



TARTAN TOUCH

OPERATIONAL GUIDE 2022



Everyone's
GAME

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An introduction to Tartan Touch

Tartan Touch is Simple, Social Rugby: A game for everyone!

Tartan Touch is Scottish Rugby's Fun, Simple and Social version of non-contact rugby. It is designed to give participants a fun workout whilst playing a simplified version of the sport we love. Tartan Touch will be mainly played at existing rugby clubs in the summer months, where the clubs will be transformed into Tartan Touch Centres.

Our Vision

To develop a network of Tartan Touch Centres across Scotland delivering a simple, fun and sociable exercise experience to participants of every level. For each club to develop their place within their local community by providing a high quality, inclusive, non-contact version of rugby.

Tartan Touch: The Game

Tartan Touch is a non-contact simplified version of Rugby Union targeting those who are unable to participate in high commitment organised sport. Participants may be ex-players, rugby beginners, friends and family of current players, rugby enthusiasts not keen on contact, or simply someone looking for an alternative to the gym. Tartan Touch will provide 70-80 minutes of exercise involving fitness, skills drills and game play.

The 8 rules are deliberately simple and easy to follow:

1. Each team has 6 players, male & female mixed, and is played on a 60mx35m pitch. (see section 6)
2. There is no referee, players will referee the game themselves
3. TOUCHES not Tackles, one or two handed
4. Six TOUCHES to score before ball given to opponents
5. When TOUCHED:
 - Pass to a teammate (within 2 seconds or 2 steps)
 - Place ball on ground (defenders must retreat behind ball)
6. When ball goes over the sideline, a pass back takes place
7. The ball goes to the other team when the attacking team:
 - Drops the ball forward
 - Throws a forward pass
 - Uses up their 6 TOUCHES
8. The attacking team's 6 TOUCHES get reset if the defending team:
 - Do not retreat behind the ball at a 'ball place'
 - Knock the ball on attempting an intercept
 - Make deliberate heavy contact with an opponent
 - Act in any disrespectful way towards an opponent

Club Support

To help clubs get their Tartan Touch Centres up and running, and make them a success, Scottish Rugby will provide them with substantial resources and support. Each Tartan Touch Centre will get Tartan Touch branded collateral to help transform it into a recognisable Tartan Touch Centre.

Regional Administration

Eventbrite, an online ticketing and registration platform, will administer sign up to the Tartan Touch Summer Passes and sessions with online booking forms. These can be accessed via the Tartan Touch webpage and will go live in April. Eventbrite allows for Tartan Touch players to pay online, where they accept payment via credit and debit card. The Summer Pass will be on sale from Monday 11 April at a cost of £20pp and a single session will cost £3pp. We encourage centres to promote the Summer Pass, as this will give Tartan Touch players a saving of £10 compared to weekly payments of £3. At the end of the Tartan Touch season, we will issue centres with a single payment for the Summer Pass and sessions. To cover the costs of the Eventbrite booking fees, clubs will receive £2.34 from each £3 session and £18.41 from each £20 Summer Pass.

Accessing Registers

Each Tartan Touch centre will be sent login information to administer registrations to each session and the Summer Pass via Eventbrite. An email will be sent to the lead ambassador to create an Eventbrite account which can be accessed by both ambassadors and club members. This has limited permissions compared to a full Eventbrite account, but it will give you 24/7 support and instant access to the necessary data.

Tartan Touch Ambassadors can download a register via the desktop Eventbrite website via the 'Orders' tab. Alternatively, Eventbrite also offer a free app for organisers.

Eventbrite Organiser App

Eventbrite Organiser is your one-stop shop for managing event sales and attendees on your Android device, iPhone, or iPad. Monitor real-time ticket sales, check in attendees and track attendance live. All sales and check-in data is synced with Eventbrite's servers, so you can use multiple devices at different entry points.

Get it on Google Play or Download on the App Store to:

- Watch ticket sales live on your phone via the 'Dashboard'. Take control of your ticket sales with access to real time data and live attendance tracking. This will allow you to make faster and more informed decisions on whether you need to ramp up promotion on your social media channels.
- The Sell tab is not currently available in this country.
- Tartan Touch Ambassadors can utilize the 'Check In' tab and swipe right on Tartan Touch players' names to confirm their attendance and then sign post those that turn up on the night to your centre's Eventbrite webpage.
- Should Tartan Touch Ambassadors require player information e.g. emergency contact details, this can be accessed via the 'Orders' tab.

Marketing

Scottish Rugby will provide Tartan Touch Centres with marketing and advertising support. There is a dedicated webpage (tartantouch.org), social media channels under the handle @Tartan_Touch, a weekly ezine sent to those signed up via the website, as well as a nationwide campaign coordinated by the Scottish Rugby Marketing Department.

There are numerous methods for marketing and promoting Tartan Touch at your club. To allow centres to market on a local level we will provide you with A3 posters and A5 flyers. As Tartan Touch is 'A game for everyone' we encourage you to distribute these to your club members, sponsors and local businesses to spread the word. If you have a mini rugby programme within your club, encourage parents of young children to become tartan touch players, for example.

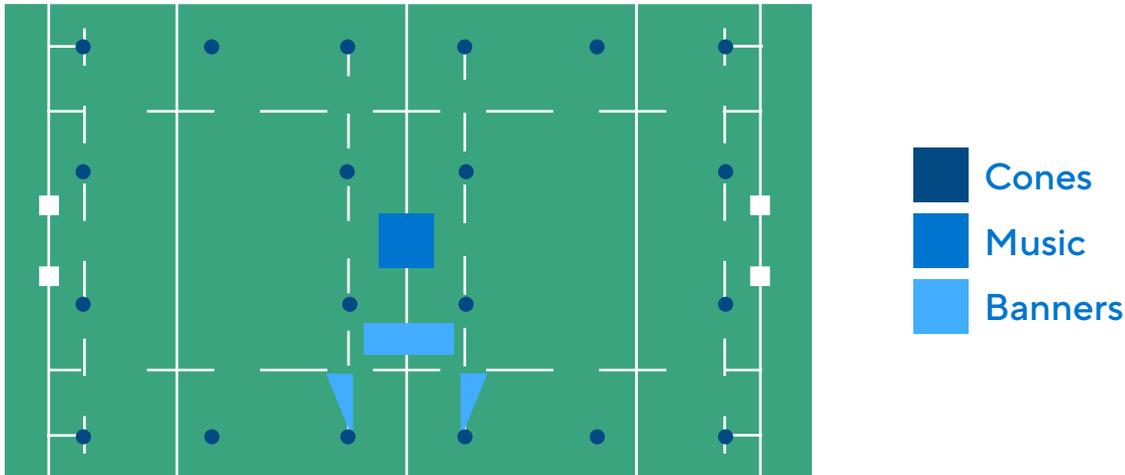
We will also provide artwork to help you promote Tartan Touch in your club, ezines, on social media and websites. You can also get in touch with Tartan Touch on twitter [@Tartan_Touch](https://twitter.com/Tartan_Touch) and we can retweet your posts.

There are also two videos via the Scottish Rugby YouTube Channel that introduce using [Facebook](#) and [Twitter](#) for your rugby club and provide advice on using the platforms.

Club Commitment

To ensure consistency across all our centres and a similar experience for participants we ask that all clubs agree to the following commitments:

To provide a safe and suitable surface for the games to take place on, ideally a rugby pitch, and to make use of all the branded Tartan Touch collateral set up as below:



- To provide access to changing/ shower facilities and a safe place for valuables to be stored.
- To ensure a robust first aid plan is in place and adequate public liability insurance covers the activity.
- To complete a risk assessment to ensure any potential risks are identified and steps to minimise them put in place.
- To provide staff to organise, coach and lead the session. At least one of these staff at each session should be one of your nominated Touch Leaders from your application.
- To commit to both developing and delivering a local marketing and communications strategy to raise awareness and increase participation.

The Tartan Touch Experience

Tartan Touch is designed to be Fun, Simple and Social and therefore there is a responsibility on each Tartan Touch Centre to ensure that the correct environment is created.

All Tartan Touch Centres should strive to provide the following at each session:

- A warm welcoming environment in which to play.
- Helpful and friendly staff in Tartan Touch branded kit.
- A well organised and structured Tartan Touch session that provides a warm up and cool down, fitness training, skills development coaching and some Tartan Touch game play played in the correct spirit throughout.
- Coaching support for beginners, offering an introduction to the game and basic skills coaching.

Tartan Touch is designed to be a sociable experience so each centre will commit to organising at least one 'Tartan Touch Social' at the end of the first season.

Running Tartan Touch Sessions

To ensure consistency and a similar experience across the country the typical Tartan Touch session should take the following structure:

- Welcome and Introductions (2-3 mins)
- Warm Up (5 mins)
- Skills Development (10-15 mins)
- Tartan Touch Games (40-45 mins)
- Cool Down (2-3 mins)

The sessions will allow people to improve their fitness levels, develop their rugby skills and take part in some Tartan Touch matches.

Welcome and Introductions

It's important to introduce yourself as the Tartan Touch Leader, welcome any new participants and provide a brief outline of the session. Ensure everyone is happy with what the session entails.

A. Warm Up

Every warm up should aim to follow the RAMP structure. RAMP is a progressive, priming warm up that is structured to ensure the body is physically and mentally prepared to optimally perform the movements required in the session:

- **RAISE** the heart rate and body temperature, switching on the players to the start of the session both physically and mentally.
- **ACTIVATE** the muscles required in the session.
- **MOBILISE** the joints and ranges of motion to be used in the session.
- **POTENTIATE** the movement patterns required in the session.

B. Skills Development

An important aspect of Tartan Touch is helping the participants improve each week, this will naturally come through participation but can be helped by dedicating part of the session to skills development drills. The skills drills will help newcomers develop the basic skills, improve handling and evasion skills of all participants and lead to higher quality Tartan Touch games week on week.

C. Tartan Touch Games

The main part of every session will be the Tartan Touch games. There is no referee, so players referee the match themselves in a fun and friendly manner. Tartan Touch is all about having fun with friends and playing the game in good spirit so this should be encouraged throughout.

Having a game based approach involving some skill work also adds a bit of competition, making it fun and starting the session off with the players in a positive frame of mind.

First Aid

The welfare of our participants is of upmost importance to us, however injuries can occur as a result of playing sport, either through isolated injuries or through continuous playing of the game over time. Participants should always consider their own fitness before starting to play Tartan Touch. Participants should take their own medical advice before playing and especially following an injury.

The safety of all participants is of paramount importance and therefore all Tartan Touch Centres must ensure that:

- There is appropriate first aid cover and equipment provided, determined by a risk assessment.
- There is access to a telephone to ensure emergency services can be called immediately.
- There is clear vehicular access for an ambulance or other emergency vehicle.

World Rugby provides a range of educational modules to help all stakeholders learn about Player Welfare best practice. Please visit www.world.rugby/the-game/player-welfare to access player welfare information such as First Aid in Rugby and Concussion Management.

Risk Assessment

It is important to provide a safe environment for people to play Tartan Touch and by carrying out a risk assessment you can identify any potential risks and take steps to minimise these.

A risk assessment is a careful examination of what, in your venue, could cause harm to people, so that you can weigh up whether you have taken enough precautions or should do more to prevent harm.

In order to create a safe environment, a risk assessment should be carried out regularly. Your club should have one in place already and it may just need to be updated for your Tartan Touch sessions. A [risk assessment template](#) is available from the Scottish Rugby website with further guidance available from the government's [Health and Safety Executive webpage](#).

Insurance

Scottish Rugby provides catastrophic injury cover under the Club Accident Insurance Scheme and recommends clubs take out additional Temporary Disablement Cover. Clubs should also have their own Public Liability Insurance in place and carry out a risk assessment (as detailed above) for the various activities that take place there.



Useful Contacts

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