



# THE RULES

The competition is a variation of the traditional Irish seven-a-side Gaelic Football, while the format has many common features with Gaelic Football, the one significant difference is that this is a **non-contact sport**. This is a mixed gender / mixed ability game designed to promote the social aspect of Gaelic Football.

<p><b>The Teams</b></p>	<p>The game will be played by both males and females with teams mixed. Squads will contain 10 members, with players inter changing throughout the game. A minimum of two females must be on the field of play always. Substitutions are roll-on roll-off and will be controlled using a baton system. No player can enter the pitch without a baton</p>
<p><b>The Pitch</b></p>	<p>Two pitches to be utilised, therefore two games per group can be run off with the aim for all teams to receive the same rest. The pitch will be 95m x 45m running between the 21m lines.</p>
<p><b>The Ref</b></p>	<p>Referee / officials to be confirmed. Umpires for matches to be club registered members non- playing. The referee will have the final say on any decision.</p>
<p><b>The Comp</b></p>	<p>The competition will consist of max 16 teams split into groups of 4 where possible. Each team will receive 2 points for a win and 1 point for a draw. The top two teams in each group will advance to the semi/quarter-finals and the winner of these will contest the next round and so on. In the event of two teams finishing on the same points, they will be separated by a) their head to head record &amp; b) score difference.</p>
<p><b>The Game</b></p>	<p>Games consist of two halves which last for seven minutes per half. There will be a one minute half-time interval/ change of sides. Extra time will be played in the event of a draw during the knock-out stages. This will consist of two additional periods of 2 minutes. A penalty competition will take place in the event of the game still being tied.</p>
<p><b>The Rules</b></p>	<p>A size 4 football will be used for the game. The game commences with a throw-in, from the hands at the centre of the field. Carrying in possession, passing and scoring rules are the same. <b>Physical contact is not permitted</b> other than accidental/incidental contact.</p> <p>Conventional 45's are to be taken from the 65 line.</p> <p>The ball may be lifted directly off the ground provided the player concerned is in an upright position. A player who is not in an upright position, may play the ball away on the ground with the hand but may not scoop it up to a teammate. Breaches of the Playing Rules result in a free kick to the opposition.</p> <p>Free kicks are taken from the hand by the player who is fouled. The player nearest to where a technical foul is committed takes the resulting free kick.</p> <p>If play is interrupted due to injury etc. the player who last had possession of the ball shall recommence play by kicking the ball from the hand. Where there is a dispute regarding the identity of the player who last had possession of the ball the Goalkeeper nearest the ball at the time play was interrupted shall recommence play by kicking the ball from the hand on the goal line.</p> <p>The Captain is responsible for any communications with the Referee. If any other player wishes to communicate with the Referee they must do so via the Captain. If a player fails to communicate to the Referee via the Captain the Referee may award a free kick against that player.</p>

# CONDUCT

## Unsporting Conduct

Unsporting Conduct i.e. to foul an opponent in a manner that is not consistent with a fair effort to play the ball or to behave in a manner that is contrary to the spirit of Fair Play.

- Unsporting Conduct shall result in a free kick being awarded to the opposition team. The following are typical examples of conduct that falls into the category of Unsporting Conduct:
  - Pulling on an opponent's jersey
  - Diving on the ball on the ground
  - Lifting the ball off the ground while not in an upright position

## Disruptive Conduct

Disruptive Conduct i.e. to display inadequate regard for the safety of others or to behave in a way that undermines the Rules of the competition

- Disruptive Conduct shall result in a free kick being awarded to the opposition team and the Referee showing the player(s) concerned a Yellow Card.
- To engage in rough or careless play e.g. use unreasonable or unnecessary force or contact when challenging an opponent;
- To pull down an opponent;
- To trip an opponent with hand(s), leg, arm or foot;
- To front up to an opponent or to engage in any other form of physical intimidation;
- To remonstrate in an aggressive manner with a Match Official.

If a player receives a Yellow Card during a game:

- The player shall be sin binned for the remainder of the game.

## Irresponsible Conduct

Irresponsible Conduct i.e. to display dangerous/reckless disregard for the safety of others or to behave in a manner that is prejudicial to the good name of the game shall result in a penalty kick being awarded to the opposition team and the Referee showing the player(s) concerned a Red

If a player receives a Red Card during a game, the player shall be dismissed from the Playing Field for the remainder of the game and shall be suspended for the next game for a low-grade infraction/offence; for the next two games for a medium grade infraction/offence; for all the remaining games for a high-grade infraction/offence.

The Match Official shall inform both the player(s) concerned and the team captain at the time of the sending off and again subsequent to the game as to the grade of the infraction/offence committed.

- The player shall not be replaced by another player.

Low Grade infraction/offence:

- To strike or attempt to strike an opponent with arm, elbow, hand or knee; To kick or attempt to kick an opponent, with minimal force;
- To use abusive language to a Match Official; To spit at an opponent; To contribute to a melee.

Medium Grade infraction/offence:

- To strike or attempt to strike an opponent with the head;
- To kick an opponent either with force or causing injury;
- To attempt to kick an opponent with force; To stamp on an opponent;
- To inflict injury recklessly on an opponent by means other than those stated above;
- To assault an opposing Team Official.

High Grade infraction/offence:

- To interfere with a Match Official – minor physical interference e.g. laying a hand on, jostling; To strike or attempt to strike or any type of assault on a Match Official; To use threatening or abusive language or conduct to a Match Official.