



Playing Rules of CO-ED Recreational Gaelic Football

- (1) A player may pick the ball off the ground with the toe, or with one or both hands, providing he/she is in standing position.
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- (2) A player while on the ground may play the ball away from his/her body, but cannot bring the ball into his/her possession.
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- (3) The ball when caught may be: kicked, struck with the fist or open hand; hopped once with one or both hands or solo it toe to hand.
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- (4) A ball that has not been caught may be bounced more than once in succession with one or both hands.
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- (5) A player may change the ball from one hand to the other once, provided the original holding hand maintains contact with the ball until the change is completed.
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- (6) A player may not kick the ball as an opponent is about to pick it up or take it into his/her possession.
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- (7) The ball shall not be held longer than is necessary to move 4 steps and kick it off on the 5th step.
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- (8) A player may not throw the ball.
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- (9) There shall be no deliberate bodily contact.
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- (10) Shouldering is not allowed.
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- (11) Where a referee stops play to deal with an injured player(s), the team in possession of the ball at the time the referee stopped play, shall retain possession on the restart. Play is restarted with a kick ball to the team that had possession, however, that team cannot score directly from the kick ball, all players must be 13m from the ball when play is resuming. Where none of the teams had possession of the ball when the referee stopped play, play is resumed with a throw in between one player from both teams.
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- (12) When a player is hand passing the ball, there must be a visible striking action with the passing hand.
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(13) Showing the ball or turning twice with the ball is not a foul providing it is done within the 4 step rule.

(14) A player may toss up the ball with one hand and play it off with the same hand.

(15) A.N. Other is not considered as a playing member and must not be included in a team list. A player holding the ball into his/her body cannot be legally dispossessed. Any attempt to do so will result in a free for his/her team.

(16) When making a tackle to dispossess a player of the ball, it must be timed when the player in possession is soloing, bouncing, kicking or passing the ball. The ball must be knocked from the opponents hand by flicking it with the open hand or hands

ADVANTAGE RULE

(1) The Advantage Rule applies in CO-ED Recreational Gaelic Football; however, it is not a licence to let fouls go unpunished. Disciplinary action as warranted may be applied to the offender after playing the Advantage Rule.

(2) The Advantage Rule should be applied when the player in possession of the ball is free and capable of taking the advantage i.e. The Advantage has to be obvious.

(3) If a foul occurs, the referee may allow play to continue for up to 5 seconds after the foul has been committed if in the opinion of the referee this to be to the advantage of the offended team. Where no advantage accrues the referee may award a free from where the original foul occurred. Should the foul occur inside the 13 metre line (apart from Penalty Kicks) the referee shall award the free from the 13 metre line opposite to where the foul occurred. Disciplinary action, if warranted, may be applied to the offender, who, in any event, should be advised by the referee at the next break in play, that a foul had been committed.

COMMENCEMENT OF PLAY

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

BALL IN PLAY

(1) The ball is in play once it has been thrown in or kicked after the referee has given the signal to start play.

(2) The ball is in play until the whole ball has passed over the goal line, end line or side line, or the referee signals a stoppage in play.

(3) If the ball strikes the referee, in general play, a throw in between two players should be given, however if the team that had possession of the ball retained possession of it, the referee should allow play to continue. If it strikes the referee from a free, the free shall be retaken.

(4) A referee must extend time in each half for delays 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.

(5) When a clashed ball crosses the end line it shall be regarded as a wide.

BALL OUT OF PLAY

(1) The ball is out of play when the entire ball passes outside of the boundary lines of the field of play.

(2) Should the ball strike any of the flags it shall be deemed to be out of play, if the ball strikes the corner or sideline flags it is a side line ball

SCORES

(1) A score results when the ball is kicked, flicked, fisted or palmed in flight by any part of the body, except when thrown or carried over the line by the attacking side.

(2) A goal is not allowed if the ball is fisted or palmed directly from the hands over the goal line.

(3) Any player who falls or is knocked to the ground whilst in possession of the ball may fist or palm the ball away on the ground and may score by doing so, should a defender play the ball in any manner through his/her own scoring space it shall count as a score.

(4) A ball carried or thrown over the goal line by an attacking player is not a goal.

(5) When the ball hits the uprights or crossbar and rebounds back onto the field of play, it is still in play.

(6) A point is allowed, where an attacking player is inside the "small square" and the ball goes over the bar, providing that the attacking player did not interfere with the defence and that the ball was out of the reach of all players

(7) Where a ball goes over the top of the uprights, it is not a point; all of the ball must be between the uprights.

FOULS

A critical factor in deciding the difference between the three categories of fouls, i.e. Ordinary Fouls, Yellow Card Offences and Red Card Offences is the question of Intent. Red Card Offences

(1) The following fouls shall be penalised by a free being given to the opposing team and the offending player being shown a Red Card and ordered off the field for the duration of the game.

- (a) Striking or making a striking action towards an opponent or colleague with hand, arm, elbow, head or knee.
- (b) Kicking an opponent or colleague.
- (c) Striking threatening, using abusive language or interfering with a match official.
- (d) Deliberate charging of an opponent, colleague or official, deliberate high tackle.
- (f) Deliberate frontal charge or jumping at an opponent, colleague or official.
- (g) Deliberate sliding tackle
- (h) Spitting at an opponent or colleague or official.
- (i) Deliberate pulling of an opponent or colleagues hair.
- (j) Biting an opponent or colleague.
- (k) Stamping on an opponent or colleague.
- (l) Using racist, sectarian or homophobic language or gestures towards an opponent, colleague, mentor, match official or spectator.
- (m) Inciting colleagues or opponents to cause or take part in any type of affray or melee while on the pitch.

YELLOW CARD OFFENCES

(2) The following fouls shall be penalised by a free being given to the opposing team and the offending player's name taken and shown a Yellow Card. If he/she repeats any of these Cautionable Offences upon his/her resumption, he/she shall be shown a Second Yellow Card, followed by a Red Card and Sent Off the Field of Play for the duration of the game,

- (a) Deliberate pulling down or tripping by the hand or foot.
- (b) High Tackle
- (c) Threatening or using abusive language or gestures towards an opponent or colleague.
- (d) Blocking or attempting to block an opponent with the boot as that player is about to kick the ball from her hands.
- (e) A sliding tackle with the boot.
- (f) Kicking the ball with intent as an opposing player is about to pick it up.
- (g) Bringing the fist into contact with the body of an opponent for the purpose of dispossessing him/her of the ball
- (h) Dissenting with or challenging the authority of a match official.
- (i) Persistent fouling, feigning injury or diving to gain a free kick/penalty or to get opponent cautioned or sent off.

(3) 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 at No. 2 above.

- (a) Pushing or holding an opponent.
- (b) Bringing the hand into contact with the body of an opponent for the purpose of dispossessing him/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) A player in possession of the ball leading with her elbow.
- (g) Frontal pushing of a player.
- (h) Chopping down on the arms of an opponent.
- (i) Provoking or intimidating players by verbal or physical actions.
- (j) Preventing an opponent getting up from the ground.
- (k) Pulling an opponent's jersey
- (l) Deliberately delaying the kick out or free kick, deliberately not moving back to allow a quick free to be taken.
- (n) Kicking the ball away when a free is awarded against the team in possession of the ball.
- (o) Not releasing the ball when a free is awarded against the player in possession of the ball.
- (p) Use of foul or improper language.
- (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 opponent's goal, a penalty shall be awarded. A player may hold his/her hands upright;

(4) Technical Fouls

- (a) Over carrying the ball.
- (b) Throwing the ball.
- (c) Lying on the ball.
- (d) Picking the ball off the ground whilst not in a standing position.
- (e) Bringing the ball into her possession whilst 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, hand passing the ball without a visible striking action.
- (i) Hand passing the ball up and catching it before it touches the ground, or before being touched by another player.

FREE KICKS

(1) The penalty for mostly all breaches of the rules is a Free Kick. Exceptions, throw in given for retaliation, foul at the same time, quick free deliberately played against an opponent and continuous breach of rule for frees awarded.

(2) 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; however, good practice allows latitude of up to 4 metres for the free to be taken quickly where it prevents or helps to overcome the pay to foul syndrome. If a free has been 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 and the ball thrown in between a player from each side and all other players shall be 13m from the throw in.

(3) 45m Kicks may be taken from the hand or off the ground up to and including the Under 14 Grade. They must be taken off the ground in Under 15 Grade upwards. Should the taker of the 45m kick foul the ball e.g. ball not stationary, taken from the incorrect position etc., the 45m kick shall be retaken. Should an opposing player interfere with the taking of the 45m kick, the referee shall award a free 13m forward, nearer to the defending goal.

(4) A player has the option of taking all free kicks from the hand or off the ground.

(5) Penalty Kicks must be taken off the ground.

(6) The ball shall be stationary, before a free kick, sideline kick and 45m kick is taken from the ground, failure to do so shall result in the kick being retaken. However persistent breach of the rule shall result in the kick being disallowed and play resumed with a throw in ball.

(7) When a foul occurs, the referee may allow play to continue for up to 5 seconds after the foul has been committed if he/she considers this to be an advantage to the offended team.

(8) For the sake of continuity of play, all free kicks, except penalty kicks and free kicks on the 13m line may be taken quickly. A referee may allow advantage of up to 4 metres for a quick free to be taken.

(9) All opposing players must be 13m from the ball when a free kick is being taken.

(10) Should a player taking a quick free deliberately play it against an opponent for the purpose of gaining an advantage, he/she shall lose her free and the ball shall be thrown up between a player from each side.

(11) Should an opposing player stand nearer than 13m, when a Free kick, side line kick, or 45m kick is being taken or illegally charge a free, the opposing team shall be awarded a free kick from where she stood or illegally charged.

(12) When a free kick has been given and the taker passes to a colleague who is less than 13m from the ball, the opposing team shall be awarded a free kick from where the recipient stood.

(13) A free taker may not play the ball again until another player has touched it except where it rebounds off the crossbar or uprights. Should he/she do so, the referee shall award a free to the opposing team from where the foul occurred. Should the foul occur inside the 13m line the referee shall award the free on the 13m line opposite where the foul occurred.

(14) If a foul is committed on a player after he/she has played the ball;

(a) A free shall be awarded from where the ball lands.

(b) Should he/she have scored the score shall be allowed.

(c) Should the ball cross the end line or land inside the 13m line, a free shall be awarded on the 13m line opposite where the ball landed or crossed the end line.

(d) Should the ball cross the side line, the free shall be awarded from the point where the ball crosses the line. If the ball crossed the side line between the 13m line and the end line, the free shall be taken from the 13m line.

(15) Should a player from each side foul at the same time, the referee shall throw the ball over the heads of one player from each side. All other players shall be 13m away.

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

(17) Should a player show dissent with the referee's decision to award a free to the opposing team, the free kick shall be awarded from a point 13m more advantageous up to the 13m line. Should the original free be near the sideline, on or inside the 13m line, the referee shall place the ball on the 13m line, 13m nearer to the centre of the goal.

PENALTIES

(1) A penalty should be awarded when:

(a) Any foul is committed by the defence within the small parallelogram.

(b) A personal foul is committed by the defence on an attacking player within the large parallelogram. Where an Attacking player in the large parallelogram has her hands on the ball and the 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.

(2) Where a defending player illegally charges a 13m free kick directly in front of the goal, a penalty shall be awarded.

(3) Penalties shall be taken from the ground at the centre point 11m directly in front of the goal. All other players except the goalkeeper shall be outside the 20m line.

(4) The goalkeeper may move along her goal line but cannot advance from the goal line until the ball has been kicked.

(5) If the goalkeeper moves forward before the ball is kicked and the ball goes wide, she saves it or deflects the ball over the bar, the penalty should be retaken.

(6) It is only the player wearing the distinctive jersey who enjoys the rights and privileges of a goalkeeper.

PARALLELOGRAM

(1) Should an attacking player be within the small parallelogram before the ball enters it during play, and it is not out of the reach of all player's the defending team shall be awarded a free out from within the small rectangle.

(2) Should an attacking player legally enter the small parallelogram after the ball and the ball is cleared from he area but is returned before the attacking player has had time to leave the area, she shall be deemed not to have committed an offence provided she does not play the ball or interfere with the defence.

KICK OUT

(1) For the kick out from goal after a wide, 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.

(2)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.

(3) 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.

(4) The player taking the kick out off the ground shall have the option of using a tee.

REFEREE

(1)The referee shall tog out or wear a tracksuit.

(2) A referee's requirements are: Whistle, watch, coin, pencil/pen, notebook, pencil sharpener, red and yellow cards. A referee must:

- (a) Arrive at the pitch on time.
- (b) Have a thorough knowledge of the rules of Ladies Gaelic Football.
- (c) Be physically and mentally fit.
- (d) Be fair and courageous.
- (e) Communicate decisions clearly.
- (f) Have regular observation with umpires and lines-persons.
- (g) Use common sense.

(4)The duties and the powers of a referee in addition to those outlined in the playing rules shall be:

- (a) To protect players who want to play the game in accordance with these rules and to penalise those who infringe them.

- (b) Sign and give a copy of team lists to the opposing team before the commencement of the game. Report any failure regarding the receipt of the lists to the committee in charge.
- (c) See that players are properly attired and report on same.
- (d) Obtain, if requested by the captain or official, the signature, full address and club of any player whose name appears on the official list and that of any substitute taking part. Allow or disallow scores.
- (f) Consult with umpires and linesperson or fourth official when occasion demands and replace any of them should they withdraw before the end of the game.
- (g) Deal with intrusions of unauthorised persons on the playing pitch.
- (h) Take the names of any players or officials interfering during the course of the game.
- (i) The referee shall decide whether the pitch is suitable for play, to terminate a game because of darkness or for any other reason.
- (j) The referee cannot make an award of a game, but may give the final score if requested.
- (k) Add on additional time for substitutions to be made and time taken to caution a player receiving a yellow or red card.
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- (5) When a player, players or team refuse to continue with a game the referee should give the captain of the team approximately three minutes to decide their final intentions.
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- (6) If the team still refuses to play, any player willing to continue should give her name to the referee.
- (7) Report the names of any players who get injured and the nature of the injury.
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- (8) The referee shall take serious regard of personal fouls and in the case of rough or dangerous play shall caution or send off the player depending on the seriousness of the offence.
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- (9) The referee shall have the power to overrule a linesperson or umpire.
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- (11) After the game the referee should send on team lists and a detailed report to the Committee in charge on all aspects of the game.

UMPIRES & LINESPERSONS

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- (1) The umpire and linesperson should work with the referee as a team and bring to the attention of the referee any incidents that the referee may not have seen. The umpires and linespersons have authority to take corrective action on any incidents that may occur and admonish any players who commit any off-the-ball offences