don't move as fast as they once did and also because of years playing the game.



Valencia Mixed Tournament, March 2012



Touch World Cup, Edinburgh July, 2011

The Ireland Touch Association (ITA) is the national body responsible for the development of the sport of Touch across Ireland. ITA is a full member of the Federation of International Touch (FIT). ITA supports and coordinates leagues and competitions at all levels within Ireland and organises National squads to participate at World and European Level.

For more photos, click on the link below:

<https://picasaweb.google.com/117378414667442990729>

All photos taken by Ollie Flanagan. To purchase a CD of these photos or photos from any other tournaments: Contact Ollie at: oolflanagan@rcsi.ie

IRELAND TOUCH Association



Our aim is to promote and develop the game of Touch Rugby throughout Ireland



IRELAND TOUCH

contact us



president@irelandtouchassociation.com



Garry Glenn (President)
353 868307392
353 1 2960546



Ireland Touch Association
18 College Park Way,
Ballinteer, Dublin 16

Home

Get Involved

Where we Play

Calendar of Touch Events

About Touch

Touch Videos and Photos

National Squads

National Squad Information

Ireland Current European Ranking

From the results of the [2010 European Touch Championships](#), the current seedings of the top European Touch nations are:

Ranking	Country	Total Points	2008 Ranking
1	Wales	41	2
2	England	38	1
=3	Ireland	25	10
=3	Scotland	25	3
=3	France	25	4
6	Guernsey	12	7
7	Jersey	11	6
8	Germany	10	5
=9	Austria	9	N/A
=9	Spain	9	8
=9	Switzerland	9	13
12	Netherlands	8	12
13	Belgium	4	9

TEAM IRELAND PROUD OF ITS ACHIEVEMENTS AT 2011 Touch World Cup

After a gruelling five day Touch World Cup tournament in Edinburgh, the Ireland Touch teams returned on Monday proud of their achievements.

"We're absolutely exhausted, but incredibly proud to have competed for Ireland against the best in the world in our sport." President of the Ireland Touch Association Michael Davies said.

"It was a tough tournament, with teams playing up to three matches a day. Every player gave their absolute best on the pitch and played right to the end.

"We had a great support team over there, and a big thank you should go to the coaches, managers, physios and support staff who coordinated our teams and kept the players out on the pitch." He said.

Ireland competed in four divisions in the Mixed Open, Men's Open, Men's over 35s and Men's over 40s categories.

"There was some great matches and each team had great support as they went out on the pitches."

"For many of us, to compete at a World Cup was a dream. But to achieve it has been an opportunity of a lifetime. We trained incredibly hard for this tournament, and each team should be proud of their efforts at the World Cup." Mr Davies said.

27 countries participated in the event, with over 500 matches being played during the course of the tournament.

Australia took out most categories with many finals including Australia and New Zealand, where Touch rugby is a common social sport.

Ireland finished 16th in the Open Category, and 11th in the Senior age division. The Mixed Open team came 15th and the Men's Open finished 12th in their category. In the Senior division the Men's Over 35's finished 11th and the Men's Over 40s had the best result finishing 5th in their pool.

National Squads - Player Selection Criteria

FITNESS

Aerobic Endurance- ability to maintain physical and mental performance over a whole game/tournament with minimal fatigue: often the difference between elite and other players.

Speed/Endurance- maintains speed over longer distances, able to repeat bouts without loss of speed; ability and commitment to chase in defence.

Work Rate- ability to continue producing high level of output in individual games and throughout the tournament; recovers quickly; consistently error free; contributes to all facets of game; seems to be everywhere.

TEAM SKILLS

Positional Awareness- being in the right position at the right time in attack and defence then taking advantage of it; awareness of the position of team-mates and opponents; gets back into position without disrupting others; rarely caught in the wrong spot.

Team Skills- ability to interact with others; follows directions, unselfish, positive attitude to referees/officials; encourages others; knowledge of rules, patterns, policies and game plan; maximises strengths and minimises weaknesses; cohesive; adapts to different roles and patterns.

Defence Skills- knowledge and application of defence policies; commitment; pressure situations; communication; interaction; applies pressure; can read play; does not panic; in control.

Response to Instructions- ability to carry out the game plan; responds to instructions from coach/captain/team mates.

INDIVIDUAL SKILLS

Speed/Power- speed off the mark; acceleration.

Agility/Balance- ability to change direction without losing speed or balance; applies both to attack and defence.

Attack skills- ball skills (scoop, pass, catch); evasion (sidestep, swerve); can apply pressure; adapts quickly; sets up support; takes right options; communicates; initiates attack.

VISION

Vision- peripheral- team mates/opposition using side vision; field- ability to see what is happening in the whole game – the "big picture"; sees things early; reacts quickly; good understanding of opposition strengths and weaknesses; can assist team-mates.

Decision Making Capacity- ability to select the right option both in attack and defence that will benefit the team; decisive and reacts quickly; confident in taking options; takes responsibility; does not rely unduly on others for direction.

COMMUNICATION

Communication- (often first thing noticed) ability to talk positively and effectively for the benefit of the team e.g. calls wraps/switches, talks in defence; vocal but not distracting; assists others to see problems and opportunities; reinforces; controls game.

PRESSURE

Copes with Stress/Pressure- ability to perform tasks while under various psychological stresses.

GMC MORTGAGES WERE OFFICIAL SPONSORS FOR TEAM IRELAND AT THE TOUCH WORLD CUP 2011



The Ireland Touch Association (ITA) is the national body responsible for the development of the sport of Touch across Ireland. ITA is a full member of the Federation of International Touch (FIT). ITA supports and coordinates leagues and competitions at all levels within Ireland and organises National squads to participate at World and European Level.

IRELAND TOUCH Association



IRELAND TOUCH

contact us



president@irelandtouchassociation.com



Garry Glenn (President)

353 868307392

353 1 2960546



Ireland Touch Association

**18 College Park Way,
Ballinteer, Dublin 16**

Home

Get Involved

Where we Play

Calendar of Touch Events

About Touch

Touch Videos and Photos

National Squads

The Ireland Touch Association (ITA) is the national body responsible for the development of the sport of Touch across Ireland. ITA is a full member of the Federation of International Touch (FIT). ITA supports and coordinates leagues and competitions at all levels within Ireland and organises National squads to participate at World and European Level.

Coaches

Player Coaching -Becoming a Coach

What if I want to coach?

You have learnt the game; you have played it; now you want to coach others. If you have received the correct coaching yourself, the likelihood is you will be able to pass this knowledge on to players in your club team, especially at a social/beginner level. If you want to coach a European competitive club side or a national team, you will need to get on the European coaching programme.

1. Level 1 is an introduction to coaching in general with some specifics to Touch. It focuses on how we coach, organising a session. It is mainly classroom based but with some practical sessions.
2. Level 2 is probably the minimum level you should attain if you wish to coach at international level. It focuses on specific Touch coaching with game scenarios. It also looks at session planning and yearly plans, nutrition, injury prevention and hydration.

You should contact your NTA for details on courses near you. If they cannot assist, contact the EFT via the contacts page on this website.

National coaches have access to the top coaching resources through the coaching network which includes not only coaches within Europe but also coaches from Australia, New Zealand and South Africa.

The important of correct coaching: The importance of correct coaching can easily be demonstrated by the following statistics; it can take up to 5,000 repetitions of a skill to burn the movement into your body's muscle memory, i.e. to perform that skill automatically. However, it can take up to 50,000 repetitions to correct a skill that has been learnt incorrectly. In essence, coaching is a skill that is needed to increase the competence of individuals and the team through continuous guidance, monitoring and feedback. Touch is a technical sport and, as a developing sport in Europe, there is little in the way of literature and video. Therefore, there is more emphasis on coaches to share their knowledge, not just to develop your team and players but to grow the sport.

The benefit of coaching: There are many reasons people choose to get involved in coaching but one of the most popular reasons is being able to help players develop, whether you're coaching a youth team or coaching elite players as part of a regional or national team. There is great satisfaction in watching a team that you have coached executing skills during a game over-and-over again, that took months of hard work from both you as the coach and the players involved. Many coaches (although not all) are former players, who undoubtedly have been helped throughout their playing career by various coaches, players and referees. Coaching is one way to give something back to the sport.

Best Pathway for Coaches: Before taking up a coaching role, it is worth gaining some experience of the tasks that coaches complete, perhaps within your own club team, e.g.

1. Help plan a session or part of a session
2. Demonstrate the execution of a skill
3. Organise a particular drill or exercise

Coaching is a skill (or a collection of skills) and, like any skill, requires practice.

For those who have aspirations in a coaching role, it would be recommended to become an assistant coach at a level appropriate to your knowledge, experience and commitment, alongside a head coach who you can learn from. Some people may be more comfortable as an assistant coach (rather than a head coach) and may want to progress in a similar role but at a higher level, e.g. regional or national. Others may have aspirations to become a head coach and should therefore look to gain more experience in areas such as selection, delivering feedback to players, annual planning, etc.

In terms of qualifications, there are currently two levels of coaching course within Europe (with some countries offering a community coaching course as an introduction to coaching Touch):

1. Level 1 is an introduction to coaching in general with some specifics to Touch. It focuses on how we coach, organising a session. It is mainly classroom based but with some practical sessions.
2. Level 2 is probably the minimum level you should attain if you wish to coach at international level. It focuses on specific Touch coaching with game scenarios. It also looks at session planning and yearly plans, nutrition, injury prevention and hydration.

You should contact your NTA for details on courses near you. If they cannot assist, contact the EFT via the contacts page on this website.

IRELAND TOUCH Association



Our aim is to promote and develop the game of Touch Rugby throughout Ireland



IRELAND TOUCH

contact us



president@irelandtouchassociation.com



Garry Glenn (President)
353 868307392
353 1 2960546



Ireland Touch Association
18 College Park Way,
Ballinteer, Dublin 16

[Home](#)

[Get Involved](#)

[Where we Play](#)

[Calendar of Touch Events](#)

[About Touch](#)

[Touch Videos and Photos](#)

[National Squads](#)

The **Ireland Touch Association (ITA)** is the national body responsible for the development of the sport of Touch across Ireland. ITA is a full member of the Federation of International Touch (FIT). ITA supports and coordinates leagues and competitions at all levels within Ireland and organises National squads to participate at World and European Level.

Referees

Welcome to the page of the site dedicated to one of our most valuable resources – our referees!

Here you will be able to find up-to-date information for everything related to refereeing Touch, from becoming a referee at park/module level (“grass roots”) to the highest level at regional/national and international tournaments.

You will find information on badge courses and coaching opportunities at events both within your own country and throughout Europe that you can nominate to attend. In addition, our referee policies, common bond, code of conduct as well as major tournament rankings and finals appointments, are available for you to view.

List of referees and grades, recognising the hard work and dedication.

The ITA is constantly seeking to assist in the development of refereeing across Ireland by running a series of Referee Courses. The ITA adopts the European Touch grading system. There are badges for levels 1 (entry level) to 5 (world cup standard).

Level One

This is an introductory course for Touch Referees. No previous experience is necessary and everyone is welcome. This 3 hour course includes a discussion about the basics of the game and of refereeing, then a written exam. Those who pass the course (which includes on-field assessment either that day or at a later stage) will receive a European Level 1 certificate and badge.

Level Two

Ideally interested people will have attended and passed the Level 1 course before attending a Level 2 course. Also referees will need to have done a season of refereeing prior to the course. This is a full one day course and will consist of a presentation, interactive sessions, theory & practical assessment (either that day or at a later stage). Those who pass the course will receive a European Level 2 certificate and badge.

Level Three

Ideally, interested people will have attended and passed the Level 2 course before attending a Level 3 course, and have done a minimum of 2 years practical refereeing experience. This is a full two day course and includes interactive sessions, theory & practical assessments and a written exam. Those who pass the course will receive a European Level 3 certificate and badge.

Levels Four and Five

Level 3 is the last level where a course is required, Levels 4 and 5 are awarded through assessments at international tournaments only.

Referees are key to the experience people have when playing Touch. Without these devoted people who put their bodies (and ears) on the line week in and week out, there would be no game. Many people think refereeing is easy and in theory it is.

If you have experience refereeing sport, or you are a player who is familiar with the rules or you are just keen to learn, then we can equip you with the skills to be a Touch referee; you will also need to have a level head, patience, compassion, confidence as well as a fair level of fitness.

We hope anyone hoping to, or currently reffing around the country will find the information they require here about training & development, courses and all the events this Spring and Summer at which their expertise is needed.



Referee Grades and list of Qualified Irish Touch Referees

IRELAND TOUCH

Association



Our aim is to promote and develop the game of Touch Rugby throughout Ireland

Terms of Use

IRELAND TOUCH

contact us



president@irelandtouchassociation.com



Garry Glenn (President)
353 868307392
353 1 2960546



Ireland Touch Association
18 College Park Way,
Ballinteer, Dublin 16

[Home](#)[Get Involved](#)[Where we Play](#)[Calendar of Touch Events](#)[About Touch](#)

Touch Rugby is very simple to play. 2-3 games will see you master the basic skills and the more you play the better you will become. As long as you are keen to get involved you will develop the skills to enjoy yourself on the field.

How fit do I have to be to play?

People of all shapes, sizes, ages and fitness levels play in social and competitive leagues, you chose the level you wish to play. You will find that over the season your personal fitness levels will increase, Touch Rugby is a great way to exercise, improve cardio vascular fitness and help to burn excess fat.

What do I need to play?

All you need to get started is a willingness to learn and have some fun. You can start by simply getting a bunch of friends together, a set of the rules and a ball. The sport is renowned for its social appetite. For those of you that want to really get into the game, there are specialist shoes made for Touch that can give you that extra grip when you need it.

If I haven't played before am I able to come down and just watch?

Of course! Feel free to come down to any of the venues and check out how the game is played. Simply turn up at any of the venues where Touch is being played, you'll find people are really friendly and happy to chat about the game to you.

How far can I go with Touch?

If you have the skill and determination you can represent your country in National and International competitions, with the Touch World Cup being the ultimate test of the World Champs.

The combination of skills, fitness and the social aspects makes Touch (in my opinion) the ultimate game for women! The current national teams have players who participated in rugby union, rugby league, netball, athletics, gymnastics, Taekwondo, Ultimate Frisbee, football etc you name it they are all there. And some players haven't played much sport at all but were looking for a social way to keep fit.

The key physical aspects of Touch are that it is a minimal contact sport with emphasis on running, speed, agility and skills. There is no tackling, rucking, mauls, lineouts or kicking. If you have been injured, are tired of getting injured or not really interested in contact sports then Touch is for you. It is a high intensity sport and is great for fitness. While rugby players can transition very well into Touch you certainly don't have to have held a rugby ball to learn how to play.