

Touch Rugby

Can you answer 'Yes' to either of these 2 questions?
Do you want an alternative to football, cricket, netball & basketball?
Ever thought of trying something new and different?

Yes? Then it's time you gave Touch Rugby a try.



Each year more than 15,000 adults of all ages and abilities play touch rugby in men's, women's and mixed games. It's minimum contact; there are no scrums, bone crunching tackles, no line-outs, no rucks and no mauls. If you can run a bit and catch a bit then you can play touch, if you want to get a bit fitter and make new friends then it's perfect.

Touch is a fast, simple and exciting game that uses the basic rugby skills of handling, evasion & support play, without the physicality of the 15-a-side game.



Touch is normally played by teams of 6 on half a rugby pitch and the object is simple: score more tries than the other team and to stop them scoring.

It's a sport that is played all year round and has a great social side.

What to know more: [How to play](#)

What to be part of a P&G Touch team to compete in local tournaments and the Newcastle Falcons Touch League? Send an email to Graham Robertson ROBERTSON.G@PG.COM

I'm aiming to arrange a taster session for the end of September or the beginning of October so if you're interested, please let me know.