

englandtouch.org.uk



ENGLAND TOUCH CLUB TOOLKIT

GETTING STARTED AND
BUILDING YOUR CLUB

THIS IS TOUCH

A SPORT FOR ALL

A SPORT FOR ALL AGES

A SPORT FOR ALL GENDERS

A SPORT FOR ALL SEASONS



ENGLAND TOUCH



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THIS IS TOUCH

Touch is *the* sport for all

Touch brings all the family together in the same team, a team in which boys, girls, men and women, of all ages, all compete as equals.

Touch gives players, referees, coaches and volunteers of all ages a pathway from the grassroots to make lifelong friends and enjoy once-in-a-lifetime experiences, whether they are throwing the ball about in a park or travelling the world representing their country.

Touch is the sport which gives its volunteers tangible reward and sponsors and partners the opportunity to be a part of a remarkable and expanding journey.

This is Touch.

We're delighted you're a part of it!





WHO ARE ENGLAND TOUCH?

Who are England Touch?

England Touch is the National Governing Body of Touch in England.

Our role as custodians of the game is to promote, encourage, foster, develop and grow the sport of Touch in England.

We are a non-profit organisation, primarily led by a volunteer-run Executive Committee selected by our members. There is a small number of paid employees and a largely voluntary management team which runs England Touch day-to-day.

Unlike other rugby code governing bodies, **England Touch's sole focus is Touch**, from grassroots development all the way up to the national elite teams that represent us at the European Touch Championships and Touch World Cup. There are international tournaments for juniors, too, namely the annual European Junior Touch Championships and quadrennial Youth Touch World Cup.

Most importantly, **England Touch is here to support all of our affiliated clubs and players**, whether with tips for how to grow your club; competitions to play in against other clubs from across the country; providing a pathway for players to represent their region or country; insurance for players and clubs; advice on club policies and a central framework for areas such as good governance, etc; and contacts for club kit and training equipment.

*This is Touch
A sport for all ages
A sport for all genders
A sport for all seasons
A sport for all*

First point of contact

Your first point of contact will be your regional lead, an abbreviated list of contacts can be found on the following page in this toolkit, or a full list at:



www.Englandtouch.org.uk





KEY CONTACTS NATIONAL AND REGIONAL

Key contacts in the England Touch Team

England Touch has an extensive management team to help you get your club up and running and then taking the next steps on your journey. Here are some of our key individuals – and a full list of the England Touch team is at:



englandtouch.org.uk/represent/whos-who

Membership and Affiliation Rich King membership @englandtouch.org.uk	Participation Tom Hewson-Haworth participation @englandtouch.org.uk	Governance and Policies David Cope governance @englandtouch.org.uk	Events Aisling Musgrove events.manager @englandtouch.org.uk	Safeguarding Manager Cari Thorpe safeguarding @englandtouch.org.uk
Coaching & Referee Courses Erica Robertson coaching [or] refcourses @englandtouch.org.uk	National Development Officer Sammie Phillips performance.support @englandtouch.org.uk	Funding Manager Adam Irvine funding.manager @englandtouch.org.uk	Marketing and PR Manager Chris Wearmouth marketing @englandtouch.org.uk	Referees Manager Robin Budd referees @englandtouch.org.uk

Regional Lead Contacts

Regional Leads are on hand to help you establish local connections and give you advice on and off the field. They also have contact details for development tournaments in your area.

					
Midland Tigers Vicki Franks midlandstouch@gmail.com	North East Raiders Jonathan Clark northeastraiders-touch@gmail.com	North West Blades Cari Thorpe northwesttouch@gmail.com	South East Touch Association Andy Penniceard andy@seta.org.uk	South West Saxons Martin Wright SouthWestSaxons@gmail.com	West Wildcats Sam Powles / Amro Karim wildcatstouch@gmail.com

GET PLAYING GETTING STARTED

What you'll need to begin playing

Why play Touch?

- It is **open to everyone** – there is no maximum age limit. It is family friendly, with family members often playing in the same team. Touch is played at all levels, from beginners to elite level.
- Junior level competitive Touch starts at U15, and continues up to Over 50s. It is **a safe sport** – that is based on minimal contact which greatly reduces the risk of injury.
- Players are not allowed to tackle, and the ball needs to be placed momentarily on the ground each time the attacking player carrying the ball is touched by the defence.
- **It is dynamic** – each team has six touches to try and score, so players are always looking to create gaps to run through. As soon as the ball is dropped, there is a change of possession.
- As a Touch player, you **learn to pass and catch to a high standard** very quickly!
- It has a great gender split – with almost as many women playing as men.
- There are opportunities to play competitively as a mixed team, or as a men's or women's only team.

*Space + a ball
+ your mates
=
A game*

Location and Equipment

One of the joys of Touch is that it can be played anywhere, from **parks to beaches to playgrounds**.

All you need is **a pitch** (a space which is flat, clear of obstructions, and safe), and **a ball** (order yours at steadensports.com now!) to get going. Cones will come in handy if you need to mark out the field pitch. Oh, a whistle for your referee might be useful, too!

Many of England Touch's affiliated clubs are linked with a rugby club in their local area, which will have a pitch, changing facilities, a bar, and possibly floodlights, too.

Alternatively you might seek to find a suitable community leisure facility with an artificial pitch (useful in the winter months!).

The most important thing to do is to find somewhere where you have access at regular agreed times, as this will help you **grow your** club in the future.

Finding players

You have a club, but you need players, too! The vast majority of England Touch's affiliated clubs have seen expansion over the last 12 months, with most of them actively **using social media** to attract new players. You might want to consider local rugby clubs; businesses; posters in leisure facilities; spending a small amount on social media advertising; and the good old word of mouth – after all, if your players **enjoy playing Touch** they are more likely to **introduce** their **friends and family!**



GET PLAYING THE BASICS

The fundamentals for playing a game

The Field

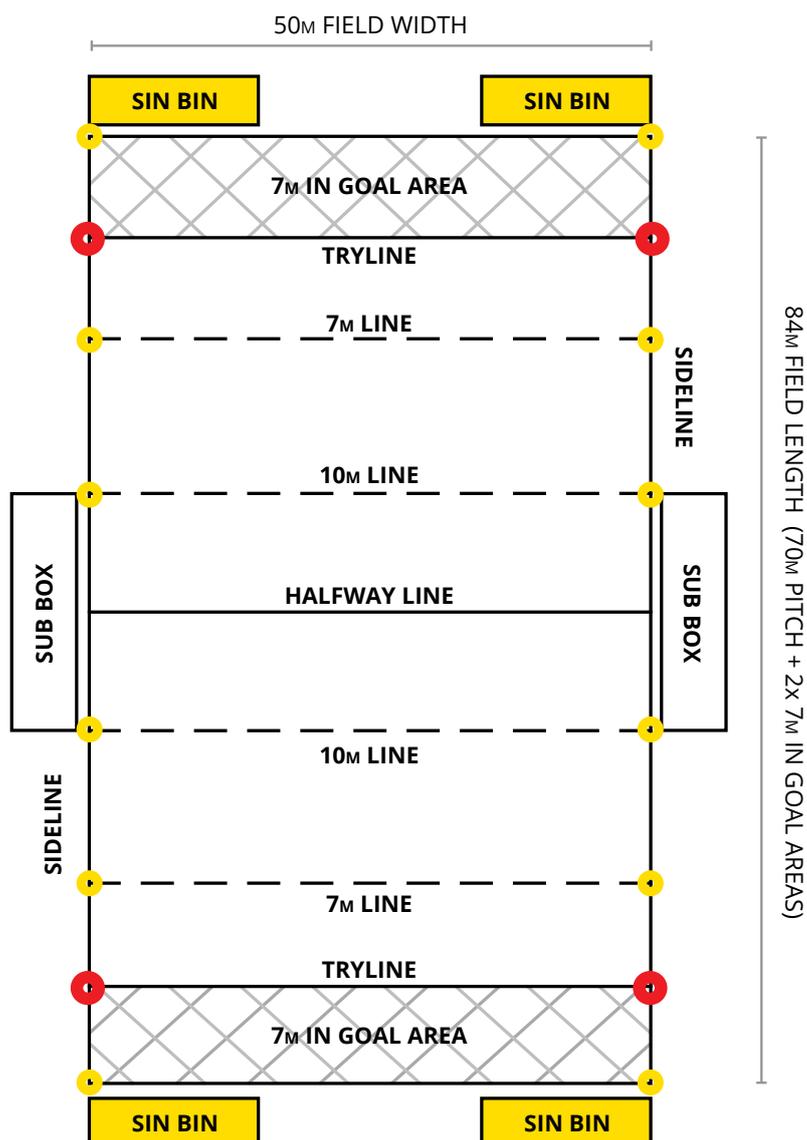
For a full game of Touch you need a field that is **70m long by 50m wide**. This can be either on grass or a 3G artificial surface.

The basic rules

- **Six players on each side**, with rolling interchanges between substitutes and players on the field. There are Mixed divisions (no more than three males on the field at any one time) and single gender divisions for competition purposes
- The aim of the game is to **score more tries** than the opposition
- **Teams have six touches in which to advance or score**; after the sixth touch possession is handed over to the other team
- **A touch can be made on any part of the person**, their clothing or the ball; remember that Touch is a minimal contact sport, and if a touch is considered too strong then a penalty will be awarded against the offending player. Once the touch has been made the ball must be put on the ground for a roll-ball, with defenders retreating seven metres
- **Passes must go backwards**. You cannot pass after having been touched
- **Each competition has different length games**, up to 40 minutes (two 20-minute halves) at regional and international level, so make sure you find out from tournament organisers in advance and plan your training accordingly!



A full list of rules can be found at:
www.Englandtouch.org.uk/play/how-to-play/the-rules/





GET PLAYING TRAINING RESOURCES

Training tips for planning successful sessions

Training tips

England Touch is committed to giving the best possible support to all our clubs, especially those who are new to the sport.

We believe in being proactive and forward-thinking and having a positive relationship with clubs we can expand the number of participants and opportunities to play.

The England Touch management – from Board level down to Regional Leads – is packed full of expertise to help you develop your club on and off the field and this knowledge is at your fingertips, whether in written resources, availability to answer your questions or via our regular online workshops.

These sessions are a good way to get you started and on the way to building up the core skills and game understanding you will need when it comes to playing other teams and in tournaments.

England Touch on YouTube

England Touch's YouTube channel – **EnglandTouch** – is packed full of useful videos from introducing to the basics of the game, to match highlights, to national and international games. It's a **fantastic resource** for clubs and players alike, and is totally **free** to access!



www.youtube.com/user/EnglandTouch

YouTube ENGLAND TOUCH

▶ WATCH > Game overview

▶ WATCH > The roll ball

▶ WATCH > Positions

▶ WATCH > The touch

▶ WATCH > Scoring

▶ WATCH > Subbing

▶ WATCH > Defending the 7m

▶ WATCH > Driving and making metres



The most important thing is to have fun and get everyone involved!

GET PLAYING TRAINING RESOURCES

England Touch online training resources

Downloadable Training Guides

England Touch has a free and downloadable six-week plan, and while this is for children and young people it is also applicable to new players, whatever their age! They cover core skills and game principles for any coach to work on with their team.

A number of our clubs are introducing Touch to children and young people in their area and seeing a rapid increase in their membership. We can run development sessions to help you target and then train these players to be coaches and referees as well!



www.EnglandTouch.org.uk/develop/schools/core-skills-and-principles/



www.EnglandTouch.org.uk/develop/schools/lesson-plans-and-resources/

Planning, Structuring and Implementing your sessions

Planning for a session

There are a number of things you need to consider when planning for each session:

- Ensure you incorporate a warm-up/cool-down and the location is an appropriate and safe environment
- Continuity with previous and future sessions
- Appropriate equipment and skills/drills/grids for a range of available players
- Activities need to be challenging and presented in a way that it is inclusive and motivating
- There is maximum opportunity for fun and enjoyment by all involved

Structuring your training sessions

It is vital that you plan each training session and competition preparation.

The elements of your sessions should include those listed to the right.

Session Introduction

Advise players about what will occur in the session, what the objectives of the session will be, and what the intended outcomes of the session will be.

Warm Up

- Ensure the warm up is session specific
- It is important to offer continuity and consistency with your warm ups

Skill & Fitness activities

- Skill/Fitness that are specific to what the session is trying to achieve.

Game Element

- An opportunity to play and put into practice those things that have been developed/learnt in the session

Cool Down

- Cool down is crucial. Just like the warm up continuity and consistency with this at the end of each session can be very effective

Session Review

- Providing feedback about the session – both positives and negatives. Constructive feedback is key and offers the opportunity for self-analysis



GET PLAYING GROWING YOUR CLUB

Building your club off the pitch

Club policies

Touch is a game that sees players of all ages and genders competing as equals, therefore it is essential to have suitable club policies in place e.g. safeguarding, DBS, etc.



The England Touch policies can be found at: www.Englandtouch.org.uk/develop/governance

Having a committee to run your club is essential, both to help share the burden between a group of you, and in helping establish strong governance within your club.

We would recommend having a chair/manager to represent the club at England Touch meetings, a secretary/administrator to stay on top of all the paperwork, and a finance/treasurer to make sure your club stays in a healthy position with the bank! You will also need a bank account and a constitution.



Email governance@Englandtouch.org.uk for a template, which we are happy to provide free of charge!

England Touch affiliation and membership

Affiliation to England Touch is compulsory if you wish to take part in any of the national club series of tournaments. This applies both for clubs and players, who will also need to be full members of England Touch if they wish to be considered for selection for regional or international teams.

Annual full club membership is recommended, as is full membership for individual participants. There are discounted rates for university and school clubs, and for junior players.

Benefits for clubs:

- Eligibility to play in the National Touch Series
- Public liability and professional indemnity insurance
- Directors and officers (management liability) insurance
- Governance advice and support regarding safeguarding, equality, inclusion and judiciary matters
- Promotion and marketing of club activities via England Touch's digital channels

Benefits for individuals:

- Eligibility to play, referee and coach in the National Touch Series, Nationals and England representative teams
- Personal accident insurance cover through Sports Insure for all individual members aged under 80
- Exclusive access to coaching and referee courses
- Discounts on the ongoing programme of online development sessions
- Touch-specific travel insurance
- Sports Insure is part of AON, meaning you automatically qualify for the AON Plus Programme, which includes a wide range of benefits from retail offers through health and well being to financial and professional services

Full details can be found on the England Touch website:



www.Englandtouch.org.uk/develop/membership/

Funding streams

There is a variety of options when it comes to funding, such as local authorities, community foundations, County Sports Partnerships and lotteries.

England Touch has a free information and guidance service to help you navigate your way to securing funding!



funding.manager@Englandtouch.org.uk

Running a league

Clubs up and down the country run their own leagues. These are both good sources of additional income and new players to join the club who want to take the sport a bit more seriously. England Touch can provide you with training, resources and support!



performance.support@Englandtouch.org.uk

Sport England

Sport England has a one-stop shop for sports clubs, groups and organisations involved in the delivery of physical activity and sport. Club Matters provides free, convenient and practical resources to help organisations to develop, grow, and become more sustainable and successful. Find out more at:



www.sportenglandclubmatters.com

DEVELOPING NATIONAL COMPETITIONS

Touch Series and Tournaments

Regional Development Series

More regions are starting their own Development Series to help clubs, teams and players take their **first steps** on their competitive journeys. Contact your nearest regional lead for more information!

National Touch Series

The National Touch Series has grown massively over the past few years, and whether your club is full of experienced internationals or just taking its first steps into competition **there is a level to suit** you.

Clubs that would like to take part in any of these competitions must be full members, and all players must have England Touch membership to be eligible to compete.



Details about the National Touch Series, including entry criteria, are available at: www.EnglandTouch.org.uk/play

YouTube and Live-streaming

England Touch also live-streams games, currently from the Elite level Series and also the Nationals, on our YouTube channel – **EnglandTouch**

YouTube

WATCH > Elite NTS 2019 Finals



Mixed and Single-gender Series

Elite National Touch Series

This is aimed at more experienced clubs and players, with a number of one-day tournaments spread through the first part of the season

Development National Touch Series

To give less experienced club teams the opportunity to develop, England Touch runs one-day tournaments between May and September. These are open to all clubs to enter and will be located across the country

Elite Men's and Women's National Touch Series (single gender)

This is an invitation-only series with a limited number of teams in each gender.

Emerging Men's and Women's National Touch Series (single gender)

Clubs that are earlier in their single gender development can compete these one-day tournaments. This competition is open to all clubs

University National Touch Series

More and more teams are starting at universities and the Uni NTS has expanded rapidly.



DEVELOPING EVERYONE AT EVERY LEVEL

Coaching Pathway and Courses

Coaching courses

England Touch runs a number of courses for members to **enhance coaching skills** – Level 1 England Touch Coaching Course; Advanced Principles Bridging Courses; Level 2 England Touch Coaching Course – as well as other courses to support your core skills, working in schools, or developing as a player.



Course content can be found at:

www.Englandtouch.org.uk/develop/coaching/coaching-courses

If you have any specific questions email:

coaching@Englandtouch.org.uk

The England Touch Coaching Levels



F1 Introductory Rules & Skills
England Touch Coaching Course



F1 Player Development Course
England Touch Coaching Course



F1 Schools Coaching
England Touch Coaching Course



L1 Essential Principles
England Touch Coaching Course



L1 Advanced Principles Attacking
England Touch Coaching Course



L1 Advanced Principles Defending
England Touch Coaching Course



L2 Advanced Performance
England Touch Coaching Course



L3 Elite Performance
England Touch Coaching Course



DEVELOPING EVERYONE AT EVERY LEVEL

Referee Pathway and Courses

Referee courses

Referee courses are held up and down the country throughout the year. Touch referees are graded according to different badges; there are a range of, ranging from Foundation Level 1 (entry level) through to Level 5 (world cup standard). Referee courses will help you to develop as a referee, and are also open to players who want a better understanding of the rules.

If you are interested in becoming a qualified referee, you should start by attending a Level 1 course. This will give you the basic knowledge and skills to referee Touch. No previous experience is required to attend a Level 1 course (but it's great if you have some!). If you want to progress as a referee, you can also take courses for Levels 2 and 3.

Note: you must hold the previous badge in order to attend the next course.



To find out more email:

refcourses@englandtouch.org.uk



*Referee courses
will improve your
understanding of the
game as both a
referee and a player*



DEVELOPING EVERYONE AT EVERY LEVEL

Continued Professional Development Courses

CPD Workshops – Developing our Sport

England Touch is committed to developing our sport in all contexts, and have therefore launched a wide range of workshops to upskill our members at all levels of participation.

Our attention is increasingly on using innovation to supplement the range of expertise within England Touch to develop our sport, including extending our range of courses and upskilling opportunities online. Moving online, with interactive delivery, makes these workshops much more accessible, more attractive and more participant centred.

These CPD workshops are constantly being expanded and cover a wide range of topics (both on and off field).

They're designed with the participant in mind and run by unique individuals from a range of backgrounds and specialists in their field.

The range of Continued Professional Development workshops are aimed at players, coaches, referees and administrators alike, with each course being tailored to suit.

Ongoing online CPD courses are available to our members at reduced rates, to upskill across the wide range of areas.

As the governing body for Touch in England, along with the leading European nation, we are often looked upon as a leader in our progressive approaches and we continually strive to address the immediate need of additional volunteers by providing new offerings allowing learners to further educate themselves in an environment convenient to them.





REPRESENTING EVERYONE AT EVERY LEVEL

Pathway to playing for England

Playing for England

England Touch has a clearly defined pathway to representing your country at the European Touch Championships and Touch World Cup.



1. Check to see whether you meet the eligibility requirements at: www.Englandtouch.org.uk/play/the-nationals/eligibility
2. Contact your local regional lead to find out about regional trials and selection criteria
3. Train your hardest with your region and shine at The Nationals
4. Hopefully you'll get an invitation to join the England High Performance National Squads which will train over the winter, with the teams for the tournaments chosen from those squads

England Touch currently runs 16 teams, all the way from Mixed 15s to Mens 50s, so there is **no such thing as 'too old' or 'too young'**.



For more information visit: www.Englandtouch.org.uk/represent/representing-england

*Representing...
your family
your club
your nation
yourself*



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