

Corporate Challenge Cup 2026

Tournament Information

Tournament Schedule

Date: Friday 10 July 2026

09.00 Team Registration
10.00 Tournament kick-off
12.00 Lunch Break
13.00 Tournament Resumes
15.00 Finals followed by trophy presentations

** Tournament draw, participating teams, match times and field allocations will be provided closer to the event.
Timings may be subject to change.*

Main Contact

Max Lueck

Mobile: 07864177476

Email: max@7bamboosrugby.com

Website: 7bamboosrugby.com/corporate-challenge-cup-2025

Venue

NORTH BRISTOL RUGBY CLUB ([MAP](#))

Oaklands, Gloucester Rd
Bristol
BS32 4AG

Car Parking

Parking charges are £5 / car with all funds donated to the dedicated charity. Payments can be done via card or cash.

Player Facilities

- **Changing Rooms:** for male and female players including shower and toilets facilities are located in the club house.
- **First Aid:** First aiders will be available on the day.

- **Toilets:** will be provided and located in the club house.
- **Water Station:** for filling up water bottles will be located in the club house.

Tournament Rules

- **Team Composition:** You can enter up to 14 players, 6 players on the pitch at any one time, with a minimum of 2 female players on the pitch at each time.
- **Who is eligible to play?** 12 of the 14 players MUST be working for team company (can include husband, wife, brother/sister, children of employees with a minimum age of 16). The other 2 players can be anyone of your choice.
- **Playing Kit:** For safety reasons, metal studs are not allowed. Permitted footwear include trainers, blades or standard moulded soles
- **Timings:** Please ensure that you arrive well in time for registration and warm-ups.
- **Entry Fees:** Unfortunately, we cannot refund paid entry fees if your team is unable to attend the competition.

Touch Rugby Rules

The conventional rules of the game as laid out by the [Federation of International Touch \(F.I.T\)](#) will apply.

1. **Scoring:** A touchdown will be worth one point. The Dummy Half is not permitted to score touchdowns.
2. **Substitution Box:** Teams may interchange players at any time. Players coming on to the field may not do so until the player being replaced has come off. Substitutions must occur at or within the team's substitution box. The substitution box is between the 10m lines.
3. **Possession of the Ball:** A change of possession shall occur when:
 - the ball goes to ground.
 - the Dummy Half is touched while in possession.
 - the Dummy Half places the ball in the Touchdown zone.
 - the 6th Touch occurs.
 - the player in possession steps on or over the boundary of the field of play.
 - a roll ball is performed incorrectly.
 - a tap is performed incorrectly.
 *At a change of possession play is restarted with a roll ball.
4. **Passing:** A player may pass, knock, throw or otherwise deliver the ball to any onside player in the attacking team. Passing forward is NOT permitted.
5. **The Tap:** The tap is taken by placing the ball on the ground on the mark, releasing the ball from both hands, tapping the ball with the foot a distance of not more than one metre and retrieving the ball cleanly. Any player from the attacking team may take the tap.
6. **The Penalty:** When a player/team is penalised the non-offending team shall restart play with a tap. The tap is taken at the mark and the defending team must retire ten metres from the mark until the ball has been tapped. Play restarts with a tap when the following infringements occur:
 - Forward Pass
 - Touch and Pass
 - Roll ball performed off the mark
 - Performing a roll ball prior to a touch being made
 - Defenders offside at the roll ball (7 metres)
 - Defenders offside at the tap (10 metres)

- Deliberately delaying play
 - More than six players on the field
 - Incorrect substitution
 - Falsely claiming a touch
 - Using more than the minimum force to make a touch
 - Misconduct
7. **Roll ball:** A means of restarting play. Players must perform the roll ball on the mark while facing their opponent's defending score line and rolling the ball backwards between their legs a distance of not more than one metre. Players must not delay performing the roll ball.
8. **The Touch:** Players from both teams are permitted to affect the touch. A touch is contact with any part of the body, ball, clothing, or hair. A minimum of force is to be used at all times. The team in possession is entitled to 6 touches.
9. **Touch and Pass:** A player is not to pass the ball after a touch has been made.
10. **The Dummy Half:** The dummy half is the person who picks up the ball after a team-mate has performed a roll ball.
11. **Offside/Onside:** After a touch has been made all defending players must retire 7 metres from the mark. Defenders cannot move forward until the dummy half has touched the ball.
12. **Sideline:** If a player with the ball touches or crosses the sideline s/he is deemed to be out of play and a change of possession occurs. Play restarts with a roll ball 7 metres in from where the player went out. If a touch is made before the player goes out, the touch counts.
13. **Obstruction:** Players of the attacking team are not to obstruct defending players from attempting to affect a touch. Defending players are not to obstruct/interfere with attacking players supporting the ball carrier.
14. **Team Composition (mixed):** A team may consist of up to 14 players.
- A maximum of six (6) are allowed on the field at any one time. A minimum of four players are required for the match to be played.
 - A mixed team is made up of a ratio of male/female players. Teams are not permitted to field more than four male players or not less than one male player at any time. There has to be a minimum of two female players per team on the field at each time.
15. **The Toss:** The captain winning the toss shall receive possession of the ball and a choice of direction. The Referee will supervise the toss.
16. **Duration:** Each match will be 12 min. Please note, match duration may change once the final tournament draw has been finalised.
17. **Extra Time and the Drop Off:** When a match is drawn and a single winner is required, extra time is played, and teams drop off players every 2 minutes until down to 3. The first team to score a Touchdown wins the match.
18. **Player Attire:** All team members must be correctly attired in team uniforms. Footwear with moulded soles are permitted. Bare feet, spikes, and footwear with screw in studs are not permitted. Players are not to wear any item of jewellery that might be dangerous.
19. **The Referee:** The referee is the sole judge on matters of fact and is required to adjudicate on the rules of the game during play. The referee may impose any sanction necessary to control the match. All officials, players and coaches involved in the match are under the control of the referee.
20. **Foul Play will Not be Tolerated:** Any foul play (the referee being the sole judge) will result in the offending player being penalised, sent to the sin bin for a period of time, or being sent from the field for the remainder of the match, depending on the severity of the offence.

If you want to study the rules in more detail, click on the links below to download a copy of the full Federation of International Touch (F.I.T) playing rules:

[F.I.T Playing Rules, 5th Edition](#)