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GAA OFFICIAL GUIDE May 2018

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Dublin 3

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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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The cover pages of this GAA Official Guide 2018, Part 2, has been designed in the Muineachán colours as a tribute to Páraic Ó Dufaigh for his vast contribution to Rules Revision in the Association in his period in office as Ard Stiurthóir 2008-2018.

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Part 2

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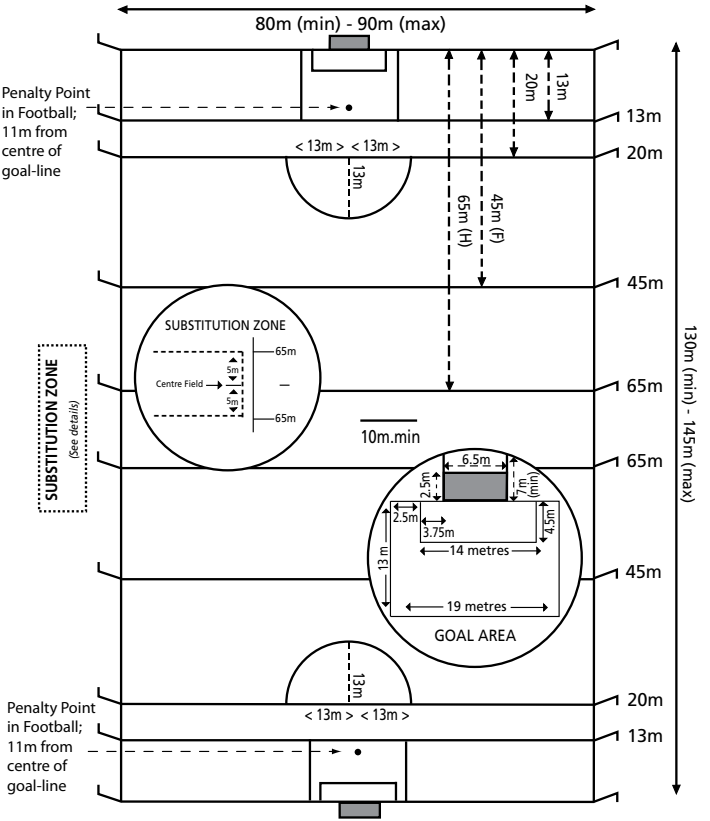
The Field of Play
For Hurling and Gaelic Football



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.

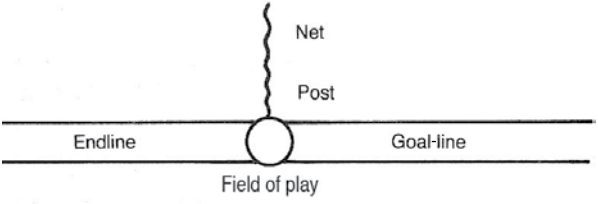
The midline of the field shall be marked parallel to the endlines, and shall have a minimum length of 10m.

Boundary lines are part of the field of play.

(ii) All lines on the field of play shall be 90 mm ± 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) The maximum number of substitutions permitted during the playing of Normal Time shall be Six in Football and Five in Hurling.
(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.
Exceptions:
(a) As permitted by Rule 2.6(d), Rules of Specification.
(b) Subject to limitations specified in (i) above, and to a maximum of three players on a team, a substitution is allowed in the case of a player ordered off in Football for a Cynical Behaviour (i.e. Black Card) Infraction provided that the player has not committed a Cautionable (i.e. Yellow Card) Infraction previously in the Game and in which circumstances he may not be substituted.

(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.
A break in play shall be when the play is stopped after a score or wide or for a free, sideline puck/kick or when the Referee has stopped play for medical attention to an injured player.

(vi) In Inter-County games, all Substitutions and Temporary Substitutions must be from players on the official list submitted to the Referee.

(vii) In Inter-County Senior Championship games, all substitutions/temporary substitutions shall be in compliance with Rule 6.36 Official Guide, Part 1.

LIST OF PLAYERS

2.5 (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.

(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.

(d) For Inter-County Senior Championship games, compliance with Rule 6.35 Official Guide, Part 1 is required wtih regard to Team Registration/Lists of players.

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 not 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, National League, Subsidiary Competition and Tournament 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.

Additional provisions for deciding drawn games in specific competitions are provided in Rule 3.6.

3.5 Unless the Management Committee of Central Council otherwise permits on an application by a Competition Control Committee, extra time shall be obligatory in the event of a draw in the following Competitions:

(A) Inter-County All-Ireland and Provincial Senior Championship Games with the exceptions of –

(i) All-Ireland Finals (Sam Maguire and Liam MacCarthy Cups only) and the Provincial Finals, in which Replays shall apply,

and

(ii) 'Round Robin' Group Games, in which the provision as in Rule 6.21(4)(a) shall apply (i.e. one 'table point' credited to each team).

(B) Other Competitions:

- Inter-County Under 21/Under 20 Championships;
- Inter-County Minor Championships (Including Finals);
- Inter-County Intermediate Championship;
- Inter-County Junior Championship;
- Knock-out Stages of the National Leagues;
- Inter-Provincial Competitions;
- Inter-County Tournaments;
- Inter-Club Provincial and All-Ireland Championships;
- Sigerson and Fitzgibbon Cups;
- Other games in subsidiary competitions.

(**NOTE:** In conformity with Rule 6.28, Official Guide, Part 1, and for a period of

experimentation, the 2017 Rule has been temporarily set aside for the years 2018, 2019 and 2020)

3.6 (a) If a game in the All-Ireland Football Qualifiers, knock out games in the National Leagues and Provincial Club Championships ends in a draw after extra time, two additional periods of extra time of five minutes each shall be played.

If in the three categories of Competitions specified above or in the Inter-County Under 20 Football Championship, a game remains a draw after the extra time periods allowed for in Rule, the game shall be determined by a 'free taking' Competition, the regulations for which shall be determined by the Central Council.

(b) If a replay of a Provincial Senior Championship Final ends in a draw after extra time, two additional periods of extra time of five minutes each shall be played.

3.7 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.

3.8 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 shall be mandatory for, and the responsibility of, each individual player to wear a helmet with a facial guard that meets the standard set out in IS:355 or other replacement standard as determined by the National Safety Authority of Ireland (NSAI). Such helmets shall not be modified from their original manufactured state in any circumstances.

(ii) A Referee shall not allow a helmet to be worn in a football game.

4.3 In all Football Games and Football Practice Sessions it shall be mandatory for, and the responsibility of , each individual player to use a mouth guard.

4.4 (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.

4.5 The bas of a hurley at its widest point shall not be more than 13cm.

4.6 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 declare the ground or other conditions unsuitable for play after consulting, where feasible, with the Officials in Charge of the fixture.

(ii) 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.

(iii) To order a player with an injury involving bleeding to leave the field of play for medical and/or other attention.

(iv) To consult, on a needs basis, with a Linesman or Umpire(s) - where neutral - in order to

establish matters of fact.

This shall include consultation concerning the validity of a score when the Referee is in doubt.

A Referee or Umpire may seek and/or obtain clarification that a ball has gone between the posts for a point or outside the posts for a wide or 45/65m free, from the Hawk-Eye Score Detection System, operating for games played in Croke Park and at other venues approved by Central Council from time to time.

The Protocols for the operation and use of the System shall be in accordance with the specific provisions determined and authorised by the Central Council.

(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 attired in so far as this is required by Rule.

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 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.

(vi) 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.

(vii) 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.

(viii) To indicate the place from which all free kicks or free pucks shall be taken.

(ix) (a) To caution a player who commits a Cautionable Foul/Infraction by taking his name and showing him a Yellow Card.

(b) To order off a player who commits a second Cautionable Foul/Infraction by showing him a second Yellow Card followed by showing him a Red Card.

(c) A Caution (Yellow Card) issued in Normal Time shall not carry over into Extra Time, where played.

(d) To order off a player who commits a Cynical Behaviour Foul/Infraction in Football by taking his name and showing him a Black Card

(e) To order off a player who commits a Cautionable Foul/Infraction and subsequently commits a Cynical Behaviour Foul/Infraction in Football by showing him a Black Card , followed by showing him a Red Card.

(f) To order off a player who commits an Ordering Off Foul/Infraction (other than those specified in (b), (d) and (e) above, by taking his name , if not already taken, and showing him a Red Card.

(x) 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, as specified hereunder, to make changes and/or to give instructions to players.

The Maor Foirne shall enter the field of play through the Substitution Zone and only when the ball has gone out of play following a score or a 'wide' or during a stoppage in play which is called by the Referee for medical attention to an injured player.

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. A Selector is permitted to act as Maor Foirne. The Maor Foirne shall not be a listed member of the Team Panel.

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 exceed, 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.
- Breaches of the Match Regulations, as reported by the Sideline Official.

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 outside 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. They may also, if requested by the Referee, assist in determining the validity of a score.

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.

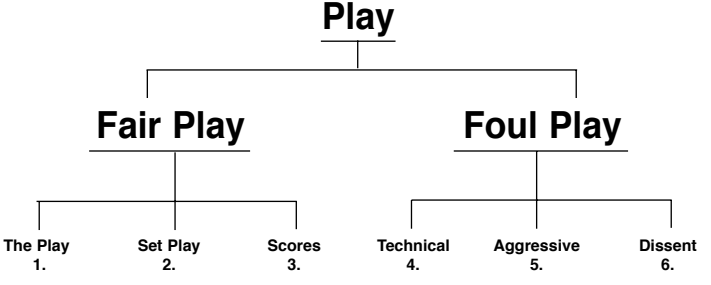
(d) To display by means of electronic or manual board the additional amount of time, if any, which will be played at the end of each half, as indicated by the Referee to the Linesman.

(e) To monitor and report breaches of the Match Regulations.

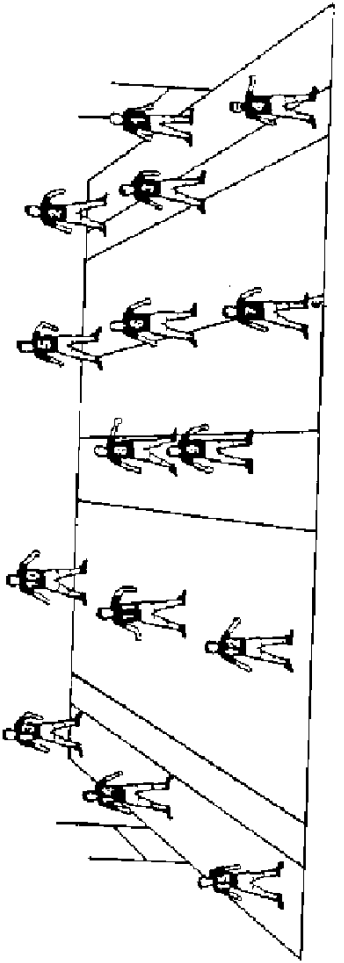
RULE 5 - LIMITATION OF LEGAL LIABILITY

These Rules shall not impose on any Referee, Linesman, Umpire, Sideline Official, Team Official or Unit any legal duty of care or legal responsibility (which duty shall remain with individual Players and, if relevant, Parents, Guardians or other persons legally responsible for them).

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 (as specified in Rule) where the foul(s) occurred.

Exceptions

(i) In the case of fouls by defending players within the large rectangle, the following shall apply:
A Penalty Puck from the centre point of the 20m line shall be awarded for an Aggressive Foul.
A Free Puck from the centre point of the 20m line shall be awarded for a Technical Foul.
(See Rule 2.4)

(ii) In the case of a foul by a defending player inside his own 20m line but outside the large rectangle, a Free Puck shall be awarded on the 20m line opposite where the foul occurred.
(See Rule 2.4)

(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 penalties listed in Rule 4 - infractions 14, 15, 16, 17, 18, 19, 27, 28, 29, 30, 33; Rule 5 - infractions 8, 24, 35, 40; Rule 6 - infraction 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.

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

2.4 (a) In general, and save as provided hereunder in this Rule:

In the case of a Free Puck being taken, all players, except the player taking the free puck, shall not be nearer than 20m before the free puck is struck.

In the case of a Throw-In after a foul(s), all players, except those contesting the throw-in, shall not be nearer than 13m before the throw-in is made.

(b) A Penalty Puck shall be struck either:

(i) At the centre point of the 20m line

or

(ii) At a point within the semi-circular arc, the player taking the Penalty Puck having brought the ball back up to seven metres from the 20m line.

The ball shall be struck on or outside the 20m line but not inside it, except as allowed in Rule 2.5(b).

Only one defending player shall stand on the goal-line, and shall not move towards the 20m line before the ball has been actually struck.

All other players, with the exception of the player taking the puck, shall be outside the 20m line and the arc 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.

(c) For a Free Puck for a Technical Foul committed inside the large rectangle and awarded on the centre point of the 20m line, all the provisions of (b) above shall apply except that up to five defending players may stand on the goal-line.

(Note: Central Council has interpreted the words “shall allow” in the final line of Section (b) above, and also applicable in Section (c), to mean that where the referee decides that a defending player(s) has/have fouled before the ball is struck, the Penalty/ Free taker has the option of retaking the Penalty/Free puck **or** of having a point scored to stand.)

(d) The players defending a free puck awarded on the 20m line for a foul committed outside the large rectangle shall stand a minimum of 20m from the point of award of the free and may not move nearer to that point of award until the ball has been struck.

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

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

(ii) Strike the ball on the ground.

‘Lifting’ the ball with the hurley shall not constitute ‘striking’ the ball.

(b) 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.

This shall also be allowed in the case of a Penalty Puck or other Free Puck awarded on the 20m line, even if the intial action causes the ball to marginally cross inside the 20m line.

Only when the player taking the Free Puck or Penalty Puck delays may a player of either side approach nearer than is specified in Rule 2.4 above.

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 and 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.

3.5 A Score may not be made **directly** from a free puck awarded under Rule 2.9(i).

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, except as provided in (c) and (d) below.

(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 semi-circular arc before the ball is struck.

..(d) For a player on the team awarded a Free Puck on the centre point of the 20m line for a Technical Foul within the large rectangle to be inside the 20m line or the semi-circular 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 one defending player on the goal-line, to be inside the 20m line or the semi-circular arc before the ball is struck.

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

(c) For a player on the team defending a Free Puck awarded on the centre point of the 20m line for a Technical Foul within the large rectangle, with the exception of up to five defending players on the goal-line, to be inside the 20m line or the semi-circular arc before the ball in struck.

(d) For any of the up to five players defending a Free Puck awarded on the centre point of the 20m line, for a Technical Foul within the large rectangle, to move nearer than 20m before the ball is struck.

PENALTY - If a goal does not result, the referee shall allow the Penalty Puck/Free Puck to be retaken

(**Note:** See Central Council's Interpretation of "shall allow" after Rule 2.4(c))**.**

4.17 (a) For an opposing player to be nearer than 20m to the ball before a free puck is struck, except as provided in 4.16(a) and (c) above.

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

4.34 When a Technical Foul is committed, the Referee may allow the play to continue if he considers it to be to the advantage of the offended team. He shall signal that advantage by raising an arm upright and shall allow the advantage to run by maintaining his arm in the upright position for up to five seconds after the foul or for less time if it becomes clear that no advantage has accrued. If he deems no advantage to have accrued, he may subsequently award a free for the foul from

where it occurred, except as provided under Exceptions (v) and (vi) of Rule 2.2. He shall apply any relevant disciplinary action.

RULE 5 - AGGRESSIVE FOULS

Deliberate or Accidental Fouls:

In the following components of this Rule on Aggressive Fouls, there are references made to specific infractions being penalised by Caution or Ordering Off – signalled by Cards of a stated colour. A Card shall be issued only where the Infraction is deemed by the Referee to have been deliberate and not accidental.

Category I Infractions

Definition of a Category I Infraction **-** Being ordered off on foot of a second Cautionable Infraction.

Category I – Related Infractions

5.1 To pull down an opponent.

5.2 To trip an opponent with hand(s), arm, leg, foot, or hurley.

5.3 To threaten or to use abusive or provocative language or gestures to an opponent.

5.4 To engage in any form of rough play.

5.5 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.

5.6 To use the hurley in a careless manner.

5.7 To throw the hurley in a manner which constitutes a danger to another player(s).

PENALTY FOR THE ABOVE FOULS –

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

(ii) **Free puck from where foul occurred except as provided under Exceptions of Rule 2.2.**

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

PENALTY FOR THE ABOVE FOULS -

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

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

5.9 To threaten or to use abusive or provocative language or gestures to a team – mate.

PENALTY FOR THE 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.**

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

5.11 (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.

5.12 (a) To push an opponent with the hand(s) or hurley.

(b) To hold an opponent's hurley or to pull it from his hands.

5.13 (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.

5.14 To use the hurley to obstruct an opponent.

5.15 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.**

Category II Infractions

Note: *Category II Infractions under Rule 7.2(b) Part 1 relate to Football Only.*

Category III Infractions

5.16 To strike or to attempt to strike an opponent with arm, elbow, hand or knee.

5.17 To strike or attempt to strike an opponent with a hurley, with minimal force.

5.18 To kick or attempt to kick an opponent, with minimal force.

5.19 To behave in any way which is dangerous to an opponent, including to deliberately pull on or take hold of a faceguard or any other part of an opponent's helmet.

5.20 To spit at an opponent.

5.21 To contribute to a melee.

5.22 To use abusive language to a Referee, Umpire, Linesman or Sideline Official.

PENALTY FOR THE ABOVE FOULS -

(i) Order offender off.

(ii) Free puck from where foul occurred, except as provided under Exceptions of Rule 2.2.

5.23 To commit any of the fouls listed in 5.16 to 5.20 (inclusive) against a team-mate.

5.24 To interfere with an Opposing Team Official by minor physical interference e.g. laying a hand on, pushing, pulling or jostling, on or off the Field of Play.

PENALTY FOR THE ABOVE FOULS -

(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.**

5.25 To commit any of the fouls listed in 5.16 to 5.20 (inclusive) on an opponent on the field prior to the start of a game or at half - time.

PENALTY FOR THE ABOVE FOULS -

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.

Category IV Infractions

5.26 To strike or attempt to strike an opponent with the head.

5.27 To strike an opponent with a hurley, either with force or causing injury.

5.28 To attempt to strike an opponent with a hurley, with force.

5.29 To kick an opponent either with force or causing injury.

5.30 To attempt to kick an opponent with force.

5.31 To stamp on an opponent.

5.32 To inflict an injury recklessly on an opponent by means other than those stated above.

5.33 To assault an opposing Team Official.

5.34 To act by deed, word or gesture of a racist, sectarian or anti-inclusion / diversity nature against an opponent.

PENALTY FOR THE ABOVE FOULS –

(i) **Order offender off.**

(ii) **Free puck from where foul occurred, except as provided under Exceptions of Rule 2.2.**

5.35 To commit any of the fouls listed in 5.25 to 5.31 (inclusive) against a team-mate.

PENALTY FOR THE ABOVE FOULS -

(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.**

5.36 To commit any of the fouls listed in 5.25 to 5.31

(inclusive) on an opponent on the field prior to the start of a game or at half–time.

PENALTY FOR THE ABOVE FOULS -

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.

Category V Infractions

5.37 To interfere with a Referee, Umpire, Linesman or Sideline Official – minor physical interference e.g. laying a hand on, pushing, pulling or jostling.

5.38 To use threatening language to a Referee, Umpire, Linesman or Sideline Official.

5.39 To use threatening or abusive conduct towards a Referee, Umpire, Linesman or Sideline Official.

PENALTY FOR THE ABOVE FOULS –

(i) **Order offender off.**

(ii) **Free puck from where foul occurred except as provided under Exceptions of Rule 2.2.**

Category VI Infractions

5.40 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 puck from where foul occurred, except as provided under Exceptions of**

Rule 2.2.

Other Provisions

5.41 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.**

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

PENALTY FOR THE ABOVE FOULS -

(i) **Throw in 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.**

5.43 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.

5.44 When an Aggressive Foul is committed, the Referee may allow the play to continue if he considers it to be to the advantage of the offended team. He shall signal that advantage by raising an arm upright and shall allow the advantage to run by maintaining his arm in the upright position for up to five seconds after the foul or for less time if it becomes clear that no advantage has accrued. If he deems no advantage to have accrued, he may

subsequently award a free for the foul from where it occured, except as provided under Exceptions (v) and (vi) of Rule 2.2. He shall apply any relevant disciplinary action.

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 I

Being ordered off on foot of a second Cautionable Infraction.

Penalty:

(i) *Fixed Penalty : Debarment from playing for the remainder of the game to include any extra time.*

(ii) *Fixed Penalty on a second Repeat Infraction (i.e. a third ordering-off) - A One Match Suspension in the same Code and at the same Level, applicable to the next game in the Competition in which the third ordering-off occurred, even if that game occurs in the following year's competition.*

Category II

Note: *Category II Infractions relate to Football only.*

Category III

(i) *Minimum - A One Match Suspension in the same Code and at the same Level, applicable to the next Game in the same Competition, even if that game occurs in the following years competition.*

(ii) *Minimum on Repeat Infraction - A Two Match Suspension in the same Code and at the same Level, applicable to the next games in the Competition in which the Repeat Infraction*

occurred, even if one or both game(s) occur(s) in the following year's competition.

Exceptions

In cases arising from the National Leagues and Inter-County Senior Championships, the above Penalties shall be substituted by:

(i) *Minimum - A One Match Suspension in the same Code and at the same Level, applicable to the next Game in the National League or Inter County Senior Championship, even if that game occurs in the following year.*

(ii) *Minimum on Repeat Infraction - A Two Match Suspension in the same Code and at the same Level, applicable to the next Games in the National League or Inter-County Senior Championship, even if one or both games occur(s) in the following year.*

Category IV

(i) *Minimum - A Two Match Suspension in the same Code and at the same Level, applicable to the next games in the same Competition, even if one or both game(s) occur(s) in the following year's competition.*

(ii) *Minimum on Repeat Infraction - A Three Match Suspension in the same Code and at the same Level, applicable to the next Games in the same Competition in which the Repeat Infraction occurred, even if one or more of the game(s) occur(s) in the following year's competition.*

Exceptions

In cases arising from the National Leagues and Inter-County Senior Championships, the above Penalties shall be substituted by:

(i) *Minimum: A Two Match Suspension in the same Code and at the same Level, applicable to the next Games in the National League or Inter-County Senior Championship even if one or both Game(s) occur(s) in the following year.*

(ii) *Minimum on Repeat Infraction: A Three Match Suspension in the same Code and at the same Level, applicable to the next Games in the National League or Inter-County Senior Championship, even if one or more of the Games occur(s) in the following year.*

(iii) *A breach of 5.33 above shall be penalised under Rule 7.2(e).*

Category V

(i) *Minimum: 12 weeks Suspension in all Codes and at all Levels.*

(ii) *Minimum on Repeat Infraction: 24 weeks Suspension in all Codes and at all Levels.*

Category VI

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

(ii) *Repeat Infraction within 96 weeks: 96 weeks Suspension in all Codes and at all Levels with offender's Team liable to Disqualification, where appropriate.*

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.

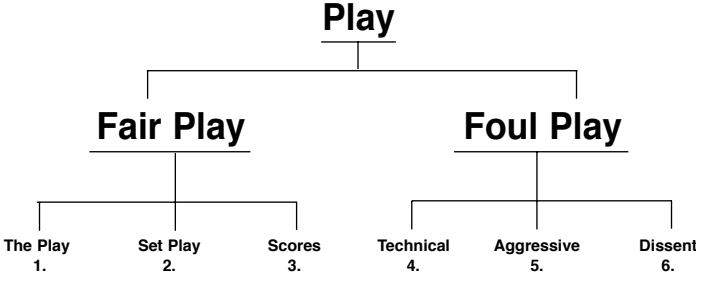
PROCEDURE

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



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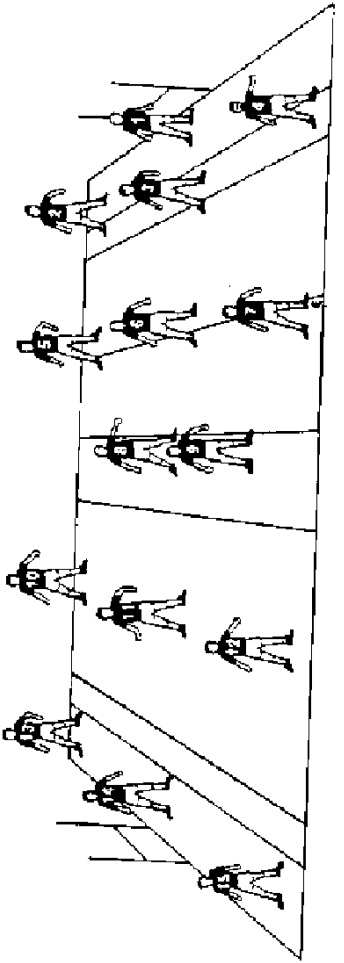

The Rules of Football
Rules of Fair Play

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 (as specified in Rule) 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 a point 11m from the centre of the goal-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 penalties listed in Rule 4 - infractions 14, 15, 16, 17, 18, 19, 20, 27, 28, 29,30, 31, 32, 35; Rule 5 - infractions 4, 22, 31, 36; Rule 6 - infraction 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 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 When opposing players foul simultaneously, play is restarted by throwing in the ball.

2.4 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.

(**Note:** Central Council has interpreted the words “shall allow” to mean that where the referee decides that a defending player(s) has/have fouled before the ball is kicked, the Penalty taker has the option of retaking the Penalty Kick or having a point scored to stand).

2.5 A free kick, other than a penalty kick or a 45m free kick as prescribed in Rule 2.8, 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 not less than 13m and outside the 20m line 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.

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.

2.12 Mark

When a player catches the ball cleanly from a Kick-Out without it touching the ground, on or past the 45m line nearest the Kick-Out point, he shall be awarded a ‘Mark’ by the Referee.

The player awarded a ‘Mark’ shall have the options of (a) Taking a free kick or (b) Playing on immediately.

The following procedures shall apply:

(a) Free Kick

The player shall signify to the Referee if he is availing of the free kick and then take the free kick himself from the hand from the point where he was awarded the ‘Mark’.

Once the player indicates he is taking the ‘Mark’, the Referee shall allow up to five seconds for the player to take the kick. If the player delays longer than five seconds, the Referee shall cancel the ‘Mark’ and throw in the ball between a player from each side.

Once the player indicates he is taking the ‘Mark’, the opposing players must retreat 10m to allow the player space to take the kick. If an opposing player deliberately blocks or attempts to block the kick within 10m, or if an opposing player impedes the player while he is taking the kick, the Referee shall penalise the opposing team by bringing the ball forward 13m.

If the Referee determines that the player who makes the ‘Mark’ has been injured in the process and is unable to take the kick, the Referee shall direct the Player’s nearest team mate to take the kick but he may not score directly from the kick.

(b) Play on immediately

(i) In this circumstance the player may not be challenged for the ball until he carries the ball up to a maximum of four

consecutive steps or holds the ball for no longer than the time needed to take four steps and/or makes one act of kicking, hand-passing, bouncing or toe-tapping the ball.

(ii) If the Player is illegally challenged, a free kick shall be awarded to his team from the point at which the challenge is made, and this free kick may be taken by any player on his team.)

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) but may score a point with the open hand(s) or fist.

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.

3.5 A Score may not be made directly from a free-kick in the following circumstance(s):

(a) A Free-kick awarded under Rule 2.10 (i)

(b) A Free-kick awarded for a Mark and taken by a Player other than the Player awarded the Mark.

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:

(a) During Play (excluding Set Play), before the final play of the ball into the small rectangle.

(b) In Set Play, before the ball enters the small rectangle.

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 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 otherwise illegally 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) 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.
(**Note:** See Central Council interpretation of "shall allow" after Rule 2.4.)

4.17(a) 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.

(b) In the case of a free kick awarded for a Mark:
For an opposing Player not retreating 10m to allow space for the kick to be taken, to deliberately block or attempt to block the kick within 10m, or to impede the free taker when he is taking the kick.
PENALTY - Free kick 13m more advantageous than place of original free kick.

(c) In the case of a Player awarded a Mark opting to Play on immediately:
For an opposing Player to challenge for the ball before the Player awarded the Mark has carried the ball up to a maximum of four consecutive steps or has held the ball not longer than the time needed to take four steps or before he has made one act of kicking, hand-passing, bouncing or toe-tapping the ball.
PENALTY - Free kick from where the illegal challenge is made. The free may be taken by any player on the team awarded the free.

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 and outside the 20m line.

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 foul is committed, the referee may allow the play to continue if he considers it to be to the advantage of the offended team. He shall signal that advantage by raising an arm upright and shall allow the advantage to run by maintaining his arm in the upright position for up to five seconds after the foul or for less time if it becomes clear that no advantage has accrued. If he deems no advantage to have accrued, he may subsequently award a free for the foul from where it occurred, (except as provided under Exceptions (v) and (vi) of Rule 2.2). He shall apply any relevant disciplinary action.

RULE 5 - AGGRESSIVE FOULS

Deliberate or Accidental Fouls:

In the following components of this Rule on Aggressive Fouls, there are references made to specific infractions being penalised by Caution or Ordering Off – signalled by Cards of a stated colour. A Card shall be issued only where the Infraction is deemed by the Referee to have been deliberate and not accidental.

Category 1 Infractions

Definition of a Category I Infraction **-** Being ordered off on foot of either a second Cautionable Infraction or a Cautionable Infraction followed by a Cynical Behaviour Infraction (In Football).

Category 1 – Related Infractions

5.1 To block or attempt to block with the boot when an opponent is kicking the ball from the hand(s).

5.2 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.

5.3 To engage in any other form of rough play.

PENALTY FOR THE ABOVE FOULS –

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

(ii) **Free kick from where foul occurred except as provided under Exceptions of Rule 2.2.**

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

PENALTY FOR THE ABOVE FOULS -

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

(ii) **If play has been stopped for a foul, a free kick from where play was stopped,**

except as provided under Exceptions of Rule 2.2.

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

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

5.7 (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) If 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.

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

5.9 (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

Category II Infractions – Cynical Behaviour

5.10 To deliberately pull down an opponent.

5.11 To deliberately trip an opponent with hand(s), arm, leg or foot.

5.12 To deliberately collide with an opponent after he has played the ball away or for the purpose of taking him out of the movement of play.

5.13 To remonstrate in an aggressive manner with a Match Official..

PENALTY FOR THE ABOVE FOULS -

(i) **Order the offender off by showing him a Black Card.**

(ii) **Allow a replacement from within the substitutions permitted in Rule 2.4, Rules of Specification.**

(iii) **Free kick from where the foul occurred except as provided under Exceptions of Rule 2.2.**

5.14 To threaten or to use abusive or provocative language or gestures to an opponent or team-mate.

PENALTY FOR THE ABOVE FOULS -

(i) **Order the offender off by showing him a Black Card.**

(ii) **Allow a replacement from within the substitutions permitted in Rule 2.4, Rules of Specification.**

(iii) **Where an opponent is involved – Free kick from where the foul occurred except as provided under Exceptions of Rule 2.2. Where a team-mate is involved - Throw in the ball where the foul occurred except as provided under Exceptions (v) and (vi) of Rule 2.2.**

Category III Infractions

5.15 To strike or to attempt to strike an opponent with arm, elbow, hand or knee.

5.16 To kick or attempt to kick an opponent, with minimal force.

5.17 To behave in any way which is dangerous to an opponent.

5.18 To spit at an opponent.

5.19 To contribute to a melee.

5.20 To use abusive language to a Referee, Umpire, Linesman or Sideline Official.

5.21 To interfere with an Opposing Team Official by minor physical interference e.g. laying a hand on, pushing, pulling or jostling, on or off the Field of Play.

PENALTY FOR THE ABOVE FOULS -

(i) Order offender off.

(ii) Free kick from where foul occurred, except as provided under Exceptions of Rule 2.2.

5.22 To commit any of the fouls listed in 5.15 to 5.18 (inclusive) against a team-mate.

PENALTY FOR THE ABOVE FOULS -

(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.

5.23 To commit any of the fouls listed in 5.15 to 5.18 (inclusive) on an opponent on the field prior to the start of a game or at half - time.

PENALTY FOR THE ABOVE FOULS -

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.

Category IV Infractions

5.24 To strike or attempt to strike an opponent with the head.

5.25 To kick an opponent either with force or causing injury.

5.26 To attempt to kick an opponent with force.

5.27 To stamp on an opponent.

5.28 To inflict an injury recklessly on an opponent by means other than those stated above.

5.29 To assault an opposing Team Official.

5.30 To act by deed, word or gesture of a racist, sectarian or anti-inclusion / diversity nature against an opponent.

PENALTY FOR THE ABOVE FOULS –

(i) **Order offender off.**

(ii) **Free kick from where foul occurred, except as provided under Exceptions of Rule 2.2.**

5.31 To commit any of the fouls listed in 5.23 to 5.27

(inclusive) against a team-mate.

PENALTY FOR THE ABOVE FOULS -

(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.**

5.32 To commit any of the fouls listed in 5.23 to 5.27 (inclusive) on an opponent on the field prior to the start of a game or at half–time.

PENALTY FOR THE ABOVE FOULS -

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.

Category V Infractions

5.33 To interfere with a Referee, Umpire, Linesman or Sideline Official – minor physical interference e.g. laying a hand on, pushing, pulling or jostling.

5.34 To use threatening language to a Referee, Umpire, Linesman or Sideline Official.

5.35 To use threatening or abusive conduct towards a Referee, Umpire, Linesman or Sideline Official.

PENALTY FOR THE ABOVE FOULS –

(i) **Order offender off.**

(ii) **Free kick from where foul occurred except as provided under Exceptions of Rule 2.2.**

Category VI Infractions

5.36 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 foul occurred, except as provided under Exceptions of Rule 2.2.**

Other Provisions

5.37 For a player to retaliate between the award of a free 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.**

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

PENALTY FOR THE ABOVE FOULS -

(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.**

5.39 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.

5.40 When a foul is committed, the referee may allow the play to continue if he considers it to be to the advantage of the offended team. He shall signal that advantage by raising an arm upright and shall allow the advantage to run by maintaining his arm in the upright position for up to five seconds after the foul or for less time if it becomes clear that no advantage has accrued. If he deems no advantage to have accrued, he may subsequently award a free for the foul from where it occurred, except as provided under Exceptions (v) and (vi) of Rule 2.2. He shall apply any relevant disciplinary action.

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 are, ***in part****, outlined below.*

Category I

Being ordered off on foot of either a second Cautionable Infraction or a Cautionable Infraction followed by a Cynical Behaviour Infraction

Penalty:

(i) *Fixed Penalty : Debarment from playing for the remainder of the game to include any extra time.*

(ii) *Fixed Penalty on a second Repeat Infraction (i.e. a third ordering-off) - A One Match Suspension in the same Code and at the same Level, applicable to the next game in the Competition in which the third ordering-off occurred, even if that game occurs in the following year.*

Exception to (ii) above :

This penalty shall not apply to Infractions committed in the National Football League or the Inter-County

Senior Football Championship for which an alternative Provision and Penalty applies as outlined in Category 11, Penalty (ii) below.

Category II – *Being ordered off for a Cynical Behaviour Infraction*

Penalty:

(i) *Fixed Penalty : Debarment from playing for the remainder of the Game, to include any extra time*

(ii) *Fixed Penalty for a cumulative total of three ordering-offs for Cynical Behaviour or second Cautionable Infraction committed in the National Football League or the Inter-County Senior Football Championship in the same year: - A One Match Ban, applicable to the next game in the Competition specified, even if that game occurs in the following year.*

Category III

(i) *Minimum - A One Match Suspension in the same Code and at the same Level, applicable to the next game in the same Competition, even if that game occurs in the following year.*

(ii) *Minimum on Repeat Infraction - A Two Match Suspension in the same Code and at the same Level, applicable to the next games in the Competition in which the Repeat Infraction occurred, even if one or both game(s) occur(s) in the following year.*

Exceptions

In cases arising from the National Leagues and Inter-County Senior Championships, the above Penalties shall be substituted by:

(i) *Minimum: A One Match Suspension in the same Code and at the same Level, applicable to the*

next Game in the National League or Inter County Senior Championship, even if that game occurs in the following year.

(ii) *Minimum on Repeat Infraction: A Two Match Suspension in the same Code and at the same Level, applicable to the next Games in the National League or Inter-County Senior Championship, even if one or both games occur(s) in the following year.*

Category IV

(i) *Minimum - A Two Match Suspension in the same Code and at the same Level, applicable to the next games in the same Competition, even if one or more game(s) occur(s) in the following year.*

(ii) *Minimum on Repeat Infraction - A Three Match Suspension in the same Code and at the same Level, applicable to the next games in the same Competition in which the Repeat Infraction occurred, even if one or more game(s) occur(s) in the following year.*

Exceptions

In cases arising from the National Leagues and Inter-County Senior Championships, the above Penalties shall be substituted by:

(i) *Minimum - A Two Match Suspension in the same Code and at the same Level, applicable to the next Games in the National League or Inter-County Senior Championship even if one or both Game(s) occur(s) in the following year.*

(ii) *Minimum on Repeat Infraction - A Three Match Suspension in the same Code and at the same Level, applicable to the next Games in the National League or Inter-County Senior Championship, even if one or more of the Games occur(s) in the following year.*

(iii) *A breach of 5.29 above shall be penalised under Rule 7.2(e).*

Category V

(i) *Minimum: 12 weeks Suspension in all Codes and at all Levels.*

(ii) *Minimum on Repeat Infraction: 24 weeks Suspension in all Codes and at all Levels.*

Category V1

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

(ii) *Repeat Infraction within 96 weeks: 96 weeks Suspension in all Codes and at all Levels with offender's Team liable to Disqualification, where appropriate.*

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 use a mouth 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 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.

6.5 (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) refuses to comply, terminate the game.

6.6 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. CARDS	**Yellow Card** – The Card shown to a player for a Cautionable Infraction
	Black Card – The Card shown to a player who is ordered off for a Cynical Behaviour Infraction listed in Rule 5 – Aggressive Fouls , Rules of Foul Play (Football).
	Red Card – The Card shown to a player who is ordered off for fouls 5.17 to 5.39 (Hurling) and for fouls 5.15 to 5.34 (Football) listed in Rule 5, Aggressive Fouls, Rules of Foul Play (Hurling and Football) or for a second Cautionable Infraction

		(second Yellow/Red) or for a Cautionable Infraction followed by a Cynical Behaviour (Black/ Red) Infraction.
3.	CATCH	To gain control of the ball with the hand(s) in a way which prevents it falling to the ground.
4.	CAUTION	To take a player's name and show him a yellow card.
5.	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.
6.	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.
7.	DIVOT	An elevation formed from the surface of the pitch for the purpose of teeing up the ball on the ground.

8. 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.

9. 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.

10. 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.
11. LIFT	To use the foot or feet to raise the ball from the ground to the hand(s).
12. MARK (Free Kick)	To catch the ball cleanly from a Kick-out without it touching the ground, on or past the 45m line nearest the Kick-out point.
13. OVERCARRY	To take more than four steps while holding the ball in the hand(s).
14. OVERHOLD	To hold the ball longer than is required to take four steps.
15. 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.
16. ‘PULL’ (FAIR)	To swing the hurley to play or attempt to play the ball.
17. TACKLE	**Hurling:** 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. **Football:** The tackle is a skill by which one or more players may dispossess an opponent or frustrate his objective within the Rules of Fair Play. A tackle is aimed at the ball, not the player. A tackler may use his body to confront the opponent but deliberate bodily contact such as punching, slapping, arm holding, pushing, tripping, jersey pulling or a full frontal charge is forbidden. The only deliberate physical contact allowed is that in the course of a Fair Charge one player only with at least one foot on the ground , makes a shoulder to shoulder charge on the player in possession.

18. THROW	When the ball, held in the hand(s), is played away without a definite striking action.
19. 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.
20. TOE-TAP	To release the ball from the hand(s) to the foot and kick it back into the hand(s).
21. 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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(Note: References in this Index are to Rule-Numbers, NOT page-numbers except where page-numbers are given.)

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