### 30 Touch Football

**Purpose:** Decision-making using handball.

**Organisation**
- 12-20 players (2 teams of 6-10).

**Rules:**
- Start the game with a jump ball.
- Handballs only.
- Running with the ball allowed.
- The 2 semi-circles are out of bounds.
- If a player with the ball is tagged by an opponent, player must dispose of the ball immediately.
- The out-of-bounds rule is the same as in basketball.
- For a goal to count:
  - The ball must pass through the handball target.
  - The handball must be made from outside the semi-circle.
- After a goal, the opposition brings the ball in from the base line.
- Penalty for rough play or not handballing the ball immediately after being tagged is loss of ball.

**Coaching Point**
- Encourage players to run hard into their forward half of the court.