

Gaelic Athletic Association
(Established 1884)

OFFICIAL GUIDE - PART 2

Containing Playing Rules of Hurling and Football, revised and corrected up to date, and published by authority of the Central Council.

This publication replaces all previous versions published.

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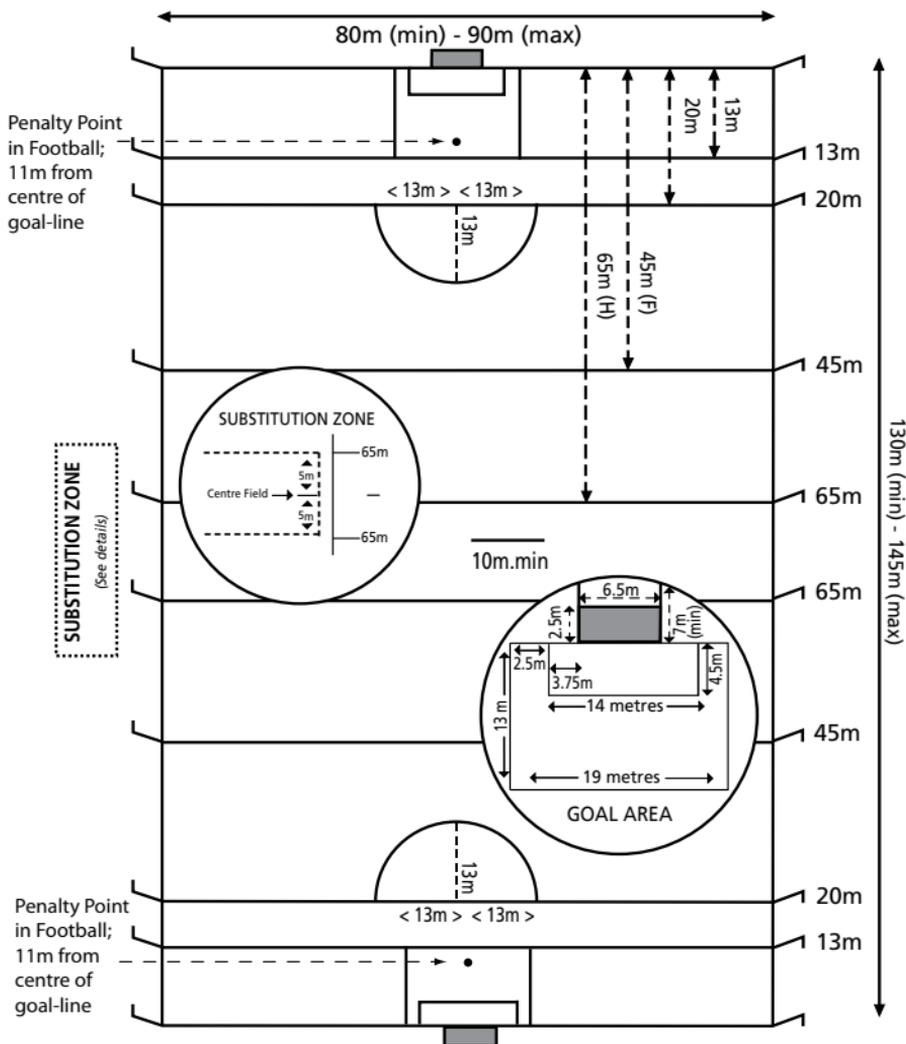
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Part 2

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The Field of Play For Hurling and Gaelic Football



Rules of Specification

RULE 1 - THE FIELD OF PLAY

- 1.1 The field of play shall be rectangular, and its dimensions shall be as follows:
- Length - 130m minimum and 145m maximum.
 - Width - 80m minimum and 90m maximum.

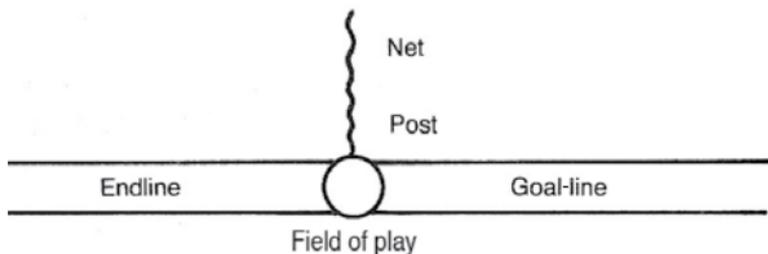
Exception

The dimensions may be reduced by local Bye-Laws for Under 15 or younger grades.

- 1.2 (i) At distances of 13m, 20m, 45m (Football), and 65m (Hurling) from each endline, lines shall be marked across the field parallel to the endline. The intersections of these lines and of the endlines with the sidelines shall be marked by flags.
- The midline of the field shall be marked parallel to the endlines, and shall have a minimum length of 10m.
- Boundary lines are part of the field of play.
- (ii) All lines on the field of play shall be 90 mm \pm 13mm wide.
- All lines shall be marked in white with a suitable marking material.
- 1.3 (i) THE SCORING SPACE shall be at the centre of each endline. Each shall be formed by two goalposts, circular in cross section, which

shall have a height of not less than 7m above ground level, and be 6.5m apart.

The inside edge of the endline shall be at a tangent to the front edge of the base of the goalposts (see diagram).



- (ii) A CROSSBAR shall be fixed to the goalposts at a uniform height of 2.5m above the ground. The crossbar shall have a rectangular or circular cross section. When rectangular, it shall have a depth of 140mm + 10mm and a width not less than 50mm. When circular, it shall have a uniform diameter of 125mm + 5mm.
- (iii) GOALNETS shall be securely fixed to the back of the crossbar and the back of each goalpost. The roof of the net shall be supported for a horizontal distance of not less than 900mm, at crossbar height, by a metal net support fixed to the back of the goalposts. The mesh of the net shall have a diagonal length not exceeding 150mm for football and 50mm for hurling.

Exception

The dimensions of the **Scoring Space** may be reduced by local Bye-Laws for Under 15 or younger grades.

- 1.4 TWO RECTANGLES of the following dimensions shall be formed in front of each scoring space.
- (a) One rectangle, 14m by 4.5m, shall be formed by two lines 4.5m long and at right angles to the endline being marked 3.75m from the inside of each goalpost, and the ends of these lines being joined.
 - (b) A second rectangle, 19m by 13m, shall be formed by two lines 13m long at right angles to the endline being marked 6.25m from the inside of each goalpost, and the ends of these lines being joined.
 - (c) The endline, including the goal-line, is part of each rectangle, the other three lines enclose the area of that rectangle.
- 1.5 A semi-circular arc of 13m radius, centred on the mid-point of the 20m line, shall be marked outside of each 20m line.
- 1.6 A point shall be marked 11m from the centre of the goal-line, from which a penalty kick in Football shall be taken.
- 1.7 **SUBSTITUTION ZONE.**
An area of the sideline, extending 5m. on either side of the centre-line, shall be marked as the Substitution Zone, and all the players coming off/going on to the field of play in acts of substitution/temporary substitution shall go

through this point, when given permission by the Referee.

Exception

An injured player may leave the field at the nearest point to him.

- 1.8 **FLAGS:** All flags used on boundary lines shall have smooth rounded tops.

RULE 2 - THE PLAYERS

- 2.1 A team shall consist of fifteen players.

Exception

A County Committee may reduce the number for non-Championship games.

- 2.2 A team may commence a game with thirteen players but shall have fielded fifteen players, inclusive of players ordered off or retired injured, by the start of the second half. In the event of failure to comply with this, the game shall continue.

- 2.3 Players arriving late may join in the game during a break in play but must report to the referee before so doing.

- 2.4 (i) A maximum of five substitutions shall be allowed during the playing of Normal Time.
(ii) A maximum of three Substitutions shall be allowed during the playing of Extra Time.
(iii) Temporary Substitutions are also permitted during the playing of both Normal Time and Extra Time, as provided for in Rule 1.5(b) Rules of Control - Injuries: Blood.
(iv) A Substitution is not allowed in the case of a

player ordered off in any circumstance, except as permitted in Rule 2.6(d).

- (v) A substitution may only be made during a break in play, after the player has given a substitution note to the Referee, or in the case of a Inter-County Senior game, to the Sideline Official. This shall also apply to a Temporary Substitution allowed under Rule 1.5 (b), Rules of Control - Injuries: Blood.
- (vi) In Inter-County games, all substitutions and temporary substitutions must be from players on the official list submitted to the referee.

2.5 **LIST OF PLAYERS**

- (i) Before all official games, the referee shall be given a list of players, in duplicate and in Irish, (except as provided for in Rule 1.7, Part 1), giving full Christian names. The first fifteen names appearing on a list shall be taken as constituting the actual team, unless otherwise clearly indicated.

Where extra time is being played, the Referee shall be given either a list of the 15 players starting the extra time, or a list clearly indicating the changes made from that of the finishing team in normal time. This list may be in single form but shall otherwise comply with the provisions above.

- (ii) In Inter-County Games:
 - (a) The list of players shall be numbered from 1 to 24, and shall name the Clubs to which the players belong.

Exception - In Inter-County Senior Games,

the list of players shall be numbered from 1 to not more than 26.

(Note: The Exception as worded shall be effective from 1st January 2011.)

- (b) All players shall be from the list submitted to the referee prior to the game.
- (c) For extra time, players shall be from the list submitted to the referee prior to the game.

2.6 **Players in Extra Time**

- (a) Any fifteen players may start Extra Time, except as provided for in (b) and (d) below.
- (b) In an Inter-County Game, any fifteen players on the List submitted to the Referee prior to the game, except as provided for in (d) below, may start Extra Time.
- (c) The Referee shall be given a List of the 15 players starting Extra Time, or a Note clearly indicating the changes made from that of the finishing team in Normal Time. This List/ Note may be in single form but shall otherwise comply with the provisions of Rule 2.5 - List of Players.
- (d) A player ordered off in any circumstance in Normal Time, may not play in Extra Time but may be replaced.
- (e) Substitutions/Temporary Substitutions shall be allowed during the playing of Extra Time as outlined in Rule 2.4(ii) and (iii).
- (f) A Caution (Yellow Card) issued in Normal Time shall carry over into Extra Time.

RULE 3 - TIME

- 3.1 A team shall take the field not later than the time specified by the Committee-in-Charge for Senior Inter-County Championships, National League Finals, Inter-Provincial Championships Finals, All-Ireland, Provincial and County Senior Championships Finals, and not later than five minutes before the appointed starting time in all other games.
- 3.2 The playing time shall consist of two periods of thirty minutes each, but time shall be added on in each period for incidental or deliberate delays. This shall be termed 'Normal Time'.

Exceptions

- (i) In Inter-County Senior Championship and National League games, the playing time shall consist of two periods of 35 minutes each.
 - (ii) The playing time may be reduced by local Bye-Laws for Under 15 or younger games.
- 3.3 An interval, not exceeding ten minutes, shall be allowed at half-time, following which the teams shall change ends.

Exception

In Inter-County Senior games, the interval shall consist of a maximum of fifteen minutes.

- 3.4 In the case of Games not involving the crediting of League Points, and subject to the provisions of Rules 3.5 and 3.6 below:
- (a) A Committee-in-Charge may decide prior to the start of a Competition that if a Game in

- all or some specific Round(s) ends in a draw, Extra Time shall be played.
- (b) A Committee-in-Charge, with the agreement of the two Units involved, may also make a decision prior to the date of a specific Game that in the event of a Draw in that Game, Extra Time shall be played.
 - (c) Extra Time shall be obligatory in the case of a further draw in a Replay.
 - (d) Extra Time shall consist of two periods of ten minutes each way.
- 3.5 Unless the Management Committee of Central Council otherwise permits on an application by a Competitions Control Committee, extra time shall be obligatory in the following competitions - Inter-County Senior Championships (excluding the Provincial and All Ireland Semi Finals and Finals), Inter-County Under 21 Championships (excluding All-Ireland Finals), Inter-County Minor Championships (excluding the Provincial and All-Ireland Finals), Inter-County Intermediate Hurling, Inter-County Junior Football, the knock-out stages of the National Leagues, Inter-Provincial Competitions, Oireachtas and other Inter-County Tournaments, Inter-Club Provincial and All-Ireland Championships (excluding the Provincial and All-Ireland Senior Finals), the Sigerson and Fitzgibbon Cups, and any other games in subsidiary competitions
- 3.6 If a game in a knock-out Club Competition at underage, up to and including Minor, ends in a draw, two periods of Extra Time of ten minutes

each shall be played.

Exception - Extra time is not mandatory in the first game of County Minor Championship Finals.

- 3.7 When Extra Time is to be played there shall be a maximum time space of ten minutes between the end of Normal Time and the start of Extra Time.

A half-time interval in Extra Time shall not exceed five minutes, and teams shall not leave the field for such intervals.

After a half-time interval, the Teams shall change ends.

RULE 4 - EQUIPMENT

- 4.1 (i) Club teams shall wear their registered distinctive colours in inter-club competitions. Where there is a similarity of colours, the teams shall change to their alternative registered colour(s), approved by the County Committee.
- (ii) County teams shall wear their registered distinctive colours in Inter-County competitions. Where there is similarity of colours, the two counties shall wear their registered alternative colour(s) or other colours authorised or directed by the Committee in Charge.
- (iii) In all games, the goalkeeper shall wear a jersey which is distinctive from his own team's and the opposing team's colours.

- 4.2 (i) In all Hurling Games and Hurling Practice Sessions, it is mandatory for all players to wear a helmet with a facial guard.
- (ii) A referee shall not allow a helmet to be worn in a football game.
- 4.3 (i) The diameter of the Sliotar - not including the rim (rib) - shall be between 69mm. and 72mm. The mass of the Sliotar shall be between 110 and 120 grams.
- The rim (rib) height shall be between 2.0mm. and 2.8mm.
- The rim (rib) width shall be between 3.6 mm. and 5.4mm.
- The thickness of the leather cover shall be between 1.8mm. and 2.7mm. and shall not be laminated with a coating greater than 0.15mm. Sliotars will only be approved for use on the basis of compliance with standards and tests as set out by Central Council.
- Approved Sliotars shall carry the G.A.A. mark of approval.
- Annual testing will be carried out, at an independent and approved test centre, to ensure that Sliotars continue to comply with the standards set out only by the Central Council.
- The Central Council may adopt a single core that shall be used by any manufacturer/ supplier who is approved to provide Sliotars for use in official games.
- (ii) The Football shall not weigh less than 480g. and not more than 500g. and shall have a circumference of not less than 68cm. and not

more than 70cm.

Exception - The dimensions may be reduced by local Bye-Laws for under 15 or younger grades.

- (iii) Footballs shall be approved for use on the basis of compliance with standards and tests set out by Central Council.
 - (iv) Sliotars/Footballs shall fully comply with the Playing Gear and Equipment regulations as ratified from time to time by Central Council.
- 4.4 The bas of a hurley at its widest point shall not be more than 13cm.
- 4.5 An artificial tee of a standard approved by the Central Council may be used for a kick-out in football

Rules of Control

RULE 1 - CONTROL OF THE GAMES

MATCH OFFICIALS

Control of the Games shall be entrusted to a Referee, four Umpires and two Linesmen who shall decide on the field all matters affecting play.

A Sideline Official shall be appointed for all Inter-County Senior games.

1.1 POWERS OF THE REFEREE

The Referee's decision on any question of fact (except as provided for in Rule 7.3 (aa) (1) (vi), Part 1, Official Guide) and in regard to time, shall be final.

The referee shall have the following powers:

- (i) To appoint a replacement referee, if he is unable to act and unable to contact the Secretary of the Committee in Charge. Otherwise, the Secretary of the Committee in Charge shall appoint a replacement referee.
- (ii) To declare the ground or other conditions unsuitable for play after consulting, where feasible, with the Officials in Charge of the fixture.
- (iii) To consult with the umpires and/or linesmen concerning infringements of the Playing Rules, in particular rough or dangerous play, striking, hitting or kicking. The referee may apply the appropriate rule following such consultations.

- (iv) To order a player with an injury involving bleeding to leave the field of play for medical and/or other attention.
- (v) To over-rule a decision of a linesman or umpire(s).
- (vi) To award a score when the ball has been prevented from going over the goal-line or crossbar by anyone other than a player or the referee.
- (vii) To terminate a game because of outside interference, or any other serious reason that merits such action.
- (viii) To terminate a game, having first given a three minute warning to the captain or official in charge of the team or the players involved, in any of the following circumstances: -
 - (a) A player refusing to leave the field when ordered off, or having been ordered off, rejoins the game;
 - (b) A team or player(s) leaving the field either without the referee's permission, or refusing to continue playing.
- (ix) To order that all Players are correctly and safely attired.

1.2 DUTIES OF THE REFEREE

- (i) To control the game in accordance with the Playing Rules.
- (ii) To receive lists of players, sign them in Irish, and give a copy to the opposing team before the game.
- (iii) To obtain the signature, full address, and club of any player participating in the game, if requested by a captain or responsible team official.
- (iv) To report any irregularities in respect of dimensions, markings or unsatisfactory condition of the field of play, and to report any official protest made by a team captain before the game in relation to irregularities in dimensions or markings of the field of play.
- (v) To ensure that all playing equipment conforms with the Rules. This shall include that of a player coming back on to the field under Rule 1.5 (b) Injuries: Blood.
- (vi) To keep a record of scores, the names of players injured, replaced, substitutes taking part, temporary substitutes under Rule 1.5 (b) Injuries : Blood, any instance of late fielding or of exceeding the half-time interval, and the intrusion of unauthorised persons onto the field of play.
- (vii) To record playing time, and to extend time in each half for deliberate or incidental delay or to allow for a free - awarded before time had

expired - to be taken. Should the defending team commit a further foul before the referee whistles for full-time, he shall further extend the time to permit an additional free to be taken, from which a score can be made, provided no other player of the side taking the free touches the ball.

- (viii) To blow the whistle when a foul has been committed or when the ball has gone out of play. To blow the whistle or give a signal to restart play. Once the referee has given a decision and has sounded his whistle to restart play, he shall not alter that decision.
- (ix) To indicate the place from which all free kicks or free pucks shall be taken.
- (x)
 - (a) To caution a player who commits a cautionable foul/infracton, by taking his name and showing him a yellow card, which caution, unless (b) or (c) below has been applied, shall carry over into Extra Time, where played.
 - (b) To order off a player who commits a second cautionable foul/infracton, by showing him a second yellow card, followed by showing him a red card.
 - (c) To order off a player who commits an ordering off foul/infracton by taking his name (if not already taken) and showing him a red card.
- (xi) To present the ball to the Captain of the winning team at the end of a Provincial or All-Ireland Final.

1.3 **COMMENCING PLAY**

- (i) The referee shall toss a coin for choice of ends in the presence of the team captains. This procedure shall be repeated for Extra Time, where played.
- (ii) Two players from each team shall stand one behind the other on their own defensive side of the halfway line, and shall face the referee, for the throw in.
The other players, shall be in their respective positions behind the 45m line (Football) or 65m line (Hurling).
- (iii) The referee, facing the players, shall throw in the ball over the heads of the players (Football) and along the ground between the players (Hurling).
- (iv) Regulations (ii) and (iii) above shall also apply for the start of the second half.

1.4 **ENTRY TO FIELD OF PLAY/INCURSIONS -**

One Team Official (Maor Foirne, who is an assistant to the Bainisteoir), may move alongside the sidelines and enter the field of play during a break in play - through the Substitution Zone - to make changes and/or to give instructions to players.

This named official shall wear a yellow or tangerine coloured bib/distinctive top which shall have "MAOR FOIRNE" in clear large letters. The Committee-in-Charge shall determine and notify the colour to be used by each Maor Foirne.

The Maor Foirne may not act as a water carrier or hurley carrier. Selectors are permitted to act as Maor Foirne. The Maor Foirne shall not be a listed member of the Team Panel.

A break in play is when the ball has gone out of play following a score or a wide or a stoppage in play called by the Referee for medical attention to an injured player.

The Referee may give his permission to a Team Medical Officer or one authorised official to enter the Field of Play to examine an injured player.

1.5 INJURIES

- (a) **Injuries: General** - Play shall not be stopped for injury to a player, except in exceptional circumstances to enable a seriously injured player to be treated on the field or removed from the field of play. All other Injuries shall be treated off the field of play.
- (b) **Injuries: Blood** - A player who is bleeding or who has blood on any part of his body, playing attire or playing equipment, as a result of an injury sustained during play, shall on the instruction of the Referee, immediately leave the field of play to receive medical and/or other attention. He shall not be allowed to return to the field of play until the bleeding has stopped, all blood has been cleaned off and, where possible, the injured area has been covered, any blood-stained playing attire

has been replaced and any blood-stained equipment has been fully cleaned. In that circumstance, a Temporary Substitute may be used, and the following acts shall not count as substitutions under Rule 2.4 (i) and (ii), Rules of Specification.

- (1) The use of the Temporary Substitute for a player instructed to leave the field under the Rule.
- (2) The return to the field of play of the injured (blood) player as a direct replacement for the Temporary Substitute.
- (3) The return to the field of play of the injured (blood) player as a replacement for any other player if the Temporary Substitute has previously been sent off or substituted.

1.6 **REPORT OF REFEREE**

The Referee shall normally submit his report, together with a copy of each team's list(s) (as specified in Rule 2.5, Rules of Specification.), within a period of three days of the game, to the Committee or Council in Charge. When the Committee in Charge deems it necessary, the report shall be submitted within 24 hours.

The Report should contain:-

- The result of the game.
- The names of the umpires and linesmen.
- The time each team took the field.
- The time the game started.
- If the interval was exceeded, a statement of

the reason.

- The names of players injured, replaced, and substitutes taking part.
- The name(s) of temporary substitutes under 1.5 (b) Injuries: Blood.
- The names of players cautioned or ordered off, and the exact reason(s).
- The name of any official or spectator who interfered during the course of the game.
- Any other breaches of the regulations.

Any errors/omissions in respect of the above shall not invalidate the Report as a whole.

RULE 2 - UMPIRES

There shall be two goal umpires at each end of the field of play. An umpire shall stand behind each goalpost and behind the endline. The umpires shall remain at the same end for the duration of the game.

2.1 POWERS OF UMPIRES

The umpires shall decide if a score is made, or if the ball has crossed the endline for a wide, or for a 45m or 65m free, subject to Rule 1.1 (v) above.

2.2 DUTIES OF UMPIRES

- (i) The umpires shall signal their decisions as follows:
 - (a) A 45m free in Football or a 65m free in Hurling by raising an arm upright, and then pointing directly infield, at the place where the ball passed over the endline.

- (b) A wide by crossing both arms above the head.
 - (c) A score by raising a green flag for a goal or a white flag for a point, in front of the scoring space.
 - (d) A decision to disallow a score by crossing the flags at the centre of the scoring space.
- (ii) The umpires shall bring to the notice of the referee, during a break in play, any instances of foul play in particular, rough or dangerous play, striking, hitting, or kicking, or unauthorised incursions onto the field of play, which have not been noticed by the Referee.

RULE 3 - LINESMEN

There shall be one linesman on each sideline. Linesmen shall change sides at half-time. However, failure to do so will not affect the result of the game.

3.1 DUTIES OF THE LINESMEN

- (i) The Linesmen shall indicate by flag signal:
 - (a) when and where a ball crosses the sideline,
 - (b) which side is entitled to the sideline kick or puck, and
 - (c) where the kick or puck is to be taken from.
- (ii) When a ball is played across a sideline by opposing players simultaneously, or when the linesman is unsure which team played the ball over the sideline, the Linesman shall so signal.

The Referee, facing the players, shall throw in the ball between one Player of each Team, 13m from the sideline, directly infield from where the ball crossed the sideline.

- (iii) A Linesman's decision is subject to Rule 1.1 (v) above.
- (iv) The Linesmen, where neutral, shall control the operation of the Substitution Zone, and shall assist the referee in regard to the introduction of substitutes, and of temporary substitutes under Rule 1.5 (b) Injuries: Blood. Where linesmen are not neutral, these functions shall be controlled by the Referee.
- (v) The Linesmen shall bring to the attention of the referee, during a break in play, any instances of foul play, in particular rough or dangerous play, striking, hitting, or kicking, or unauthorised incursions onto the field of play, which have not been noticed by the Referee.

RULE 4 - SIDELINE OFFICIAL

A Sideline Official shall officiate at Inter-County Senior games.

4.1 Duties of Sideline Official

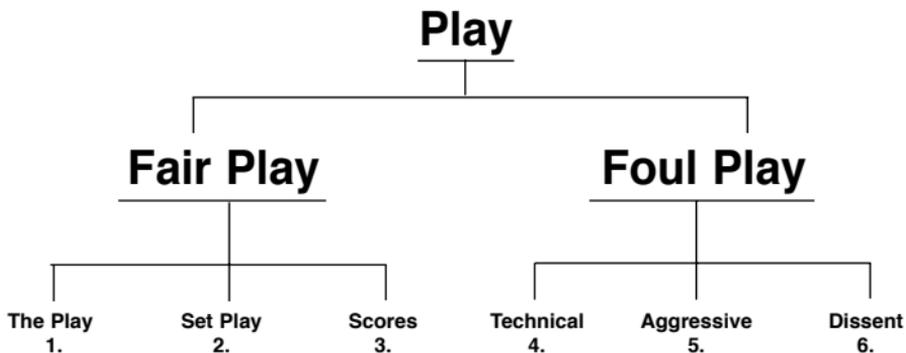
- (a) To receive substitution notes giving the name and number of a substitute or temporary substitute and the name and number of the player being substituted or replaced.
- (b) To record and report all substitutions and

temporary substitutions made during a game to the Referee for inclusion in the match report.

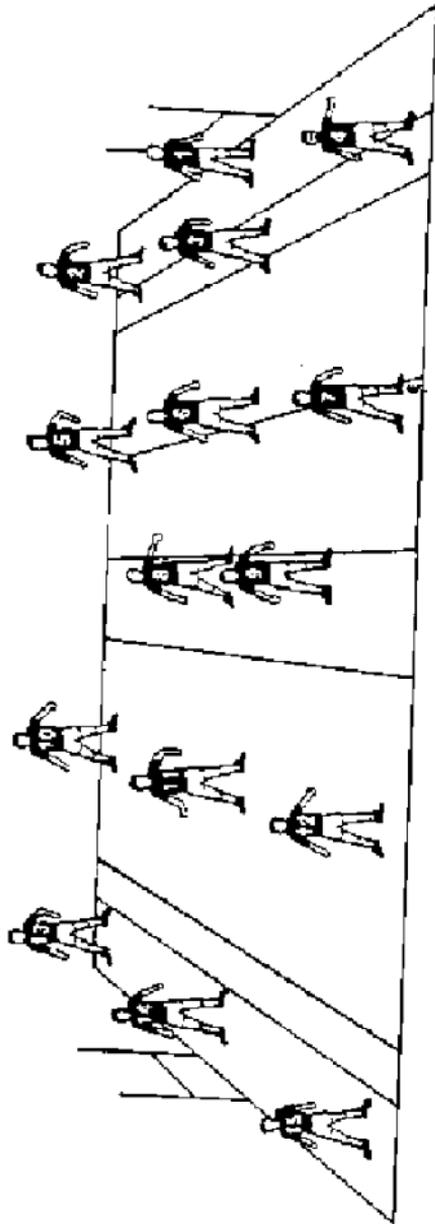
- (c) To display by means of electronic or manual board the numbers of players being substituted.
- (d) To display by means of electronic or manual board the additional amount of time, if any, which will be played at the end of each half, as indicated by the Referee to the Linesman.



The Playing Rules of Hurling



Line Out



The Rules of Hurling

Rules of Fair Play

RULE 1 - THE PLAY

- 1.1 The ball is in play once it has been thrown in or pucked, after the referee has given a signal to start or restart play, and it remains in play until:
- (a) the referee signals a stop;
 - (b) the ball has passed completely over any boundary line or strikes any flag marking the boundary lines;
 - (c) the ball has been prevented from going over any boundary line or is touched in play by anyone other than a player.
- 1.2 The ball may be struck with the hurley when it is on the ground, in the air, released from the hand or lifted with the hurley.
- 1.3 A player may run with the ball balanced on or hopping on his hurley.
- 1.4 A player may catch the ball, play it on his hurley, and bring it back into his hand once. A player who has not caught the ball may play it from the hurley into his hand twice.
- 1.5 The ball may be struck with the hand, kicked, or lifted off the ground with the feet.
- 1.6 The ball may not be touched on the ground with the hand(s), except when a player is knocked down or falls and the ball in his hand touches the ground.

- 1.7 When a player is in possession of the ball it may be:
- (a) Carried in the hand for a maximum of four consecutive steps or held in the hand for no longer than the time needed to take four steps.
 - (b) Released and struck with a definite striking action of a hand.
- 1.8 Player(s) may tackle an opponent for the ball.
- 1.9 Provided that he has at least one foot on the ground, a player may make a shoulder to shoulder charge on an opponent-
- (a) who is in possession of the ball, or
 - (b) who is playing the ball, or
 - (c) when both players are moving in the direction of the ball to play it.

When he is within the small rectangle, the goalkeeper may not be charged but he may be challenged for possession of the ball, and his puck, kick or pass may be blocked. Incidental contact with the goalkeeper while playing the ball is permitted.

- 1.10 For a run-up to a free puck, sideline puck, or puck-out, a player may go outside the boundary lines, but otherwise players shall remain within the field of play.
- 1.11 A player may hold up his hurley or hand(s) to intercept a free puck.

RULE 2 - SET PLAY

- 2.1 The referee, facing the players, starts the game and restarts it after half-time by throwing in the ball between two players from each team, who shall stand one behind the other in their own defensive sides of the half-way line. All other players shall be in their respective positions behind the 65m lines.
- 2.2 After a foul, play is restarted by a free puck or a throw-in where the foul(s) occurred.

Exceptions

- (i) In the case of fouls by defending players within the rectangles, the following shall apply: A penalty puck shall be awarded for an Aggressive Foul within the large rectangle. The penalty puck shall be taken from the centre point of the 20m line. A free puck from the centre of the 20m line shall be awarded for a Technical Foul within the large rectangle.
- (ii) A free puck, awarded for a foul by a defending player inside his own 20m line but outside the large rectangle, shall be taken from the 20m line opposite where the foul occurred.
- (iii) When a player is fouled immediately after he plays the ball away, and a score results, it shall stand. Otherwise, the referee shall award a free puck from where the foul occurred or, if more advantageous, from where the ball lands or crosses the sideline. With the option of a free being awarded

from where the foul occurred being retained, the rule shall apply in the following circumstances as outlined:-

- (a) If the ball lands over the endline, a free shall be given on the 20m line opposite the place where the ball crossed the endline;
- (b) If the ball lands inside the opponents' 20m line, a free shall be given from the 20m line at the point where the ball crossed this line.
- (iv) Where otherwise specified in the penalties listed in Rule 4, Sections 14, 15, 16, 17, 18, 19, 27, 28, 29, 30, 34; Rule 5, Sections 16, 36; Rule 6.4.
- (v) When play is restarted by throwing in the ball after a foul(s) within 13m of the sideline, the throw in shall be given 13m from the sideline and directly infield from where the foul(s) occurred.
- (vi) When play is restarted by throwing in the ball after a foul(s) between the endline and the 20m line, the throw-in shall be given on the 20m line, opposite where the foul(s) occurred, subject to the Provisions stated in (v) above.

All players, except the player taking the free puck (excluding penalties), shall be 20m from where the free puck is being taken or all players, except those two contesting the throw-in, shall be 13m from where the throw-in is awarded.

2.3 A penalty puck shall be taken at the centre point of the 20m line and the semi-circular arc, and only three defending players may stand on the goal-line. All other players, with the exception of the player taking the puck, shall be outside the 20m line, and shall not cross the 20m line or the arc until the ball has been struck. If a defending player(s) fouls before the ball is struck and a goal does not result, the referee shall allow the penalty puck to be retaken.

2.4 When opposing players foul simultaneously, play is restarted by throwing in the ball.

2.5 For all free pucks, including penalties, the ball may be struck with the hurley in either of two ways:

(a) Lift the ball with the hurley at the first attempt and strike it with the hurley.

(b) Strike the ball on the ground.

If a player taking a free puck or penalty fails to lift the ball at the first attempt, or fails to strike it with the hurley, he must strike it on the ground without delay. Only when he delays, may a player of either side approach nearer than 20m. except in the case of penalties.

2.6 When the ball is played over the endline by the team attacking that end or after a score, play is restarted by a puck-out from within the small rectangle.

The player taking a puck-out shall take the ball into his hand, but should he miss his stroke, the ball may be struck on the ground or may

be raised with and struck with the hurley, but not taken into his hand again before striking it. The player taking the puck-out may strike the ball more than once before another player touches it.

All players shall be outside the 20m line until the ball has been struck except the goalkeeper and the player taking the puck-out - if other than the goalkeeper.

The ball shall travel 13m before being played by another player of the defending team.

- 2.7 When the ball is played over the endline and outside the goalposts by the team defending that end, a free puck shall be awarded to the opposing team on the 65m line opposite where the ball crossed the endline.
- 2.8 When a team plays the ball over the sideline, a free puck from the ground shall be awarded to the opposing team at the place where the ball crossed the sideline. If opposing players play the ball simultaneously over the sideline, or if the officials are not sure which team played the ball last, the Referee, facing the players, shall throw in the ball between one player from each team, 13m from the sideline and directly infield from where ball crossed the sideline. A ball that strikes a sideline or corner flag shall be treated as having crossed the sideline. A player on the team awarded a sideline puck shall place the ball on the sideline at the place indicated by the linesman. All players except the player taking the sideline puck, or the two players contesting the throw-in, shall be

at least 13m from the ball until it is struck or thrown in.

If a player taking a sideline puck fails to strike the ball at the first attempt, he shall not delay in making a second attempt. Only when the player delays his second attempt to strike the ball may a player from either side approach nearer than 13m.

2.9 If in exceptional circumstances play is stopped by the Referee to enable a seriously injured player to be treated on the field or removed from the field of play, play shall resume in one of the following manners:-

- (i) If a Team is in possession when the play is stopped, the play shall resume with a free puck to that Team from the position at which the play was stopped, unless the play was stopped inside the opponents' 20m line in which case the free shall be awarded from the 20m line opposite the point where the play was stopped. A score may not be made directly from such free.
- (ii) If neither Team is in possession when the play is stopped, a throw-in shall be given at the position where the play was stopped, subject to the provisions in Exceptions (v) and (vi) of Rule 2.2

2.10 If the ball touches any non-player during play, play is restarted by throwing in the ball at the place concerned, but if the ball touches any non-player from a free puck, the free shall be retaken.

Exceptions

- (i) As provided in Rule 3.3(a).
- (ii) If the ball has been prevented from going over a boundary line by a non-player other than the referee, it shall be treated as having crossed the line, and the referee shall make the appropriate award.

RULE 3 - SCORES

3.1 A **goal** is scored when the ball is played over the goal-line between the posts and under the crossbar by either team.

A **point** is scored when the ball is played over the crossbar between the posts by either team.

A goal is equivalent to three points.

The team with the greater final total of points is the winner.

Exceptions

A player on the team attacking a goal who is in possession of the ball may not score;

(i) by carrying the ball over his opponents' goal-line, or

(ii) with his hand(s).

3.2 A score may be made by striking the ball in flight with the hand(s).

3.3 (a) A score shall be allowed if, in the opinion of the referee, the ball was prevented from crossing the goal-line by anyone other than a player or the referee.

(b) If part of the goal-posts or crossbar is displaced during play, the referee shall award the score which he considers would have resulted had a part not been displaced.

3.4 If a defending player plays the ball through his own scoring space in any manner, this shall count as a score.

Rules of Foul Play

RULE 4 - TECHNICAL FOULS

- 4.1 To overcarry or overhold the ball.
- 4.2 (a) To throw the ball.
(b) To handpass the ball without it being released and struck with a definite striking action of a hand.
- 4.3 To lift the ball off the ground with the knees.
- 4.4 To lie on the ball.
- 4.5 To touch the ball on the ground with the hand(s), except when a player falls or is knocked down and the ball in his hand touches the ground.
- 4.6 To catch the ball more than twice before playing it away.
- 4.7 To release the ball with the hand and catch it without playing it with the hurley.
- 4.8 To drop the hurley intentionally, or to throw the hurley in a manner which does not constitute a danger to another player.
- 4.9 To tip an opponent's hurley in the air or to tip it up with hurley or foot, for the purpose of allowing the ball to pass through.
- 4.10 For an attacking player to enter opponents' small rectangle before the ball enters it during the play.

Exceptions

- (i) If an attacking player legally enters the small rectangle, and the ball is played

from that area but is returned before the attacking player has time to leave the area, provided that he does not play the ball or interfere with the defence, a foul is not committed.

- (ii) When a point is scored from outside the small rectangle and the ball is sufficiently high to be out of reach of all players, the score shall be allowed even though an attacking player may have been within the small rectangle before the ball - provided that the player in question does not interfere with the defence.

4.11 (a) For a player on the team awarded a free puck to stand or move nearer than 20m to the ball before it is struck.

(b) For a player on the team awarded a sideline puck to stand or move nearer than 13m to the ball before it is struck.

(c) For a player on the team awarded a penalty puck to be inside the 20m line or the arc before the ball is struck.

4.12 For a player attacking a goal to carry the ball over opponents' goal-line.

4.13 For a player on the team attacking a goal, who is in possession of the ball, to score with the hand(s).

PENALTY FOR ABOVE FOULS - Free puck from where the foul occurred, except as provided under Exceptions of Rule 2.2.

4.14 To be inside opponents' 20m line before a puck-out is taken after a wide.

PENALTY - Free puck from the defenders' 20m line opposite where the foul occurred.

- 4.15 To take the puck-out from outside the small rectangle.

PENALTY -

(i) Cancel Puck-Out

(ii) Throw-in ball on the defenders' 20m line opposite the scoring space

- 4.16 (a) For a player on the team defending a penalty puck, with the exception of the three defending players on the goal-line, to be inside the 20m line or the semi-circle before the ball is struck.

- (b) For any of the three players defending a penalty on the goal-line to move nearer than 20m to the ball before the ball is struck.

PENALTY - If a goal is not scored, the referee shall allow the penalty puck to be retaken.

- 4.17 (a) For an opposing player to be nearer than 20m to the ball before a free puck is struck.
- (b) For an opposing player to be nearer than 13m to the ball before a sideline puck is struck.

PENALTY FOR THE ABOVE FOULS - Free puck 13m more advantageous than the place of original puck - up to opponents' 20m line.

- 4.18 To delay an opponent taking a free puck or sideline puck by hitting or kicking the ball away, not releasing the ball to the opposition, or by deliberately not moving back to allow the puck to be taken.

- 4.19 To interfere with a player taking a free puck or sideline puck by jumping up and down, waving hands or hurley, or any other physical or verbal interference considered by the referee to be aimed at distracting the player taking the puck.

Exception

A player holding his hands or hurley upright shall not constitute an interference.

PENALTY - Free puck 13m more advantageous than the place of original puck - up to opponents' 20m line.

- 4.20 To reset the ball for a free/penalty/sideline puck without the referee's permission after the whistle has been blown for the free/penalty/sideline puck to be taken.
- 4.21 To play the ball again after taking a free/penalty/sideline puck before another player has played it, unless the ball rebounds off the goal-posts or crossbar.
- 4.22 To foul a free puck by making a second attempt to lift the ball, to hop the ball on the hurley, or to take the ball in the hand.
- 4.23 For the player taking a sideline puck to attempt to lift the ball with his hurley.
- 4.24 To make a divot for the purpose of teeing up the ball for a free puck or sideline puck.
- 4.25 To advance the ball deliberately from the place at which a free puck or sideline puck is to be taken.
- 4.26 To waste time by delaying a free puck or sideline puck awarded to own team.

PENALTY FOR THE ABOVE FOULS -

(i) Cancel free puck or sideline puck.

(ii) Throw in the ball where the foul occurred, except as provided under Exceptions (v) and (vi) of Rule 2.2.

- 4.27 For the player taking the puck-out and, having missed a stroke, to take the ball into his hand a second time before striking.
- 4.28 To be inside own 20m line when one's team is taking a puck-out except as provided in Rule 2.6.
- 4.29 For another player on the team taking the puck-out to play the ball before it has travelled 13m.
- 4.30 To waste time by delaying own puck-out.

PENALTY FOR ABOVE FOULS -

(i) Cancel puck-out.

(ii) Throw in the ball on defenders' 20m line opposite the scoring space.

- 4.31 For a player(s) from each team to foul simultaneously.

Penalty - Throw in the ball where the foul(s) occurred, except as provided under Exceptions (v) and (vi) of Rule 2.2.

- 4.32 To deliberately go outside the boundary lines to gain an advantage except as permitted by Rule 1.10.

Penalty-Free puck from where the foul occurred.

- 4.33 To interfere with the goalposts to distract opponents or to gain an advantage.

**PENALTY FOR THE ABOVE FOULS-
Caution offender; order off for second cautionable offence.**

- 4.34 When a team commits a Technical Foul, the referee may allow the play to continue if he considers it to be to the advantage of the opposing team. He shall signal that advantage is being played by raising an extended arm upright. Once he allows play to continue, he may not subsequently award a free for that foul. He shall apply any relevant disciplinary action.

RULE 5 - AGGRESSIVE FOULS

Category II Infractions

- 5.1 To strike or to attempt to strike an opponent with arm, elbow, hand or knee.
- 5.2 To strike or to attempt to strike an opponent with a hurley, with minimal force.
- 5.3 To kick or to attempt to kick an opponent, with minimal force .
- 5.4 To behave in any way which is dangerous to an opponent.
- 5.5 To spit at an opponent.
- 5.6 To contribute to a melee.
- 5.7 To use abusive language to a Referee, Umpire, Linesman or Sideline Official.

Category III Infractions

- 5.8 To strike or to attempt to strike an opponent with the head.
- 5.9 To strike an opponent with a hurley, either with force or causing injury.
- 5.10 To attempt to strike an opponent with a hurley, with force.
- 5.11 To kick an opponent either with force or causing injury.
- 5.12 To attempt to kick an opponent with force.
- 5.13 To stamp on an opponent.
- 5.14 To inflict an injury recklessly on an opponent by means other than those stated above.
- 5.15 To assault an opposing Team Official

Category IV Infractions

- 5.16 To interfere with a Referee, Umpire, Linesman or Sideline Official - minor physical interference e.g. laying a hand on, pushing, pulling or jostling.
- 5.17 To use threatening language to a Referee, Umpire, Linesman or Sideline Official.
- 5.18 To use threatening or abusive conduct towards a Referee, Umpire, Linesman or Sideline Official.

Category V Infractions

- 5.19 To strike or attempt to strike, or any type of assault on, a Referee, Umpire, Linesman or Sideline Official.

PENALTY FOR ABOVE FOULS -

- (i) Order offender off.**
 - (ii) Free puck from where Foul occurred, except as provided under Exceptions of Rule 2.2.**
- 5.20 To commit any of the fouls listed in Rule 5.1, 5.2, 5.3, 5.4, 5.5, 5.8, 5.9, 5.10, 5.11, 5.12, 5.13 and 5.14 against a team-mate.

PENALTY -

- (i) Order offender off.**
- (ii) Throw in the ball where the Foul occurred, except as provided under Exceptions (v) and (vi) of Rule 2.2**

5.21 To commit any of the fouls listed in Rule 5.1, 5.2, 5.3, 5.4, 5.5, 5.8, 5.9, 5.10, 5.11, 5.12, 5.13 and 5.14 on an opponent on the field prior to the start of a game or at half time.

PENALTY - Offender shall be treated as ordered off and shall not participate (or further participate) in the game.

Note- Once the Referee has received the list of players, or a substitution/temporary replacement slip which includes the offender's name, the player may not be substituted.

For Information Purposes only -

Suspensions for the above Infractions are governed by Rule 7.2 - Infractions, Official Guide, Part 1.

As a guide, the suspensions, in part, are outlined below:

Category II

Minimum; 4 weeks Suspension in the same Code and at the same Level, inclusive of the next Game in the same Competition of that Competition Year, even if that Game falls outside the Suspension time period.

Category III

Minimum: 8 weeks Suspension in the same Code and at the same Level, inclusive of the next Game in the same Competition of that Competition Year, even if that Game falls outside the Suspension time period.

Category IV

Minimum: 12 weeks Suspension in all Codes and at all Levels.

Category V

Minimum: 48 weeks Suspension in all Codes and at all Levels, with offender's Team liable to Disqualification, where appropriate.

- 5.22 To pull down an opponent.
- 5.23 To trip an opponent with hand(s), foot, or hurley.
- 5.24 To threaten or to use abusive or provocative language or gestures to an opponent.
- 5.25 To engage in any form of rough play.
- 5.26 To make 'a pull' with the hurley from behind and around the body of an opponent that is not consistent with an attempt to play the ball.
- 5.27 To use the hurley in a careless manner.
- 5.28 To throw a hurley in a manner which constitutes a danger to another player(s).

PENALTY FOR ABOVE FOULS -

- (i) Caution offender; order off for second cautionable foul.**
 - (ii) Free puck from where the foul occurred except as provided under Exceptions of Rule 2.2.**
- 5.29 To pull or take hold of a faceguard or any other part of an opponent's helmet.
 - 5.30 To attempt to achieve an advantage by feigning a foul or injury.

PENALTY FOR ABOVE FOULS -

- (i) **Caution offender; order off for second cautionable foul.**
- (ii) **If play has been stopped for the foul, a free puck from where play was stopped, except as provided under Exceptions of Rule 2.2.**

5.31 To threaten or to use abusive or provocative language or gestures to a team-mate.

PENALTY FOR ABOVE FOULS -

- (i) **Caution offender; order off for second cautionable foul.**
- (ii) **Throw in the ball where the foul occurred, except as provided under Exceptions (v) and (vi) of Rule 2.2.**

5.32 To hold an opponent with the hand(s)

5.33 (a) To charge an opponent in the back or to the front.

(b) To charge an opponent unless:-

- (i) he is in possession of the ball, or
- (ii) he is playing the ball, or
- (iii) both players are moving in the direction of the ball to play it.

(c) To charge an opponent for the purpose of giving an advantage to a team-mate.

PENALTY FOR THE ABOVE FOULS -

- (i) **Free puck from where foul occurred, except as provided under Exceptions of Rule 2.2.**
- (ii) **Caution offender for committing any of the above fouls a second time; order**

off for a further repetition or for other cautionable foul.

- 5.34 (a) To push an opponent with the hand(s) or hurley.
(b) To hold an opponent's hurley or pull it from his hands.
- 5.35 (a) To charge (in a manner otherwise permissible on an opponent) the goalkeeper in his small rectangle.
(b) For a player in possession of the ball to charge an opponent.
- 5.36 To use the hurley to obstruct an opponent
- 5.37 To strike an opponent's hurley unless both players are in the act of playing the ball.

Penalty for the above Fouls –

- (i) **Free Puck from where Foul occurred, except as provided under Exceptions of Rule 2.2.**
- (ii) **Caution offender for persistently committing such Fouls. Order off for further repetition or for other Cautionable Foul.**
- 5.38 For a player to retaliate between the award of a free to his team and the free puck being taken.
- PENALTY -**
- (i) **Cancel free puck.**
- (ii) **Throw in the ball where the original foul occurred, except as provided under Exceptions (v) and (vi) of Rule 2.2.**
- (iii) **Apply any other relevant penalty of Rule 5.**

- 5.39 For a player(s) from each team to foul simultaneously.
- PENALTY -**
- (i) Throw in the ball where the fouls occurred, except as provided under Exceptions (v) and (vi) of Rule 2.2.**
 - (ii) Apply any other relevant penalty of Rule 5.**
- 5.40 When an Aggressive Foul is drawn to the referee's attention by an umpire or linesman, the referee may apply the appropriate penalty as per Rule 5, and shall restart play as per Rule 2.
- 5.41 When a team commits an Aggressive Foul, the referee may allow play to continue if he considers it to be to the advantage of the offended team. He shall signal that advantage is being played by raising an extended arm upright. Once the referee allows the play to continue, he may not subsequently award a free for that foul. He shall apply the relevant penalty.

RULE 6 - DISSENT

- 6.1 To challenge the authority of a Referee, Umpire, Linesman or Sideline Official.
PENALTY - Caution the offender; order off for second cautionable foul.
- 6.2 To fail to comply with a Referee's instruction to wear a helmet with a facial guard.
Penalty - Caution the offender; order off if he persists.
- 6.3 To refuse to leave the field of play, on the instruction of the Referee, for attention, after an injury involving bleeding.
Penalty - Caution the offender; order off if he continues to refuse.
- 6.4 To show dissent with the referee's decision to award a free puck to the opposing team.
PENALTY - The free puck already awarded shall be taken 13m more advantageous than the place of original free puck, up to the opponents' 20m line.
Further dissent on an occasion shall be considered as a breach of Rule 6.1 and shall be penalised accordingly.
- 6.5 (a) To refuse to leave the field of play when ordered off.
(b) To rejoin the game after being ordered off.

PROCEDURE

First give a three minute warning to the team captain or the official in charge of the team, or the player(s) involved, and then, if the player(s) refuse(s) to comply, terminate the game.

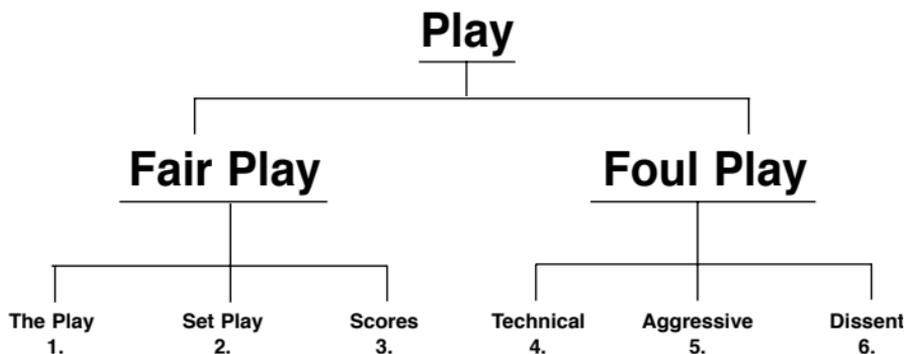
- 6.6 A team or a player(s) leaving the field without the referee's permission or refusing to continue playing.

PROCEDURE - as in Rule 6.5

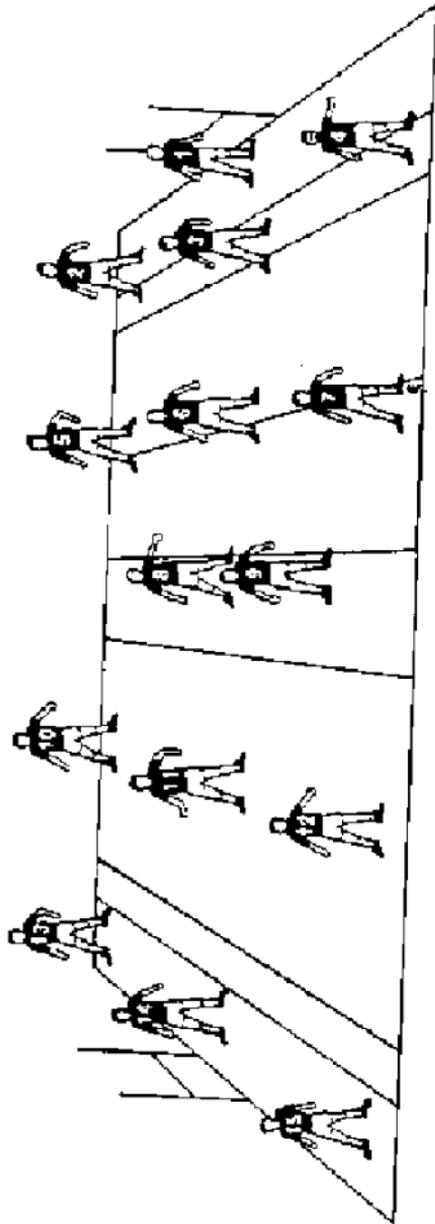
Any player willing to continue shall give his name to the referee.



The Playing Rules of Gaelic Football



Line Out



The Rules of Football

Rules of Fair Play

RULE 1 - THE PLAY

- 1.1 The ball is in play once it has been thrown in or kicked after the referee has given a signal to start or restart play, and it remains in play until:
- (a) the referee signals a stop;
 - (b) the ball has passed completely over any boundary line or strikes any flag marking the boundary lines;
 - (c) the ball has been prevented from going over any boundary line or is touched in play by anyone other than a player.
- 1.2 When the ball is on the ground, it may be played by any part of the body except the hand(s). It may be lifted off the ground with the feet.

Exceptions

- (i) The goalkeeper may play the ball on the ground with his hand(s) inside his own small rectangle.
- (ii) Any player who falls or is knocked to the ground while in possession of the ball may fist or palm the ball away on the ground, and may score by so doing.
- (iii) The ball may not be lifted off the ground with the knees.

- 1.3 When the ball is not on the ground, it may be played by any part of the body.
- 1.4 When a player is in possession of the ball, it may be:-
- (a) carried for a maximum of four consecutive steps or held in the hand(s) for no longer than the time needed to take four steps;
 - (b) played from the foot to the hand(s) -toe-tapped;
 - (c) bounced once, and once after each toe-tap;
 - (d) changed from one hand to the other once, with the original holding hand maintaining contact until the change is completed;
 - (e) played away with:
 - (i) a fist
 - (ii) an open hand-in which instance there shall be a definite underhand striking action
 - (f) released for a kick, a toe-tap or a pass with a fist or an open hand.
- The ball may be knocked from an opponent's hand(s) by flicking it with the open hand.
- 1.5 When the ball has not been caught, it may be bounced more than once in succession.
- 1.6 Player(s) may tackle an opponent for the ball.
- 1.7 Provided he has at least one foot on the ground, a player may make a shoulder to shoulder charge on an opponent:-
- (a) who is in possession of the ball, or
 - (b) who is playing the ball other than when

kicking it, or

- (c) when both players are moving in the direction of the ball to play it.

When he is within the small rectangle, the goalkeeper may not be charged but he may be challenged for possession of the ball, and his kick or pass may be blocked. Incidental contact with the goalkeeper while playing the ball is permitted.

- 1.8 A goalkeeper may move along his goal-line when a penalty kick is being taken.
- 1.9 For a run-up to a free kick or kick-out, a player may go outside a boundary line.
For a sideline kick, a player shall kick the ball from outside the boundary line.
Other than as stated above, players shall remain within the field of play.
- 1.10 A player may hold up his hands to intercept a free kick.

RULE 2 - SET PLAY

- 2.1 The Referee, facing the players, starts the game and restarts it after half-time, by throwing in the ball between two players from each team, who shall stand one behind the other in their own defensive sides of the half-way line. All other players shall be in their respective positions behind the 45m lines.
- 2.2 After a foul, play is restarted by a free kick or a throw-in where the foul(s) occurred.

EXCEPTIONS

- (i) In the case of fouls by a defending player within the rectangles, the following shall apply:
- A penalty kick shall be awarded for an Aggressive Foul within the large rectangle or any foul within the small rectangle. The penalty kick shall be taken from the ground at the centre point of the 13m line. A free kick from the centre of the 13m line shall be awarded for a Technical Foul by a defending player within the large rectangle but outside the small rectangle.
- (ii) A free kick awarded for a foul by a defending player inside his own 13m line but outside the large rectangle shall be taken from the 13m line opposite where the foul occurred.

- (iii) When a player is fouled immediately after he plays the ball away and a score results, it shall stand. Otherwise, the referee shall award a free kick from where the foul occurred or, if more advantageous, from where the ball lands or crosses the sideline. With the option of a free being awarded from where the foul occurred being retained, the rule shall apply in the following circumstances as outlined:-
- (a) If the ball lands over the endline, the free kick shall be given on the 13m line opposite the place where the ball crossed the endline;
 - (b) if the ball lands inside the opponents' 13m line, a free kick shall be given from the 13m at the point where the ball crossed this line.
- (iv) Where otherwise specified in the penalties listed in Rule 4 Sections 14, 15, 16, 17, 18, 19, 20, 26, 27, 28, 29, 30, 31, 32, 33, 37; Rule 5, Sections 13, 30; Rule 6.3.
- (v) When play is restarted by throwing in the ball after a foul(s) within 13m of the sideline, the throw-in shall be given 13m from the sideline and directly infield from where the foul(s) occurred.
- (vi) When play is restarted by throwing in the ball after a foul(s) between the endline and the 20m line, the throw-in shall be given on the 20m line opposite where the foul(s)

occurred, subject to the provisions stated in (v) above.

All players except the player taking the free kick shall be at least 13m from where the free kick is awarded, or, all players except those two contesting the throw-in shall be at least 13m from where the throw-in is awarded.

- 2.3 A penalty kick shall be taken from the ground at a point 11m from the centre of the goal-line, and only the defending goalkeeper may stand on the goal-line. All other players, with the exception of the player taking the kick, shall be outside the 20m line and the arc, be at least 13m from the ball, and shall not cross the 20m line or the arc until the ball has been kicked. The goalkeeper may move along his line, but may not advance from the goal-line until the ball has been kicked. If a defending player fouls before the ball is kicked and a goal does not result, the referee shall allow the penalty kick to be retaken.
- 2.4 When opposing players foul simultaneously, play is restarted by throwing in the ball.
- 2.5 A free kick, other than a penalty kick, may be taken from the hands or from the ground. A player having indicated his option to the referee shall not be permitted to change his decision. The ball shall be stationary when a free kick is taken from the ground.
- 2.6 With the Referee's consent, a free kick may be taken immediately.

Exceptions

A penalty kick and a free kick awarded to a team from their opponents' 13m line.

- 2.7 (a) When the ball is played over the endline by the Team attacking that end, or after a score is made, play is restarted by a kick-out off the ground from the 13m line and within the large rectangle.

If the goalkeeper is not taking the kick-out, he shall stay in the small rectangle, and all other players, except the player taking the kick-out, shall be outside the 20m line and 13m from the ball, until it has been kicked.

The player taking a kick-out may kick the ball more than once before any other player touches it but may not take the ball into his hands.

The ball shall travel 13m before being played by another player of the defending team.

- (b) The Player taking the kick-out after the ball goes wide or a score shall have the option of using a standard tee as approved by Central Council.
- 2.8 When the ball is played over the endline and outside the goalposts by the team defending that end, a free kick off the ground shall be awarded to the opposing team on the 45m line opposite where the ball crossed the endline.
- 2.9 When a team plays the ball over the sideline, a free kick from the hand(s) shall be awarded to

the opposing team from outside the boundary line from the place where the ball crossed the sideline. If opposing players play the ball simultaneously over the sideline, or if the officials are not sure which team played the ball last, the Referee, facing the players, shall throw in the ball between one player from each team 13m from the sideline and directly infield from where the ball crossed the sideline. A ball that strikes a sideline or corner flag shall be treated as having crossed the sideline. All players except the player taking the sideline kick, or the two players contesting the throw-in, shall be at least 13m from the ball until it has been kicked or thrown in.

2.10 If in exceptional circumstances play is stopped by the Referee to enable a seriously injured player to be treated on the field or removed from the field of play, play shall resume in one of the following manners:-

- (i) If a Team is in possession when the play is stopped, the play shall resume with a free kick to that Team from the position at which the play was stopped, unless the play was stopped inside the opponents 13m line in which case the free shall be awarded from the 13m line opposite the point where the play was stopped. A score may not be made directly from such a free.
- (ii) If neither Team is in possession when the play is stopped, a throw-in shall be given at position where the play was

stopped, subject to the provisions stated in Exceptions (v) and (vi) of Rule 2.2

- 2.11 If the ball touches any non-player during play, play is restarted by throwing in the ball at the place concerned, but if the ball touches any non-player from a free kick, the free kick shall be retaken.

Exception

- (i) As provided in Rule 3.3 (a).
- (ii) If the ball has been prevented from going over a boundary line by a non-player other than the referee, it shall be treated as having crossed the line, and the referee shall make the appropriate award.

RULE 3 - SCORES

3.1 A **goal** is scored when the ball is played over the goal-line between the posts and under the crossbar by either team.

A **point** is scored when the ball is played over the crossbar between the posts by either team.

A goal is equivalent to three points.

The team with the greater final total of points is the winner.

Exceptions

A player on the team attacking a goal and who is in possession of the ball may not score: -

- (i) by carrying the ball over his opponents' goal-line;
- (ii) a goal with his hands except as provided in Rule 1.2 Exception (ii);
- (iii) a point with his open hand(s), but may score a point by fisting the ball.

3.2 A score may be made by striking the ball in flight with the hand(s).

3.3 (a) A score shall be allowed if, in the opinion of the referee, the ball was prevented from crossing the goal-line by anyone other than a player or the referee.

- (b) If part of the goalposts or crossbar is displaced during play, the referee shall award the score which he considers would have resulted had a part not been displaced.

- 3.4 If a defending player plays the ball through his own scoring space in any manner, this shall count as a score.

Rules of Foul Play

RULE 4 - TECHNICAL FOULS

- 4.1 To overcarry or overhold the ball.
- 4.2 (a) To throw the ball.
 - (b) To handpass the ball without:
 - (i) It being Fisted
 - or**
 - (ii) It being struck with an open hand with a definite underhand striking action.
- 4.3 To lift the ball off the ground with the knees.
- 4.4 To lie on the ball.
- 4.5 To touch the ball on the ground with the hand(s), except as provided in Rule 1.2.
- 4.6 To bounce the ball more than once consecutively after catching it.
- 4.7 To play the ball up with the hand(s) and catch it again before it touches the ground, another player, or goal-posts.
- 4.8 To wrest the ball from an opponent who has caught the ball.
- 4.9 For an attacking player to enter opponents' small rectangle before the ball enters it during play.

Exception

- (i) If an attacking player legally enters the small rectangle, and the ball is played from that area but is returned before the

attacking player has time to leave the area, provided he does not play the ball or interfere with the defence, a foul is not committed.

- (ii) When a point is scored from outside the small rectangle and the ball is sufficiently high to be out of reach of all players, the score shall be allowed even though an attacking player may have been within the small rectangle before the ball - provided that the player in question does not interfere with the defence.

4.10 (a) To change the ball from one hand to the other, without the original holding hand maintaining contact until the change is completed.

- (b) To change the ball from one hand to the other more than once, unless the ball is bounced or toe-tapped between the changes.

4.11 (a) For a player on the team awarded a free kick or a sideline kick to be less than 13m from the ball before it is kicked.

- (b) For a player on the team awarded a penalty kick to be inside the 20m line or the arc before the ball is kicked.

4.12 For a player attacking a goal to carry the ball over opponents' goal-line.

4.13 For a player attacking a goal who is in possession of the ball to score a goal with his hand(s) or a point with his open hand(s), except as provided in Rule 1.2 Exception (ii).

PENALTY FOR ABOVE FOULS - Free kick from where the foul occurred except as provided under Exceptions of Rule 2.2.

- 4.14 To be inside opponents' 20m line before a kick-out is taken.

PENALTY - Free kick from defenders' 20m line opposite where the foul occurred.

- 4.15 When within own small rectangle to be less than 13m from the ball for opponents' free kick.

PENALTY - Penalty kick.

- 4.16 (a) For a player on the team defending a penalty kick, with the exception of the goalkeeper, to be inside the 20m line or the arc before the kick is taken.
- (b) For the goalkeeper defending a penalty kick to move nearer than 11m before the kick is taken.

PENALTY -

If a goal is not scored, the referee shall allow the penalty kick to be retaken.

- 4.17 For an opposing player to be nearer than 13m to the ball before a free kick or a sideline kick is taken.

PENALTY - Free kick 13m more advantageous than place of original kick - up to opponents' 13m line.

- 4.18 To delay an opponent taking a free kick or sideline kick by hitting or kicking the ball away, not releasing the ball to the opposition, or deliberately not moving back to allow a quick

free kick to be taken.

- 4.19 To interfere with a player taking a free kick or sideline kick by jumping up and down, waving hands, or any other physical or verbal interference considered by the referee to be aimed at distracting the player taking the kick.

Exception

A player holding his hands upright shall not constitute an interference.

PENALTY - FOR THE ABOVE FOULS - Free kick 13m more advantageous than the place of original kick - up to opponents' 13m line.

- 4.20 For an opposing player to be less than 13m from the ball before a kick-out.

PENALTY - Free kick 13m more advantageous than place of original kick-out.

- 4.21 To reset the ball for a kick-out/free kick/penalty from the ground, without the referee's permission, after the whistle has been blown for the kick-out/free kick/penalty, to be taken from the ground.

- 4.22 To play the ball again after taking a free kick/penalty/sideline kick before another player has touched it, unless the ball rebounds off the goal-posts/crossbar.

- 4.23 To make a divot for the purpose of teeing up the ball for a free kick or kick-out.

- 4.24 (a) To advance the ball deliberately from the place at which a free kick or sideline kick is to be taken.
- (b) To take a sideline kick from a position not outside the boundary line.

4.25 To waste time by delaying the taking of a free kick or sideline kick awarded to own team.

PENALTY - For the Above Fouls

- (i) **Cancel free kick or sideline kick.**
- (ii) **Throw in the ball where the foul occurred except as provided under Exceptions (v) and (vi) of Rule 2.2.**

4.26 To use a kicking tee illegally.

PENALTY - For the Above Foul

- (i) **Disallow any resultant score**
- (ii) **Throw in the ball where the foul occurred except as provided under Exceptions (v) and (vi) of Rule 2.2.**

4.27 For a player taking a kick-out to take the ball into his hand(s) before another player has played it.

4.28 To be inside own 20m line when one's team is taking a kick-out, except as provided in Rule 2.7.

4.29 For another player on the team taking a kick-out to play the ball before it has travelled 13m.

- 4.30 For a player on the team taking a kick-out, other than the player taking the kick, to be less than 13m from the ball when it is kicked.
- 4.31 To waste time by delaying own kick-out.
- 4.32 To take the kick-out after a wide or after a score other than from the 13m line within the large rectangle.

PENALTY FOR THE ABOVE FOULS -

(i) Cancel kick-out.

(ii) Throw in the ball on defenders' 20m line in front of scoring space.

- 4.33 For a player(s) from each team to foul simultaneously.

PENALTY - Throw in the ball where the fouls occurred except as provided in Exceptions (v) and (vi) of Rule 2.2.

- 4.34 To deliberately go outside the boundary lines to gain an advantage except as provided in Rule 1.9.

PENALTY - Free kick from where the foul occurred.

- 4.35 To interfere with goalposts to distract opponents or to gain an advantage.

PENALTY FOR THE ABOVE FOULS - Caution offender; order off for second cautionable foul.

- 4.36 When a team commits a technical foul, the referee may allow the play to continue if he considers it to be the advantage of the opposing team. He shall signal that advantage is being played by raising an extended arm upright. Once he allows play to continue, he may not subsequently award a free for that foul. He shall apply any relevant disciplinary action.

RULE 5 - AGGRESSIVE FOULS

Category II Infractions

- 5.1 To strike or attempt to strike an opponent with arm, elbow, hand or knee.
- 5.2 To kick or attempt to kick an opponent, with minimal force.
- 5.3 To behave in any way which is dangerous to an opponent.
- 5.4 To spit at an opponent.
- 5.5 To contribute to a melee.
- 5.6 To use abusive language to a Referee, Umpire, Linesman or Sideline Official.

Category III Infractions

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

Category IV Infractions

- 5.13 To interfere with a Referee, Umpire, Linesman or Sideline Official - minor physical interference e.g. laying a hand on, pushing, pulling or jostling.
- 5.14 To use threatening language to a Referee, Umpire, Linesman or Sideline Official.
- 5.15 To use threatening or abusive conduct towards a Referee, Umpire, Linesman or Sideline Official.

Category V Infractions

- 5.16 To strike or attempt to strike, or any type of assault on, a Referee, Umpire, Linesman or Sideline Official.

PENALTY FOR THE ABOVE FOULS -

- (i) **Order offender off.**
 - (ii) **Free kick from where the foul occurred except as provided under Exceptions of Rule 2.2.**
- 5.17 To commit any of the fouls listed in Rule 5.1, 5.2, 5.3, 5.4, 5.7, 5.8, 5.9, 5.10 and 5.11 against a team-mate.

PENALTY -

- (i) **Order offender off.**
- (ii) **Throw in the ball where the foul occurred except as provided under Exceptions of Rule 2.2.**

- 5.18 To commit any of the fouls listed in Rule 5.1, 5.2, 5.3, 5.4, 5.7, 5.8, 5.9, 5.10 and 5.11 on an opponent on the field prior to the start of the game or at half-time.

PENALTY - Offender shall be treated as ordered off and shall not participate (or further participate) in the game.

Note - Once the Referee has received the list of players, or a substitution/temporary replacement slip which includes the offender's name, the player may not be substituted.

For Information Purposes only

Suspensions for above Infractions are governed by Rule 7.2 - Infractions, Official Guide, Part 1.

As a guide, the suspensions, in part, are outlined below:

Category II

Minimum: 4 weeks Suspension in the same Code and at the same Level, inclusive of the next Game in the same Competition of that Competition Year, even if that Game falls outside the Suspension time period.

Category III

Minimum: 8 weeks Suspension in the same Code and at the same Level, inclusive of the next Game in the same Competition of that Competition Year, even if that Game falls outside the Suspension time period.

Category IV

Minimum: 12 weeks Suspension in all Codes and at all Levels.

Category V

Minimum: 48 weeks Suspension in all Codes and at all Levels, with offender's Team liable to Disqualification, where appropriate.

- 5.19 To pull down an opponent.
- 5.20 To trip an opponent with hand(s) or foot.
- 5.21 To threaten or to use abusive or provocative language or gestures to an opponent.
- 5.22 To block or attempt to block with the boot when an opponent is kicking the ball from the hand(s).
- 5.23 To prevent or attempt to prevent an opponent from lifting or kicking the ball off the ground by striking an opponent's hand, arm, foot or leg with the boot.
- 5.24 To engage in any other form of rough play.

PENALTY FOR THE ABOVE FOULS -

- (i) Caution the offender; order off for second cautionable foul.**
- (ii) Free kick from where the foul occurred except as provided under Exceptions of Rule 2.2.**

- 5.25 To attempt to achieve an advantage by feigning a foul or injury.

PENALTY FOR ABOVE FOUL -

- (i) Caution offender; order off for second cautionable foul.**

(ii) If play has been stopped for the foul, a free kick from where play was stopped, except as provided under Exceptions of Rule 2.2.

5.26 To threaten or to use abusive or provocative language or gestures to a team-mate.

PENALTY -

(i) Caution the offender. Order off for second cautionable foul.

(ii) Throw in from where the foul occurred except as provided under Exceptions (v) and (vi) of Rule 2.2.

5.27 To hold an opponent with the hand(s).

5.28 To use the fist on or around the body of an opponent for the purpose of dispossessing him of the ball.

5.29 (a) To charge an opponent in the back or to the front.

(b) To charge an opponent:

(i) who is not in possession of the ball, or

(ii) is in the act of kicking the ball, or

(iii) both players are not moving in the direction of the ball to play it.

(c) To charge an opponent for the purpose of giving an advantage to a team-mate.

PENALTY FOR THE ABOVE FOULS -

(i) Free kick from where the foul occurred except as provided under Exceptions of

Rule 2.2.

(ii) Caution offender for committing any of the above fouls a second time. Order off for a further repetition or for other cautionable foul.

5.30 To push an opponent with the hand(s).

5.31 (a) To charge (in a manner otherwise permissible on an opponent) the Goalkeeper in his small rectangle.

(b) For a player in possession of the ball to charge an opponent.

Penalty for the above Fouls –

(i) Free Kick from where Foul occurred, except as provided under Exceptions of Rule 2.2.

(ii) Caution offender for persistently committing such Fouls. Order off for further repetition or for other Cautionable Foul.

5.32 For a player to retaliate between the award of a free kick to his team and the free kick being taken.

PENALTY -

(i) Cancel free kick.

(ii) Throw in the ball where the original foul occurred except as provided under Exceptions (v) and (vi) of Rule 2.2.

(iii) Apply any other relevant penalty of Rule 5.

- 5.33 For a player(s) from each team to foul simultaneously.

PENALTY -

(i) Throw in the ball where the fouls occurred except as provided under Exceptions (v) and (vi) of Rule 2.2.

(ii) Apply any other relevant penalty of Rule 5.

- 5.34 When an Aggressive Foul is drawn to the referee's attention by an umpire or linesman, the referee may apply the appropriate penalty, as per Rule 5, and shall restart play as per Rule 2.

- 5.35 When a team commits an aggressive foul, the referee may allow play to continue if he considers it to be to the advantage of the offended team. He shall signal that advantage is being played by raising an extended arm upright. Once he allows play to continue, he may not subsequently award a free for that foul. He shall apply the relevant penalty.

RULE 6 - DISSENT

- 6.1 To challenge the authority of a Referee, Umpire, Linesman or Sideline Official.
PENALTY - Caution the offender; order off for second cautionable foul.
- 6.2 To refuse to leave the field of play, on the instruction of the Referee, for attention, after an injury involving bleeding.
Penalty - Caution the offender; order off if he continues to refuse.
- 6.3 To show dissent with the referee's decision to award a free kick to the opposing team.
PENALTY - The free kick already awarded shall be taken 13m more advantageous than the place of original kick - up to opponents' 13m line.
Further dissent on an occasion shall be considered as a breach of Rule 6.1 and shall be penalised accordingly.
- 6.4 (a) To refuse to leave the field of play when ordered off.
(b) To rejoin the game after being ordered off.

PROCEDURE

First give a three minute warning to the team captain, or the official in charge of the team, or the player(s) involved, and then, if the player(s) refuses to comply, terminate the game.

- 6.5 A team or player(s) leaving the field without the referee's permission or refusing to continue playing.

PROCEDURE - AS IN RULE 6.4

Any player willing to continue shall give his name to the referee.

Important Terms and Definitions - Football and Hurling

The following list of Definitions of Terms used in the Playing Rules forms an integral part of these rules.

1. BOUNCE For a player who has caught the ball to play the ball against the ground with his hand(s) and to catch it on return to his hand(s) again.
2. CATCH To gain control of the ball with the hand(s) in a way which prevents it falling to the ground.
3. CAUTION To take a player's name and show him a yellow card.
4. CHARGE (Fair) Provided he has at least one foot on the ground, a player may make a shoulder-to-shoulder charge on an opponent (a) who is in possession of the ball, or (b) *In Hurling* - who is playing the ball; *In Football* - who is playing the ball other than when kicking it, or (c) both players are moving in the direction of the ball to play it.
5. DELAY (Deliberate) Deliberately taking too much time to retrieve the ball, or

- to restart play, or any action which unduly delays the restart of play.
6. DIVOT
An elevation formed from the surface of the pitch for the purpose of teeing up the ball on the ground.
7. FOUL
- Aggressive
To physically or verbally abuse any player or official.
 - Dissent
To disagree openly with any official about any decision.
 - Technical
To 'foul' the ball, or any other foul that is not aggressive or dissenting.
8. HANDPASS
- (a) Football**
When in possession, the ball may be played away with:
- (i) a fist
or
 - (ii) an open hand - in which instance there shall be a definite underhand striking action.
The striking hand shall not be in contact with the ball before delivering the strike.
When both hands are involved, the ball may be struck off a holding hand by the other hand or released from the holding hand and struck with the other hand.
When one hand is involved,

the ball may be released from the holding hand and struck with the same hand. The releasing of the ball, when used, is considered an integral part of the fisted/open Handpass.

(b) Hurling

The ball shall be released and struck with a definite striking action of a hand. The releasing of the ball is considered an integral part of the handpass.

9. IN FLIGHT

The ball is deemed to be in flight, once it is off the ground, having been played away within the Rules of Fair Play.

10. LIFT

To use the foot or feet to raise the ball from the ground to the hand(s).

11. OVERCARRY

To take more than four steps while holding the ball in the hand(s).

12. OVERHOLD

To hold the ball longer than is required to take four steps.

13. PLAY THE BALL

To touch the ball. The last player touching the ball before it crosses a boundary line shall be considered the last person playing it.

14. 'PULL'
(FAIR)

To swing the hurley to play or attempt to play the ball.

15. TACKLE Any attempt to dispossess or reduce the advantage of opponent within the Rules of Fair Play. With the exception of the charge (fair), the tackle is aimed at the ball not the player.
16. THROW When the ball, held in the hand(s), is played away without a definite striking action.
17. THROW-IN To throw the ball up over the heads of one player from each team (Football), or to throw the ball along the ground between one player from each team (Hurling). For the start of the game and the restart after half-time, the throw-in shall be between two players from each team.
18. TOE-TAP To release the ball from the hand(s) to the foot and kick it back into the hand(s).
19. WREST To attempt to dispossess an opponent who already has a (firm) hold on the ball, by grabbing the ball to take it from him.

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