

# **Contents**      **PART 2**      **4**

- Competitions 4
- Championship Fixtures 5
- League Competitions 6
- Tournament Game 7
- Medals and Trophies 8
- Teams 8
- Substitutions 10
- Subs and Sin Bin 10
- Blood Subs 11
- Player 12
- Attire 12
- Football 12
- Duration of Games 12
- Extra Time and Replays 13
- Field of Play 13
- Commencement of Play 14
- Ball In Play 14
- Playing Rules 16
- Scores 17
- Fouls 18
- Sin Bin 20
- Free Kicks 21
- Penalties 23
- Rectangles 23
- Kick Out 23
- Referee 24
- Umpires 27
- Linespersons 28

**Index 29**

## Competitions

337. National competitions shall be held in the following grades, the format of which shall be decided by Congress or Central Council.
- (a) Senior
  - (b) Intermediate
  - (c) Junior
  - (d) Minor - confined to players who are Under 18 years of age on 1st January of the Championship year.
  - (e) Juvenile - confined to players who are Under 16 years of age on 1st January of the Championship year.
  - (f) Under 14 - confined to players who are Under 14 years of age on 1st January of the Championship year.
  - (g) Senior Inter-Provincial.
  - (h) Senior, Intermediate and Junior Club
  - (i) All Ireland Club 7-A-Side
  - (j) Post Primary Senior Schools - confined to players who are Under 20 years of age on 1st July of the school year.
  - (k) Post Primary Junior Schools - confined to players who are Under 16 years of age on the 1st July of the school year.
  - (l) Third Level Colleges.
338. Any County which does not participate in the National League may not be allowed to play in that years All Ireland Championship.
339. Underage players can only play in their own age group, and one grade above it, at Inter-County level. (e.g. Under 14 player can play at U 14 and U 16, but not U 17 upwards. An Under 15 or 16 player cannot play at Junior, Intermediate or Senior level). **Over 18 Grade is deemed an Adult Grade.**
340. The All Ireland Senior, Intermediate and Junior Club Championships shall be completed in the same calendar year in which they commenced.
341. The All Ireland Post Primary Schools competitions shall be played before the first Sunday in May, where possible.

342. The All Ireland HEC Competition shall be played on or before the first Sunday in May.
343. The Under 14, Under 16, and Under 18 All Ireland Finals shall be played on or before the 30th September.
344. The Senior, Intermediate and Junior All Ireland Finals shall be played on or before the last Sunday in October.
345. The All Ireland Club 7-A-Side competition shall be played on the weekend of the Senior All Ireland Final.
346. In cases of exceptional difficulties Central Council may make other arrangements for alternative dates.
347. The venue for the Senior All Ireland final shall be Croke Park, Pairc Ui Caoimh or recognised County Grounds.
348. The Home team shall be responsible for the provision of a pitch. The pitch must be properly lined, and nets, and flags provided. At least 5 days notice shall be given to the organising secretary for Inter-County games.
349. Congress and Central Council may make provisions to include teams outside of Ireland in Championships, Leagues or other competitions. The stage at which they enter any competition shall be decided by Annual Congress or Central Council.
350. Games in Under 11 and younger shall be organised on the Go Games Model. Go Games are modified where results are not formally recorded, and where all participants get to play during the course of the game.

Teams at Under 6 and 7 shall be a maximum of 7-A-Side. Teams at Under 8 and 9 shall be a maximum of 9-A-Side. Teams of Under 10 and 11 shall be a maximum of 11-A-Side.

At Under 12 level, competitions may be organised on a league format, on the basis that participating teams should be a maximum of 13-A-Side. Games should be organised over four quarters, and provision shall be made for all members of the team panel to participate in a minimum of one quarter.

## Championship Fixtures

351. Teams taking part in Inter-County Championships shall be 15-A-Side.
352. For County, Provincial and All Ireland Championships there shall be a draw. Draws should be arranged to permit byes in the first round only.
353. County and Inter-County Championships, may be run on a league basis with 3 points for a win, 1 point for a draw.

354. The composition of teams taking part in County Championships may be less than 15-A-Side as decided by County Board, County Convention or County Bye-Laws. However, when the County champions take part in the Provincial or All Ireland Club Championships, the competition shall be 15-A-Side.
355. Clubs and Counties must receive at least 5 days advance notice for competitive games, except in an emergency situation or by mutual consent of the teams involved, where a shorter period shall suffice.
356. Where a Club or County has delegates at a fixtures meeting, such Club or County shall be deemed to have received official notification of decisions made.
357. A team that fails to fulfil a fixture, having received official notification, and fails to give 2 day's notice in written or in electronic form, of its intended default, to the appropriate Secretary, may be suspended for 6 months.

They may incur a fine of up to €5,000 pursuant to the terms of Rule 195. Their opponents may be awarded the game. Provision of such notice avoids suspension but may not entitle the team to a re-fixture.

358. In the event of a team cancelling a competitive game, without prior notice to the appropriate Secretary, the relevant Committee, Board or Council may be compelled to pay all reasonable vouched expenses incurred, under a penalty of 12 months suspension.
359. A team failing to fulfil a Championship fixture may forfeit its place in that competition and the game may be awarded to its opponents. The team is also liable to a suspension of 6 months.
360. In the All Ireland Under Age Championships, the Provincial winners shall play off for the title, according to the fixtures arranged by Central Council and at such venues as Central Council may decide.
361. All Inter-County Provincial Underage Championships must be concluded at least 7 days prior to the dates arranged for the All Ireland knockout stages. Failure to do so shall result in the county's removal from the competition, unless otherwise exempted by Central Council.
362. County Club Championships must be concluded at least 7 days in advance of the first round of the Provincial Club Championship, provided such County received at least 4 weeks notice from the Provincial Council of the date of commencement of the Provincial Club Championship. Failure to do so shall result in the clubs removal from the Inter-Provincial Club Championship, unless otherwise exempted by Provincial Council.
363. Provincial Councils shall be entitled to take gate receipts for any games under their control.

## League Competitions

364. A League shall be subject to the general rules of the Association. Prior to the start of the competition, the Committee, Board or Council in charge shall draw up regulations governing its organisation.
365. League competitions may be run on a single or double round system with 3 points for a win, 1 point for a draw.

The procedure for determining the result of the competition, promotion, relegation or qualification for the concluding stages shall be decided by the Committee, Board or Council in charge, prior to the commencement of the competition.

366. The composition of teams taking part in Club or County Leagues, may be less than 15-A-Side as decided by the Committee, Board or Council in charge.

The composition of teams taking part in the National Leagues shall be 15-A-Side.

367. Should a team withdraw or be disqualified during the course of the League, the results of games played shall stand. Points from its remaining un-played fixtures shall be awarded to its nominated opponents in those matches.

## Tournament Games

378. Authorisation to hold and/or to compete in all tournament, friendly and challenge games shall be obtained 24 hours in advance from:

- (a) The County Board in the first instance.
- (b) Provincial Council, where the teams are from different Counties within the same Province.
- (c) Central Council, where teams are from more than one Province.

369. A player or team taking part in any unauthorised tournament, friendly or challenge game shall not be covered by the Injury Fund and may be suspended by:

- (a) The County Board if only one County involved.
- (b) The Provincial Council if more than one County in the same Province is involved.
- (c) Central Council where player or teams are from different Provinces

370. The relevant Committee, Board or Council shall deal with any disciplinary matters arising out of the tournament, friendly or challenge games. There shall be no alteration in the rules governing discipline, except in Féile Peil na nÓg, where the Féile disciplinary rules shall apply.

371. A member or unit of the Association shall not participate in games of Ladies Gaelic Football promoted by a body not affiliated to Central Council, without prior authorisation of Central Council.
372. A player, who is not registered with a particular Club or County, may play for that Club or County as a guest player in a tournament game, providing she has obtained permission from:
- (a) The relevant Organising Committee, Board or Council
  - (b) Her Registered Club
  - (c) Her affiliated County, if she is on any of her County panels.

## Medals and Trophies

373. Central Council, Provincial Councils and County Boards shall have control of selecting all medals and trophies for Championships, Leagues etc under their respective control. All medals and trophies shall be of Irish manufacture, except for International Units of the Association.
374. County Boards shall award at least 20 medals or trophies, to League and Championship winners and runners up, and pro-rata where teams of less than 15 players are involved.
375. In all National and Provincial 15-A-Side competitions, the respective Councils shall present 30 winners medals or trophies, and 30 runners up medals or trophies, to the finalists concerned.
- Exception is in the All Ireland 7-A-Side competitions, where 12 medals or trophies shall be presented to both the winners and runners up.
376. Trophies shall be presented to the All Stars.
377. A trophy or medal shall be presented to the referee of All Ireland finals in all grades, and in any other competitions that Committees, **Boards** or Councils may decide.
378. It shall be the privilege of the captain of the winning team to accept the cup or trophy on behalf of her team. The safe custody of the cup or trophy shall be the responsibility of the successful Club, County, School, College or Province. Any costs incurred in the replacement or repair of cups or trophies shall be borne by the Club, County, School, College or Province responsible.
- A cup or trophy shall not be filled with any type of alcoholic beverage.
379. All cups and trophies shall be returned to the Committee Board or Council in charge 4 weeks prior to the final date.

## Teams

380. A team shall consist of 15 players. A panel of 30 players and a maximum of 7 officials are allowed on the side-line.
381. Teams shall be 15-A-Side in all games in all Provincial and National Competitions except 7-A-Side competitions.
382. Any competition involving teams of less than 15-A-Side shall be subject to the rules of The Official Guide and other relevant rules as authorised by Central Council.
383. Each team must have at least 11 players to commence a match, but a match may be continued or finished with less than 11 players. The full complement of players may be added during the course of the game, upon notifying the referee.
384. Duplicate lists of players, giving full names, and in the case of Inter-County games, Clubs to which the players belong, must be given to the referee before the commencement of the game in all official games. The number on the player's jersey must correspond with that player's name.

Where more than 15 names appear on the team lists, the first 15 shall be taken as constituting the actual team, unless otherwise clearly indicated.

385. Failure to furnish the team list shall result in loss of the game, which shall be awarded to the opposing team. The same penalty shall apply where a player commences a game whose name is not included in the team list, that has been supplied to the referee.

There is no onus on the referee to seek the team list from either side.

386. Clubs, Counties or Provinces must supply to the organising Committee, Board or Council team lists of their starting 15 players and their substitutes where required for publication. Failure to do so will result in a fine at the discretion of the Committee, Board or Council in charge of the fixture.
387. A Non-Playing Member is not a playing member and must not be included in the team or panel list of players
388. Any team taking the field more than 15 minutes late for any competitive game, exceeding 15 minutes for the interval break, shall forfeit the match to their opponents, unless the delay was unavoidable.
389. Teams that are more than 15 minutes late taking the field must fulfil the fixture under penalty of 6 months suspension.

Any team fielding late, after the appointed starting time, shall be fined €2 per minute or part thereof.

390. For Provincial and All Ireland finals, teams must take the field at least 15 minutes before the throw in. Failure to do so shall incur a fine of €50.
391. Teams may be allowed 37 passes into games and functions, as decided by the organising Committee, Board or Council.

## Substitutions

392. Substitution means replacing any of the players on the team during a game, or at half time.

Team mentors may replace a player prior to the commencement of the game without having been deemed to have used a substitute, provided the player in question was **not sent off** by the referee, and that the team list is amended accordingly.

A player **sent off** by the referee before the commencement of the game, after the teams had lined up for the throw in, **cannot** be replaced by a substitute.

393. Unlimited Substitutions are allowed in the National League up to the Quarter final stage .

However for the Quarter-Finals, Semi-Finals and Finals only 5 substitutions are allowed.

Only 5 substitutes shall be allowed in Adult Provincial and National Championships.

Unlimited Substitutions are allowed in the Provincial Under 14, 16 and 18 Championships apart from the semi-finals and final where only 5 substitutions are allowed.

County Boards may increase the number of substitutes for competitions within their counties.

394. A substitution may be made only during a stoppage in play and must be notified to the referee or fourth official in writing.
395. A team that makes more than 5 substitutions in Provincial and National Competitions is liable to forfeit the game to its opponents.
396. Where a period of Extra Time is played in a game, 5 substitutions, in addition to any already used, may be used during Extra Time.
397. Where a Second Period of Extra Time is played, an additional 5 Substitutions may be used during the Second Period of Extra Time.

398. A substitute shall **NOT** be allowed for a player who has been **sent off** by the referee during a game. However, where a player is ordered off in **Normal Time**, she may be replaced by a substitute for **Extra Time**.
399. A player ordered off by the referee in the **First Period** of Extra Time, **can** be replaced by a substitute for the **Second Period** of Extra Time.

## Subs and Sin Bin

400. A "Sin Bin" rule shall apply in all grades from and including Under 14 upwards. The duration of the Sin Bin is governed by the **duration** of **Normal Time**.

Where a player commits a **First** Yellow Card offence, she shall have her name recorded by the referee and **sent off** the field of play for **10/5 minutes Playing Time (Sin Bin)**.

In games of one hour duration (30 minutes per half), the Sin Bin time is **10 minutes** Playing Time. Where **Extra Time** is played in such a game and a player is Sin Binned in **Extra Time**, the duration of the Sin Bin is for **10 minutes**.

Where a player commits a Yellow Card offence in games of **less than 30 minutes a half**, she shall be sent to the Sin Bin for **5 minutes Playing Time**. Where **Extra Time** is played in such a game, the Sin Bin time shall be for **5 minutes**, even though the game may have exceeded one hour.

The Sin Binned player may remain with her substitute colleagues.

She can only resume play after completing her 5/10 minutes playing time ban, with the permission of the referee or a designated official and only in a stoppage in play.

If on her resumption, she **repeats** a Cautionable Offence, she shall be shown a Yellow Card (2nd), followed by a Red Card and ordered off the field of play for the remainder of the game, which shall include Extra Time where played.

401. A player sent to the Sin Bin cannot be replaced by a substitute until she has served her 5/10 minutes Playing Time ban.

However, if she has been replaced by a substitute for Extra Time, and should the team management wish to bring the Sin Binned player back onto the field of play on expiry of her Sin Bin Playing Time, her team shall be deemed to have used an **Additional Substitute**.

A player sent off for 2 Yellow Card offences in Normal Time can be replaced for Extra Time.

## Blood Subs

402. A player who is bleeding, has blood on her body or playing attire as a result of an injury sustained during play, shall on the instructions of the referee, leave the field of play to receive medical attention.

She shall not return to the field of play until the bleeding has stopped, all blood cleaned off, and the blood stained attire cleaned or replaced. The injured area should be covered where possible.

403. When the player who had the Blood Injury is ready to resume playing she shall present herself to the referee or fourth official during a stoppage in play. The referee or fourth official should ensure that the bleeding has stopped, the attire is replaced or cleaned and that the Blood Substitute has left the field.

Where the injured player resumes with a different numbered jersey, the referee or fourth official should note the new number.

404. A player who suffers a Blood Injury, may be replaced by a Blood Substitute, who shall notify the referee or fourth official in writing, that she is a Blood Sub. The Blood Substitute shall **NOT** count as a substitute allowed under Normal Substitution rules.

Where the Blood Injured player returns to the field of play as a **direct replacement** for the player who replaced her, her team **shall not** be deemed to have used a Normal Substitute.

405. Where the Blood Injured player returns to the field of play for any other player, **apart from the player that directly replaced her**, her team shall be deemed to have used a Normal Substitute.

406. If a Blood Substitute is sent off for a first Yellow Card offence, the team management must take off another player if they wish to bring the player who sustained the Blood Injury back onto the field of play, before the 5/10 minute playing time ban has expired for the Blood Sub. This shall **NOT** count as a Normal Substitution. The team has to be down to 14 players.

407. Where a **Blood** Substitute was sent off for a **Yellow Card** offence, and the team management wish to bring her on after the 5/10 minutes Playing Time ban has expired, they shall be deemed to **have used a Normal Substitute**, if the **player whom she has replaced** who suffered the **blood injury** has already resumed playing.

408. Where a Blood Substitute is sent off on a **Red or 2<sup>nd</sup> Yellow Card** offence, her team shall substitute another player, if they wish to bring the **Original Blood Injured Player** back onto the field of play. This shall **NOT** count as a Normal Substitute.

409. Where a team has used its full complement of Normal Substitutes in either Normal or Extra Time, and a player suffers a Blood Injury, she may be replaced by a Blood Substitute.

## Player

410. A player, who may be pregnant, suffering from concussion, etc., should not play Ladies Gaelic Football. However, should she play, she shall do so at her own risk and the Ladies Gaelic Football Association cannot be held responsible for any consequences that may arise.

## Attire

411. The attire to be worn shall consist of jersey, shorts, socks and boots. Penalty for breach of this rule shall be €100.

For all games undergarments/compression shorts should not exceed the length of the shorts and be of the same colour as the outer garments. The goalkeeper may wear track-suit bottoms.

412. Jerseys worn by all teams competing in Club, County, School and College competitions, must be numbered and the numbers must coincide with those listed in any match programme and team lists.

Members of the same team shall have uniform attire in shorts and socks.

Penalty for infringement of this rule shall be a fine of €100.

413. Players shall not wear jewellery, (with the exception of wedding rings which must be covered by a tape), hair slides or any other items that may cause injury while playing Ladies Gaelic Football.

If in the referee's opinion any player is not safely attired, she shall be asked to rectify the situation. Should she refuse to do so the referee shall order her off the field until the situation is rectified.

414. All Underage players must wear a mouth guard while playing Ladies Gaelic Football unless advised otherwise, **in writing**, not to do so by a qualified Doctor or Dentist.

## Football

415. A size 4 football shall be used in all grades of competition from Under 11 upwards. A smaller size 3 football may be used in younger age groups.

The Size 4 football shall not weigh less than 400g and not more than 420g and shall have a circumference of not less than 62.5cm and not more than 64.5cm. The ball should be pumped to 6.5psi.

416. Both teams must provide a football for all competitive games.

## Duration of Games

417. The duration of all competitive games from Under 14 upwards, except 7-A-Side or Blitz competitions, shall be one hour – 30 minutes per half. Teams must change ends at half time.

Should Extra Time be required, it shall consist of 10 minutes each way, and shall commence not more than 10 minutes after the end of Normal Time.

There shall be a toss of a coin in the presence of both captains for choice of ends at the commencement of the game.

418. An interval not exceeding 15 minutes shall be allowed at half time in Normal Time, and 5 minutes at half time in Extra Time.

## Extra Time and Replays

419. If a competitive game ends in a draw after Normal Time there shall be a replay unless it is previously arranged by the Committee, Board or Council in charge of the game, or by mutual consent of the participating teams, that Extra Time be played.

420. Extra Time shall be compulsory in Inter-Provincial competitions that end in a draw at the knockout stages.

421. If a match is a replay after a previous drawn game, Extra Time must be played if the teams finish level at the end of Normal Time.

422. In exceptional circumstances, the Organising Committee, Board or Council, may instruct teams to play **2 Periods** of Extra Time if necessary, to decide a game.

Extra Time shall consist of 10 minutes each way, with a further 10 minutes each way if a Second Period of Extra Time is played.

423. The referee shall toss a coin in the presence of both captains for choice of ends at the commencement of each period of Extra Time.

424. In the event of a re-fixture after a drawn game, the team that travelled in the first instance shall have home venue for the replay. If the drawn game was played at a neutral venue, the organising Committee, Board or Council shall arrange the time and venue for the replay.

425. In the event of a draw in an All Ireland final, the venue for the replay shall be arranged by the Management Committee of Central Council.

## Field of Play

426. The field of play should not be less than 130 metres or more than 145 metres long, and not less than 80 metres or more than 90 metres wide.

427. Side-Lines, End-lines, 13 metre, 20 metre, 45 metre, Halfway-Line and Parallelograms shall be clearly marked.
428. The scoring space shall be formed by two goalposts, 7 metres high and 6.5 metres apart. There shall be a crossbar 2.5 metres from the ground. Each goal shall be equipped with a net.
429. Two Parallelograms shall be formed in front of each goal. The Small Parallelogram shall measure 14 metres by 4.5 metres, the End-Lines of which shall be marked 3.75 metres from each goalpost.

The Large Parallelogram shall measure 19.5 metres by 13 metres, the End-Lines of which shall be 6.5 metres from each goalpost.

430. The referee shall report any irregularities in the foregoing rules. Penalty for non compliance may be a fine of €50 and the Committee, Board or Council in charge may order a replay.
431. Before the start of the game, the captain should call the attention of the referee to any irregularities. There can be no objection to the size of the pitch, lines, etc., unless an official protest has been made to the referee before the game starts.
432. The dimension of the field of play, scoring space, and the duration of the game may be reduced by the organising Committee, Board or Council for competitions that are less than 15-A-Side.
433. All Inter-County and Inter-Club Championship matches in the Provincial and All Ireland Championships shall be played in enclosed pitches. A roped off pitch is not considered an enclosed pitch.

The definition of an enclosed pitch is where the general public do not have free access to the field of play.

All gates leading from the spectator area to the field of play must be properly stewarded.

The only exceptions are:

- (a) In emergency situations.
- (b) Where prior approval is obtained from the Organising Committee, Board or Council.

## Commencement of Play

434. Before commencing play, the referee shall toss a coin in the presence of both captains for the choice of ends, and ensure that no team has more than 15 players on the field.
435. The referee commences play at the start of the game and that of the second half by blowing the whistle, and throwing in the ball between two midfield players

from each side. All other players shall be behind the 45 metre line and in their respective attacking and defending positions.

## Ball In Play

436. The ball is in play until the whole of the ball has passed over the goal-line, end-line or side-line.
437. The last person touching the ball on the field of play shall be deemed the last player playing the ball.
438. When a clashed ball crosses the end-line, it shall be regarded as a wide ball.
439. If the ball is played over the end-line and outside the goalposts, by one of the defending side, the opposing team shall be awarded a 45 metre kick opposite to where the ball crossed the end-line.

The 45 metre kick shall be taken off the ground in all grades from Under 15 upwards. In grades up to and including Under 14, the player has the option of kicking it from the hands or off the ground.

Should a player taking the 45 metre kick foul the ball, she shall retake the kick.

440. When a player plays the ball over the side-line, it shall be a side-line kick to the opposing team from where it crossed the line. The player may take the side-line kick from the hands or off the ground.
441. Where a clashed ball crosses the side-line, the linesperson shall throw in the ball over the heads of one player from each side, where the ball crossed the line.
442. Should the ball strike the corner or side-line flags and come back onto the field of play, it shall be deemed to have crossed the side-line and result in a line ball.
443. If the ball strikes the referee in general play, a throw in shall be given. If the team that had possession of the ball retained possession of it, the referee should allow play to continue.
444. If the ball strikes the referee from a free, the free shall be retaken.
445. If the ball strikes a non-player from a free, the free shall be retaken. However, if in the referees opinion, the ball has been impeded from crossing the goal-line, end-line or side-line, s/he shall make the appropriate award - a score, a wide, 45 metre kick or line-ball.
446. If the ball in play strikes a non-player, a throw in shall be given where the ball struck the non-player.

However, if, in the referees opinion, the ball was prevented from crossing the end-line or side-line, s/he shall make the appropriate award against the player who played it last.

Should the ball be prevented from crossing the goal-line in such instances, the referee shall award the appropriate score.

447. A referee must extend time in each half for delays, whether deliberate or incidental in the half, or extend time for a free to be taken.

Where the referee indicates that it is the last kick of the half from a free kick, a score can only result when it is **scored directly** from the free kick, or if the ball is deflected under or over the crossbar by a member of the defending team.

Where a member of the team awarded the free plays the ball again in any manner, any score resulting from her actions shall be disallowed. New Par

Should the defending team commit a further foul before the referee whistles for half or full-time, s/he shall further extend time for a free to be taken.

If the ball is played over the end-line by a member of the defending team a 45m kick shall be awarded. A score can only result from the 45m Kick, when no other player of the team awarded the 45m kick plays the ball i.e. it must be **scored directly**, unless it goes off a defending player.

## Playing Rules

448. A player may pick the ball off the ground with the toe, or lift it with one or both hands, provided she is in a standing position.
449. A player while on the ground may play the ball away from her, but cannot bring the ball that is on the ground into her possession.
450. The ball when caught may be kicked, struck with the fist or open hand, or hopped once against the ground with one or both hands.
451. The ball may be knocked from an opponents hands by flicking it with the open hand or hands.
452. A player while holding the ball into her body cannot be legally dispossessed. Any attempts to do so shall result in a free being awarded to her team.
453. A player may change the ball from one hand to the other once, provided the holding hand maintains contact with the ball, until the change is completed.
454. A player in possession of the ball may play the ball from toe to hand any number of times. After any such play, the ball may be hopped once against the ground by the hand(s).
455. A player, who does not catch the ball, may make a run by hopping it any number of times with one or both hands. Should she catch the ball, she is allowed to hop it only once.

456. A player shall not kick the ball as an opponent is about to pick it up, or take it into her possession.
457. A player may carry the ball for a maximum of 4 consecutive steps, or for the time needed to take 4 consecutive steps.
458. A player in possession of the ball may not tip the ball up on her hands
459. A player may not throw the ball. However she may toss the ball with one hand and play it with the same hand.
460. There shall be no deliberate body contact .
461. Where a referee stops play to deal with an injured player(s), the team in possession of the ball at the time of the stoppage in play, shall retain possession on the restart.

Play shall resume with the team that had possession of the ball, taking a kick and all players shall be 13 metres from the ball at the point of kicking it. However, they cannot score directly from the kicked ball.

Where neither team was in possession of the ball at the time of the stoppage in play, the referee shall throw the ball in between one player from each side.

## Scores

462. The game shall be decided by the greater number of points. A goal shall be equivalent to 3 points.
463. A goal is scored when the ball is kicked, flicked on in flight by any part of the body, or played by either team, between the goalposts and under the crossbar.
464. Should a defending player play the ball in any manner through her own scoring space, it shall count as a score.
465. Should a defender cross the goal line with the ball, a goal shall be given to the attacking team, provided the whole ball has crossed the line.
466. Should an attacking player throw or carry the ball over the goal-line, a score shall not be allowed.
467. Any player who falls or is knocked to the ground while in possession of the ball, may fist or palm the ball **on the ground** and may score by doing so.
468. A point is scored when the ball is kicked, fisted, palmed or flicked on in flight by any part of the body, by either team, between the goalposts and over the crossbar.
469. If the ball strikes anyone other than a player within the goal area, and in the referee's opinion a goal or a point was prevented, s/he shall allow such a score.

470. When the ball hits the uprights or crossbar and comes back onto the field of play it is still in play.

471. Should the upright or crossbar become displaced or broken, the referee may allow time for the repair of same.

Should the ball pass between or above or below the broken goalposts or crossbar, the referee may in his/her opinion allow a goal or a point as the case may be.

## Fouls

472. The following fouls shall be penalised by a free being awarded to the opposing team

- (a) Overcarrying the ball (taking **more than** 4 steps without playing the ball)
- (b) Throwing the ball
- (c) Lying on the ball
- (d) Picking the ball off the ground while not in a standing position
- (e) Bringing the ball into possession while on the ground
- (f) Changing the ball from hand to hand more than once in succession
- (g) Hopping the ball more than once in succession after catching it
- (h) Handpassing the ball without a visible striking action
- (i) Handpassing the ball up and catching it before it touches the ground, or before being touched by another player

473. The following fouls shall be penalised by a free being awarded to the opposing team. Repetition of these fouls shall constitute a Yellow Card offence with penalties as outlined in Rule 474

- (a) Pushing or holding an opponent
- (b) Bringing the hand into contact with the body of an opponent for the purpose of dispossessing her of the ball
- (c) Third player tackle including body checking an opponent
- (d) Impeding an opponent
- (e) Diving on the ball as another player is about to pick it up

- (f) Deliberately delaying the kick out
- (g) Deliberately not moving back to allow a quick free to be taken
- (h) Kicking the ball away when a free is awarded against the team in possession of the ball
- (i) Not releasing the ball when a free is awarded against the player in possession of the ball
- (j) Use of foul or improper language
- (k) A player in possession of the ball leading with her elbow
- (l) Frontal pushing of a player
- (m) Chopping down on the arms of an opponent
- (n) Provoking or intimidating players by verbal or physical actions
- (o) Preventing an opponent getting up from the ground
- (p) Pulling an opponent's jersey
- (q) Interfering with a free taker by jumping up and down, waving or clapping hands, or any other physical or verbal interference aimed at distracting the free taker.

Should this occur when an attacking team is awarded a 13 metre free in front of their opponents goal, a penalty shall be awarded. A player may hold her hands upright.

474. The following fouls shall be penalised by a free being awarded to the opposing team, and the offending player's name taken, and shown a **Yellow Card**. She should be sent off the field of play (Sin Bin), in grades from and including Under 14 upwards.

- (a) Deliberate pulling down or tripping by hand or foot
- (b) Threatening or using abusive language or gestures towards an opponent or colleague
- (c) Blocking or attempting to block an opponent with the boot as that player is about to kick the ball from her hands
- (d) A sliding tackle with the boot
- (e) Kicking the ball with intent as an opposing player is about to pick it up
- (f) Attempting to strike or kick an opponent

- (g) Bringing the fist into contact with the body of an opponent for the purpose of dispossessing her of the ball
- (h) Dissenting or challenging the authority of a match official
- (i) Persistent fouling
- (j) Feigning injury, or diving to gain a free kick or penalty or to get an opponent Cautioned or Sent Off.

If she repeats any of these offences upon her resumption, she shall be shown a **2nd Yellow Card**, followed by a **Red Card** and sent off the field of play for the duration of the game, which shall include Extra Time where played.

In any competition up to and including the Under 13 grade, the Sin Bin rule shall not apply. The player shall be shown the Yellow Card and if she commits another Cautionable Offence, she shall be shown a 2nd Yellow Card, followed by a Red Card and sent off the field of play for the duration of the game, and any Extra Time that may be played.

475. The following fouls shall be penalised by a free being awarded to the opposing team, and the offending player shown the **Red Card** and ordered off the field of play without caution. She shall be suspended for a minimum of 4 weeks.
- (a) Striking an opponent or colleague with hand, arm, elbow, head or knee
  - (b) Kicking an opponent or colleague
  - (c) Striking, threatening, using abusive language to or interfering with a match official
  - (d) Deliberate charging of an opponent, colleague or official
  - (e) Deliberate high tackle
  - (f) Deliberate frontal charge or jumping at an opponent, colleague or official
  - (g) Spitting at an opponent, colleague or official
  - (h) Deliberate pulling of an opponent or colleagues hair
  - (l) Biting an opponent or colleague
  - (j) Stamping on an opponent or colleague
  - (k) Using racist, sectarian or homophobic language or gestures towards an opponent, colleague, mentor, match official or spectator
  - (l) Inciting colleagues or opponents to cause or take part in any type of

affray while on the pitch

Should any of the above offences be repeated in a calendar year, she shall be suspended for a minimum of 12 weeks

## Free Kicks

476. The penalty for most breaches of the rules shall be a free kick.
477. If a foul occurs, the referee may allow play to continue, if s/he considers this to be to the advantage of the offended team.
- Once the referee allows play to continue, s/he may not subsequently award a free for that foul. Appropriate disciplinary action may be applied to the offender.
478. Once the referee has blown for a free, the ball may be kicked, from the hand, or off the ground, from where indicated by the referee.
479. The ball shall be stationary, before a free-kick, side-line kick and 45m kick is taken off the ground. Failure to do so, shall result in the kick being **retaken**.
480. In the interests of continuity of play, all free kicks except penalty kicks and free kicks on the 13 metre-line, may be taken immediately at the spot indicated by the referee. A referee may allow advantage of up to 4 metres for a **Quick-Free** to be taken.
481. Where in the referees opinion, a free is being taken from the incorrect position, the free should be retaken from where indicated by the referee.
- Continued breach of this rule shall result in the free being disallowed, the ball thrown in between a player from each side. All other players shall be 13 metres from the throw in.
482. All players must be 13 metres from the ball when a free kick is being taken unless they are not interfering with play.
483. Should an opposing player stand nearer than 13 metres from the ball when a free kick, side-line kick, or 45 metre kick is being taken, or illegally charge a free kick, the opposing team shall be awarded a free kick from where she stood or illegally charged the free kick.
484. Should a player taking a quick free kick, deliberately play it against an opponent for the purpose of gaining advantage, without allowing her opponent adequate time to retreat 13 metres, the player shall lose her free kick and play is restarted by throwing in the ball between a player from each side.
485. Should a defending player illegally charge a 13 metre free kick directly in front of the goal by the attacking team, the referee shall award a penalty.

486. When a free kick has been awarded and the taker passes to a colleague, who is less than 13 metres from the ball, the referee shall award a free kick to the opposing team from where the recipient stood.

487. The free taker may not play the ball again until another player has touched it. Should she do so, the referee shall award a free to the opposing team, from where the foul occurred. The only exception to this rule is where the ball rebounds off the crossbar or uprights, the free taker may play the ball again.

Should the foul occur inside the 13 metre line, the referee shall award the free from the 13 metre line opposite to where the foul occurred.

488. Where a foul is committed on a player after she plays the ball, the referee should:

- (a) Award a free from where the ball lands
- (b) Allow a score, should she have scored
- (c) Award a free on the 13 metre line, opposite to where the ball landed on or inside the 13 metre line, or over the end-line
- (d) Award a free on the side-line at the point where the ball crossed the side-line

If the free is to the attacking team and the ball crossed the side-line between the 13 metre line and the end-line, the free shall be taken from the 13 metre line.

489. Should a player from each team foul at the same time, the referee shall throw in the ball over the heads of one player from each side.

490. Once the referee has awarded a free, and prior to it being taken, a player on the team awarded the free fouls in retaliation, the free shall be disallowed. Play shall be restarted by the referee by throwing the ball over the heads of one player from each team where the original foul occurred.

491. Where the referee throws in the ball between one player from each team, all other players shall be 13 metres from both players.

492. Should a player show dissent in any way with the referee's decision to award a free to the opposing team, the free-kick shall be awarded from a point 13 metres nearer to the defending goal, but not inside the 13 metre line.

Should the original free be near the side-line on or inside the 13 metre line, the referee shall place the ball on the 13 metre line, 13 metres nearer to the centre of the goal.

493. A player taking a free-kick or a kick-out near the end-line or side-line may step outside these lines for the purpose of taking a run.

## Penalties

494. A penalty shall be awarded when:

- (a) Any foul is committed by the defence within the small rectangle
- (b) A personal foul is committed by the defence on an attacking player within the large rectangle
- (e) Where an attacking player in the large rectangle has her hands on the ball and an opponent kicks the ball

The referee shall award a penalty even though the boot may not have come in contact with the player's hand.

495. A penalty shall be taken from the ground at the centre point 11 metres directly in front of the goal. All players with the exception of the goalkeeper, and the player taking the kick, shall be outside the 20 metre line.

496. The goalkeeper may move along the goal-line, but cannot advance from the goal-line until the ball has been kicked. If the goalkeeper moves forward before the ball is kicked and a score does not result (ball goes wide, deflected over the crossbar or for a 45m kick, or it is saved etc), the penalty shall be retaken.

497. It is only the player wearing a distinctive jersey who enjoys the rights and privileges of a goalkeeper, i.e. is allowed to pick the ball off the ground, without being in a standing position inside the small rectangle.

## Rectangles

498. If an attacking player is within the small rectangle before the ball enters it, the defending team shall be awarded a free out from within the small rectangle.

499. If an attacking player legally enters the small rectangle after the ball and the ball is cleared from that area, but is returned before the attacking player has had time to leave the small rectangle, she shall be deemed **not to** have committed an offence, provided she does not play the ball or does not interfere with the defence.

500. If an attacking player is in the small rectangle before the ball and a point is scored from out the field, the score shall be allowed, provided:

- (a) The ball is sufficiently high to be out of the reach of all players.
- (b) She does not interfere with the defence.

## Kick Out

501. For the kick out from goal after a wide in all competitions the ball may be kicked from the hands or off the ground, from the 13 metre line. All players except the kicker and the goal keeper shall be outside the 20 metre line, and at least 13 metres from the ball until it is kicked.

**The** ball must cross the 20 metre line, before being played by another player. Where another player offends, a free shall be awarded to the opposing team on the 20 metre line opposite, to where the foul occurred.

502. The player taking the kick-out off the ground shall have the option of using a tee.
503. Where an opposing player stands nearer to the goal-line than the 20 metre-line, the defending side shall be awarded a free out on the 20 metre line.
504. After a score, the kick out shall be taken from the 20 metre line in front of the goalposts. All players except the kicker and the goal keeper shall be outside the 20 metre line, and at least 13 metres from the ball until it is kicked.
505. The player taking the kick out may play the ball more than once before any other player plays it, provided, she does not take it into her hands.

## Referee

506. Committees, County Boards, Provincial and Central Councils, shall have the power to appoint referees for all games under their control.
507. Neutral referees who have completed a recognised seminar and rules course of the Ladies Gaelic Football Association shall be appointed for all games where possible. Referees shall be subject to assessment from time to time as may be determined by Central Council.
508. If a referee is unable to officiate at a game, the secretary or Committee, Board or Council in charge of the fixture shall appoint a substitute who has completed a recognised seminar and rules course of The Ladies Gaelic Football Association.

However, where a referee is unable to officiate at the last moment, s/he may nominate a substitute referee, under whom the teams shall play.

509. Where County games are played at neutral venues, both teams shall pay the referee's expenses. These may be refunded from gate receipts or from the organising Provincial or Central Council.
510. In Inter-County games the Home County shall pay the referee's fee before the commencement of the game.

The fee may be recouped from the gate money taken at that game. A return should be made to the National or Provincial treasurer as appropriate, showing the total gate receipts (before payment to the referee), referees expenses and any other expenses incurred i.e. fee for use of the pitch.

511. County Boards, Provincial and Central Councils shall hold referees coaching courses periodically.

512. Referees shall wear officially approved attire when officiating at all games.
513. A referee's requirements are a whistle, watch, coin, notebook, pencil/pen and Yellow and Red Cards.
514. The duties and powers of a referee in addition to those outlined in the playing rules shall be:
- (a) Sign and give a copy of the team lists to the opposing team **before the** commencement of the game
  - (b) Report on any failure regarding the receipt of team lists to the Committee, Board or Council in charge of the fixture
  - (c) See that the players are properly attired and report on same
  - (d) Obtain, if requested by the team captain or team official, the signature, full address and Club of any player whose name appears on the official team list, and that of any substitute who takes part in the game.
  - (e) Allow or disallow scores.
  - (f) Consult with umpires and linespersons when occasion demands and replace any of them should they withdraw their services before the end of the game.
  - (g) Deal with intrusions of unauthorised persons onto the field of play.
  - (h) Take the names or otherwise identify players or officials interfering during the game and report on it accordingly.
  - (i) Report on pitch markings and on any other unsatisfactory aspects of the field of play.
  - (j) Add on additional time for substitutions to be made.
515. The referee shall decide:
- (a) Whether ground or other conditions are suitable for playing
  - (b) To terminate a game because of darkness
  - (c) To terminate a game because of persistent outside interference, or any other reason s/he considers necessary e.g. if a player refuses to leave the field or, having been ordered off, returns to participate in the game
516. When a player, players, or a team refuse to continue with a game, the referee should give the captain of the team approximately 3 minutes to decide their final intentions.

If the team still refuses to play, any player willing to continue with the game should give her name to the referee.

The referee shall make a full report of the incident to the Committee, Board or Council in charge of the fixture.

517. If a game is terminated by the onset of darkness, it must be re-fixed unless there was a deliberate delay on the part of one team. In those circumstances the game may be awarded to their opponents.

If the game was terminated for any other reason, the decision rests with the Committee, Board or Council in charge.

518. In cases of rough or dangerous play, the referee shall caution or send off the player, depending on the seriousness of the offence.
519. The referee shall give permission to a maximum of 2 officials to attend to an injured player. Such officials shall not enter the field of play without the referee's permission.

Treatment of injuries shall be given on the side-line unless in exceptional circumstances where the referee shall use his/her discretion.

520. The referee shall have the power to overrule a linesperson or umpire, and give the final decision on scores.
521. The referees decision on any question of fact and in regard to time shall be final. The referee may be assisted in the timing of games by any timing device as approved by Central Council. Should such a timing device be used, the following rules shall apply:
- (a) It is stopped on the signal of the referee by the operator and restarted on the signal of the referee
  - (b) At the end of 30 minutes playing time a hooter should sound
  - (c) If a free has been awarded on or before the hooter sounds, the referee shall allow the free and any resulting frees to be taken. A score can only result from this free if no other player on the same side touches the ball
  - (d) A score resulting from a ball in flight at the start of the sound of the hooter i.e. when no other player on the same side touches the ball, shall be allowed
  - (e) If the ball is played over the end line and outside the goalposts by one of the defending side, a 45 metre kick shall be awarded. This must be scored directly unless played by a member of the defending team.

522. The referee cannot make the award of a game, but may give the final score if requested. The awarding of the game rests with the Committee, Board or Council in charge of the fixture.

Video evidence shall not be admissible to review the decision of a referee where the decision relates to the allowance or disallowance of a score, the award of a free or the playing time allowed.

523. The referee shall forward team lists, and a detailed report of the match to the Committee, Board or Council in charge of the fixture, showing:

- (a) The final and half time score
- (b) The time the teams took the field
- (c) The time that the match commenced
- (d) The attire of players and note the number of the player(s) not wearing the correct attire
- (e) The names of any players cautioned or ordered off and the reasons. Specific details and exact nature of the offence committed and in cases of verbal abuse, the exact words used must be reported
- (f) The names of any players injured or any other information s/he deems relevant
- (g) The names of substitutes used during the course of the game
- (h) Any other incidents **or** breach of rules that took place

524. The team lists and referees match report shall remain the property of the Committee, Board or Council in charge of the fixture and shall not be issued to any other party.

525. In the event of a team failing to participate in a game, the referee shall count the players of the team(s) that is present, to ensure that they have 11 players. The referee shall obtain a team list, and forward a report to the Committee, Board or Council in charge of the fixture.

526. Where the referee fails to forward a report of a game, the Committee, Board or Council in charge shall have the power to investigate infringements of the rules that may have occurred, and call witnesses who attended the game.

527. Referees from the Associations own panel shall be paid expenses at the rate of 30 cent per kilometre or 50 cent per mile, and a match fee of €30, or, as decided by Central Council. International Units of the Association are exempted.

## Umpires

528. There shall be two goal umpires at each end of the ground. They may be appointed by the referee, County Board, Provincial or Central Council, or by their sub-committees.
529. The umpires shall decide, subject to the referees final decision, whether the ball has crossed the goal-line, crossbar, or end-line, and shall signal whether it is a goal, a point, a wide or a 45 metre kick.
530. If an attacking player is within the small rectangle before the ball enters it, and a goal is scored, the umpires shall, with the approval of the referee, disallow the score.
531. If a point is scored, where the ball goes directly off or over the crossbar, out of the reach of the players, and the defence was not interfered with, the umpires, with the approval of the referee, shall allow the score.
532. Where a team scores a goal or a point the umpire shall raise the appropriate flag over his/her head.
533. When a score is disallowed, the umpire shall cross the signal flags (green for a goal, white for a point) in front of the goal.
534. The umpires shall have the power to **deal with** and bring to the referees attention:
- (a) Any off the ball incidents
  - (b) Any incidents that may have gone unnoticed by the referee
  - (c) Any incursions onto the field of play by a team manager, coach, selector or any unauthorised person
535. The umpires shall not change ends at half time

## Linespersons

536. There shall be two linespersons, one at either side of the field. They may be appointed by the referee, County Board, Provincial or Central Council or their sub-committees.
537. The linespersons duties shall be:
- (a) To decide where the ball crosses the side-line and to which team the side-line kick is to be awarded
  - (b) Point the flag in the direction in which the side-line kick is to be taken
  - (c) **Deal with** and bring to the referees attention, any incidents which the referee may not have seen, or incursions onto the field of play

by the team managers, coaches, selectors or unauthorised persons.

538. The linespersons may change sides at half time.

## Index

Advantage 474

All Ireland Finals 329-332

AN Other 380

Attire 399-402

• *Player(s)* 399, 400, 401, 402

• *Referee* 507

Award game 517

Ball in play 424-437  
Blood injury 392, 393  
Blood Substitute(s) 392-397, 468-469  
Captain 368, 419  
Championship Fixtures 339-352

- *Draws* 340
- *Inter-County* 341
- *Notification* 343
- *Suspensions, fines, penalties* 345

Clashed ball 434, 436  
Club Championship 326, 350  
Commencement of play 422-423  
Competitions 323  
Crossbar 460-461  
Deliberate body contact 450  
Dissent 464, 486  
Distinctive jersey 491  
Divisional team 351  
Duration of games 405-406  
Enclosed pitch 421  
End line 415, 428, 432, 434  
Extra Time 407-413  
Field of Play 414-421

- *Irregularities* 418, 419
- *Objections* 419

Football 403  
Fouls 462-466  
Free kick 426-427, 430, 470-487  
Gate receipts 504-505  
Goal 452-454, 461  
Goalkeeper 490-491  
Goal line 428, 457, 490  
Go Games 338  
Guest Player 362  
Kick out 495-500  
Language 463-466  
League Competitions 353-357

- *Format* 354
- *Withdrawal or disqualification* 357

Linespersons 531-533

- *Appointments* 531
- *Duties* 532

Medals 363-365

- *Number of medals* 364, 365

Mouth guards 402  
Overcarrying 462  
Penalty 488-491  
Persistent 464  
Player(s) 398

- *List of players*

- *Number of players*
  - *Pregnant player* 398
- Playing Rules 438-451
- Point(s) 452, 458, 461
- Rectangles 492-494
- Red card offences 465
- Referee 376, 418, 422, 423, 425, 426, 451
- *Appointments* 501

30

- *Costs* 368
  - *Return date* 369
- Umpires 523-530
- *Appointments* 523
  - *Decisions/Power* 524
- Video evidence 517
- Yellow card offences 391, 463-464
- *Sin bin* 464, 467
  - *Blood Sub* 468, 469
  - *Assessment* 502
  - *Attire* 507
  - *Decisions* 510
  - *Duties and powers* 509, 515, 517
  - *Expenses* 504, 505, 517
  - *Reports* 518
  - *Requirements* 508
- Replays 407, 411-412
- Reports 518-521
- Scores 452-461
- Side line 415, 428, 435-437
- Sin Bin 464, 467
- Stoppage due to injury 451
- Substitutions 382-389
- *Extra Time* 386, 387, 388, 389
  - *Sin Bin* 390, 391
- Teams 370-381
- *List of players* 375, 519
  - *Number of players* 370, 371
  - *Punctuality and penalties* 372, 373
- Team list 375
- Tee 496
- Timing device 516
- Tipping 448
- Tournament Games 358-362
- *Authorisation* 358
  - *Guest player* 362
  - *Unauthorised* 359
- Trophies 363-369
- *All stars* 366
  - *Captain* 368

31

