

# Lá na gClubanna



- What is Lá na gClubanna? Who should you invite?
- Communicating the day
- Lá na gClubanna Activities
- Insurance • Volunteers • Budget and Fundraising opportunities



# LÁ NA GCLUBANNA

## CONTENTS

- 3 WHAT IS LÁ NA GCLUBANNA / WHO SHOULD YOU INVITE
- 4 COMMUNICATING THE DAY
- 5 LÁ NA GCLUBANNA ACTIVITIES
- 6 INSURANCE
- 7 VOLUNTEERS / BUDGET AND FUNDRAISING OPPORTUNITIES
- 8 APPENDIX 1 – GO GAMES
- 10 APPENDIX 2 – RECREATIONAL ROUNDERS RULES SUMMARY
- 11 APPENDIX 3 – FUN AND RUN
  - About the Game
  - Outlay & Setup of the Game
  - Equipment Needed



# WHAT IS LÁ NA gCLUBANNA

“The vision of the GAA is that everybody has the opportunity to be welcomed to take part in our games and culture, to participate fully, to grow and develop and to be inspired to keep a lifelong engagement with our Association.”

Every member of the GAA should mark this special day of celebration by participating at events in their Club ... the real driver and engine of the GAA.

Lá na gClubanna is about celebrating GAA people, our GAA Clubs and our Communities.

## WHO SHOULD YOU INVITE

Members, past members and players, supporters, schools friends, local & cross community and businesses can all be invited to attend.





# COMMUNICATING THE DAY

The Club needs to be seen as 'active, alive, positive and progressive' in the local community. The GAA Club must present a positive image of itself in the community, particularly to the youth of the area. This image must be one of efficiency, activity, enjoyment and community spirit.

It helps people to be aware that the Club is a place where they can meet new friends and socialise together. This is particularly important in areas where new people are moving in to the locality because they will see the Club as a place where they can fit in to the community and make new friends.

## EXAMPLE OF MARKETING CHANNELS

- Banners (outside the club)
- Posters (in the locality and schools)
- Flyers (to all schools, outside supermarkets, etc.)
- Press releases (in the local newspaper/radio station to advertise the event)
- E-mail template to all current club members.
- Club Website
- Social Media templates (\*Facebook, Twitter, etc.)
- Church Newsletter
- Word of Mouth – can all members be made responsible to invite certain people to the event e.g. ex-players, families in the locality, players etc.
- Have current sponsors been invited to the Open Day in order to see their product or have they been asked to contribute?

*\*All GAA members are encouraged to take part in social media but the Association expects each individual to follow the Social Media Policies & guidelines – available on the GAA website.*





# LÁ NA gCLUBANNA ACTIVITIES

The most important thing about Lá na gClubanna is that it is fun and enjoyable to all. The activities you choose to use to create this fun and enjoyable atmosphere and experience could vary depending on the objectives of the day.

- **Meet and greet to all arrivals. Official welcome by a member of the club/team e.g. club chairperson/secretary, team manager/captain.**
- **Information stations giving out information packs about the club**

## SPORTS DAY

Each Club could organise internal blitz competitions for all age groups. Sports and fun activities for children and small sided games are very important. Blitzes should involve all Gaelic Games and be organised in a fun and fair manner.

An example of some activities that can be organised:

- **Poc Fada Competition**
- **Rounders, played with mixed teams**
- **Recreational games between Club members on a town-land basis or a competition between neighbouring Clubs.**
- **Athletics competition, e.g. laps of the pitch**



Cultural and Heritage Activities are a vital part of Lá na gClubanna and could usefully include:

- **Introduction to Gaelic Games through a basic, fun training session outlining some of the things that they can expect to learn. The session should involve lots of fun games with plenty of movement**
- **Scór Entertainment in the Club House throughout the day**
- **Scór Concert at night**
- **Quiz / Trath na gCeist**
- **Memories Book: everyone signs it and writes their thoughts of the day in it**
- **Video diary for members to come and leave a message**
- **Power point display of old club photos running constantly in the Club House**
- **DVDs running throughout the day of Club/County games**
- **'A talking room' where older members of the Club can retell their stories and have a bit of craic with the younger Club members**
- **Tree planting to mark Lá na gClub**
- **Honour members of the Club who have won competitions and/or played for their County or other representative teams**
- **Unsung Hero Award**
- **Entertainment/DJ/Music playlist**
- **Food e.g. BBQ, Pizza's.**
- **Balloons, Clowns, etc.**

*\*Please note that all activities for children must be supervised in line with the Gaelic Games Code of Behaviour.*

*This will include adequately trained personnel to oversee the events, plus the necessary female/male ratio to children required.*

*For more information see [www.gaa.ie/clubzone/child-welfare-and-protection/](http://www.gaa.ie/clubzone/child-welfare-and-protection/)*



# INSURANCE

Event Activities are not automatically covered under the GAA Liability Policy. In order for Insurers to confirm cover in respect of planned events clubs must submit the following information for review.

## EVENT PLAN OF ACTIVITIES PROPOSED

Templates are available from from GAA Risk & Insurance Manager or Willis to assist clubs. Details to include the following;

- **Where and When Event is taking place**
- **Approximate numbers expected to be in attendance**
- **Full Description of the event & planned activities**
- **Who will be participating in the event (are they members of the club etc.)**
- **Risk Assessment- Identify possible risks and develop strategies to minimise these risks. Template includes guidance on Risk Assessment**
- **Confirmation that your County Board have been notified of this event**

**Please note Inflatables and/or Hired Amusements are not permitted on GAA property or at GAA Events.**

## USE OF THIRD PARTIES / CONTRACTORS

Details of any third party involvement are required – clubs can submit details of third party insurance to GAA Risk & Insurance Manager or Willis for review.

The following are the GAA's minimum requirements;

- **Evidence of Public Liability insurance with a minimum limit of € 6.5 Million**
- **Evidence of Employers Liability Insurance (if applicable) with a minimum limit of € 13 Million**
- **A specific indemnity should be noted on the policy to the GAA Club which they are using and Cumann Lúthchleas Gael**

*Full details in relation to proposed events can be submitted to Willis via [gaageneral@willis.ie](mailto:gaageneral@willis.ie) or to Sinead Leavy via [sinead.leavy@gaa.ie](mailto:sinead.leavy@gaa.ie) or via your county board.*

## GAA INJURY FUND

Cover under the Injury Fund is only provided in respect of current registered members participating on a team registered with the fund participating in an official fixtures. There is absolutely no cover provided by the fund in respect of Charity or Recreational games.





# VOLUNTEERS

Lá na gClubanna is a great way to bring people from the community to the club, particularly those who are new to the area.

An open day full of activity will let people see that the club is well organised and well managed. It can also be of great way to encourage people to volunteer in the club.

Club/Community members should be asked to volunteer

in specific areas in the club and in an area that suits their particular skill-sets.

Many clubs have been successful in attracting volunteers through Lá na gClubanna.

For more information on volunteering visit the GAA website.

## BUDGET AND FUNDRAISING OPPORTUNITIES

Once you have decided on a fundraising event idea you need to work out a budget for your event – remember any cost incurred needs comes out of the total amount that is raised.

Common costs to consider are:

- **Printing & design i.e. tickets, posters**
- **Catering**
- **Entertainment**
- **Hire of venue**
- **First Aid**
- **Advertising**
- **Insurance**

On the day/evening itself there is the opportunity to hold additional raffles/draws – club sponsors and local business may be happy to assist with prizes.

Raffles have always been a popular way to raise funds. They can be a stand-alone event, or often they are held at other events as an additional way to raise money. Stand-alone raffles are commonly referred to as public raffles and they give you the opportunity to sell a larger number of tickets.

You must obtain a permit – in the 26 Counties this can be sourced from the Gardai, in the 6 Counties from your local Council. There are restrictions on the number of permits that can be issued to a unit in any one year.

When deciding on what price you are going to charge for the tickets, remember to take into account any costs that need to be covered (for example if any of the prizes need to be paid for, printing) and it can help if people can buy multiple tickets (i.e. 5 for €10/€10).

Remember to promote the event well in advance to maximise attendance and ticket sales. Allow plenty time for the groundwork so the day/evening is a great success.

Other Fundraising Ideas:

- **Sponsored Activities – for example Walk, Run, Colour Run, Cycle, Dance, must be notified in advance to GAA Risk & Insurance Manager or Willis**
- **Sale of Work or Auction**
- **Cake, book, flower/plant stalls**
- **Trivia Nights, Table Quizzes, etc.**





# APPENDIX 1 – GO GAMES



Rule 6.26 (T.O. 2013: Part 1)

## GAMES PLAYED FROM U7 TO U13 AGE GROUPS

### SUPPORTING POLICY DOCUMENT

This document has been drafted by the Games Development Committee and approved by Central Council. This forms the basis of national policy, as an extension of Rule 6.26, and is effective as of January 1st, 2014.

### DEFINING GAA GO GAMES

Go Games are small-sided versions of Hurling and Gaelic Football which have been devised for children up to and including 11 years of age. The following are the key underpinning principles of Go Games:

- All participants play in the full game.
- Participant needs are catered for, where possible, on the basis of two year age cohorts i.e. U7, U9 & U11 in a manner consistent with the ethos of Go Games.
- Activities are structured in a manner which optimises the level of fun, friendship, fair play and achievement derived by participants.
- Participants train and play in a safe, supportive and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement.
- Players master the basic skills of Hurling and Gaelic Football and experience the sense of accomplishment, which derives from acquiring playing proficiency on the left and right hand side of the body.
- Everybody involved in Go Games, whether as players, parents/guardians, spectators, mentors, teachers, officials etc., should adhere to the key underpinning principles and give expression to the GAA 'Give Respect, Get Respect' initiative.

### ORGANISING GO GAMES

Go Games may be organised on a blitz basis. Go Games may be organised by a Club, Primary School or at an Approved GAA Centre on an internal (i.e. single unit) or external (i.e. multiple unit) basis.

### GO GAMES PLAYING RULES

- The recommended Playing Rules for Go Games Hurling and Gaelic Football are provided in Appendices 1 and 2. These are provided by way of best practice recommendations and can be adapted to meet localised needs.
- Where units from different counties play a game, these Playing Rules will be used.

### GO GAMES REGULATIONS

The following Go Games Regulations shall apply:

- Go Games are subject to general rules of the Association.
- Teams shall be a maximum of 7-a-side at U6 & U7, 9-a-side at U8 & U9 and 11-a-side at U10 & U11 age levels.
- Participants may play up one age grade i.e. U.7 may play at U9 level; U9 may play at U11 level; U11 may play at U12 & U13 age levels.
- No provision is made to publish scores, to play on a knock-out basis nor to include semi-finals, finals etc. - No provision is made to present trophies, cups etc. Where certificates/medals are presented in lieu of participation, the same certificate/medal must be presented to every participant.

### Sanctions

- Non-compliance with Rule 6.26 (T.O. 2013: Part 1) and Association policy by a unit within a County may result in the subsequent reduction of Games Development funding for the County concerned.
- Non-compliance with Rule 6.26 (T.O. 2013: Part 1) and Association policy by a unit may result in exclusion of that unit from Games Development Activity Days (county, provincial or national), Exhibition Games and the U14 Féile na nGael competitions.

### ORGANISING LEAGUES AT U12 AND U13

- Leagues at U12 and U13 age grades may be organised on a match or a blitz basis. Games may be organised involving Clubs and Primary School on an internal (i.e. single unit) or external (i.e. multiple unit) basis.



- Competitions at senior Primary Schools level (5th & 6th / P.6 & P7 Classes) will be organised in conjunction with the U12 and U13 Regulations.
- Teams should be a maximum of 13-a-side. The National Games Development Committee will have the authority to ratify 15-a-side leagues. Should any unit of the Association seek to organise 15-a-side leagues, an application form should be submitted to the National Games Development Committee for consideration. The National Games Development Committee will consult with Cumann na mBuscol Naisiúnta regarding submissions involving Primary Schools.
- Everybody involved in games at the in U12 and U13 age levels, whether as players, parents/guardians, spectators, mentors, teachers, officials etc., should adhere to the key underpinning principles and give expression to the GAA 'Give Respect, Get Respect' initiative.

### PLAYING RULES

- The recommended Playing Rules for Leagues at U12 and U13 are attached. These are provided by way of best practice recommendations and can be adapted to meet localised needs. - Where units from different counties play a game, these Playing Rules will be used.

### Regulations

- U12 and U13 Leagues are subject to general rules of the Association.
- Provision may be made for semi-final and finals to take place, provided that participating teams have played a minimum of 4 league/qualifier games.
- Provision may be made for the presentation of medals, trophies/cups. - The length of the playing field will be no longer than 105m long (20m line - 20m line).
- Unlimited substitutions may be made during a game to optimise participation.

### Sanctions

- Non-compliance with Rule 6.26 (T.O. 2013: Part 1) and Association policy by a unit within a County may result in the subsequent reduction of Games Development funding for the County concerned.
- Non-compliance with Rule 6.26 (T.O. 2013: Part 1) and Association policy by a unit may result in exclusion from Games Development Activity Days (county, provincial or national), Exhibition Games and the U14 Féile na nGael competition.



# APPENDIX 2 – RECREATIONAL ROUNDEERS

## RULES SUMMARY

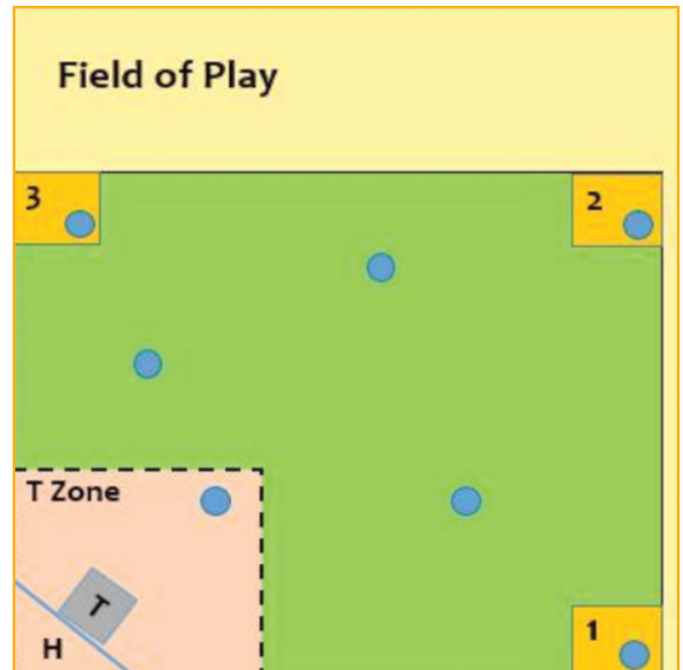
Who Can Play? – Open to everyone aged 12 and over

### HOW TO SET UP

- T Ball Tee
- Ball
- Bat
- Base Markers
- Bibs

### LET'S PLAY

- 3 innings, each team bats and fields
- 7 players per team
- Batting team strike the ball off the T Ball Tee, past the T Zone and Run to 1st Base!
- Navigate through the bases and return to the Home base to score a Run for the Batting team!
- Each member of the Batting team has 3 attempts, in rotation, per inning, at striking the ball i.e. Batting team maximum number of shots is 21
- However, if a player on the Fielding team catches the ball OR tags the Batting player, before reaching the base OR touches the Base, while in possession of the Ball, that player is out!
- If the Fielding team gets 3 Batting team players declared out before the maximum 21 shots, then the play switches over.
- Once this happens, it's the Batting's team chance to cover the bases and field of play i.e. Fielding Team
- After 3 innings, if one team score more runs than the other team, then that team is the winner!!





# APPENDIX 3 – FUN AND RUN ABOUT THE GAME

GAA Fun & Run is a team-based game that can be played by people of all ages, genders and abilities. Fun & Run is designed to facilitate the population of people with physical or intellectual special needs. The game encompasses a range of fundamental skills that exist in Gaelic football, Hurling, Rounders and Handball but the Rules have been modified to adapt these skills to suit the individual involved. One by one, players on the striking team – using hurley, foot or hand – strike the ball off an adjustable tee holder into a designated fielding area. Each player on the striking team attempts to complete one full rotation of all 12 bases (1 Fun Run). Meanwhile all players on the fielding team must play the ball before returning the ball into a bin and preventing the Fun Run. The team with the most 'Fun Runs' wins.

## STRIKING TEAM PITCH SET-UP:

- Place the Tee in the centre of the pitch
- Place the bases (mats) on the ground in a circular shape approximately 10 metres in radius
- Place the score board on the ground after the last base
- Place the equipment pack 10 metres right or left of the Tee while not interfering with the base section.

## STRIKING TEAM POSITIONING:

- One player stands at the Tee ready to strike the ball from the Tee with hand, foot, hurley or rounder's bat
- The remaining members of the team take position at a base
- Position one player at each base (mats)

## GAME ON:

- Striking player hits ball in a forward direction (fielding section)
- Only one ball at a time may be in play
- Striking player attempts to complete one full rotation outside of all bases (1 Fun Run)
- When the ball is placed into the bin (by the fielding team), striking player rests at nearest base
- Striking player may complete Fun Run while the next ball is in play
- Once the striking player has completed Fun Run position themselves at a base
- One Fun Run = 1 point

- Player turns score board each time they pass home base (keep score)
- 1 Fun & Run point awarded to striking team if all exercises are completed at base
- Each player gets three attempts to strike the ball
- If the ball is not hit on the third strike – player attempts to complete one Fun Run\*
- Extra point awarded for bringing "buddy" home
- The striking team swaps once all players have completed striking

\* OPTIONAL

## FIELDING TEAM PITCH SET-UP:

- Directly in front of the striking section set out line of cones approximately 20m long to divide striking and fielding section
- Mark out a grid approximately 20m x 30m
- Mark out six zones 10m x 10m inside the grid

## FIELDING TEAM POSITIONING:

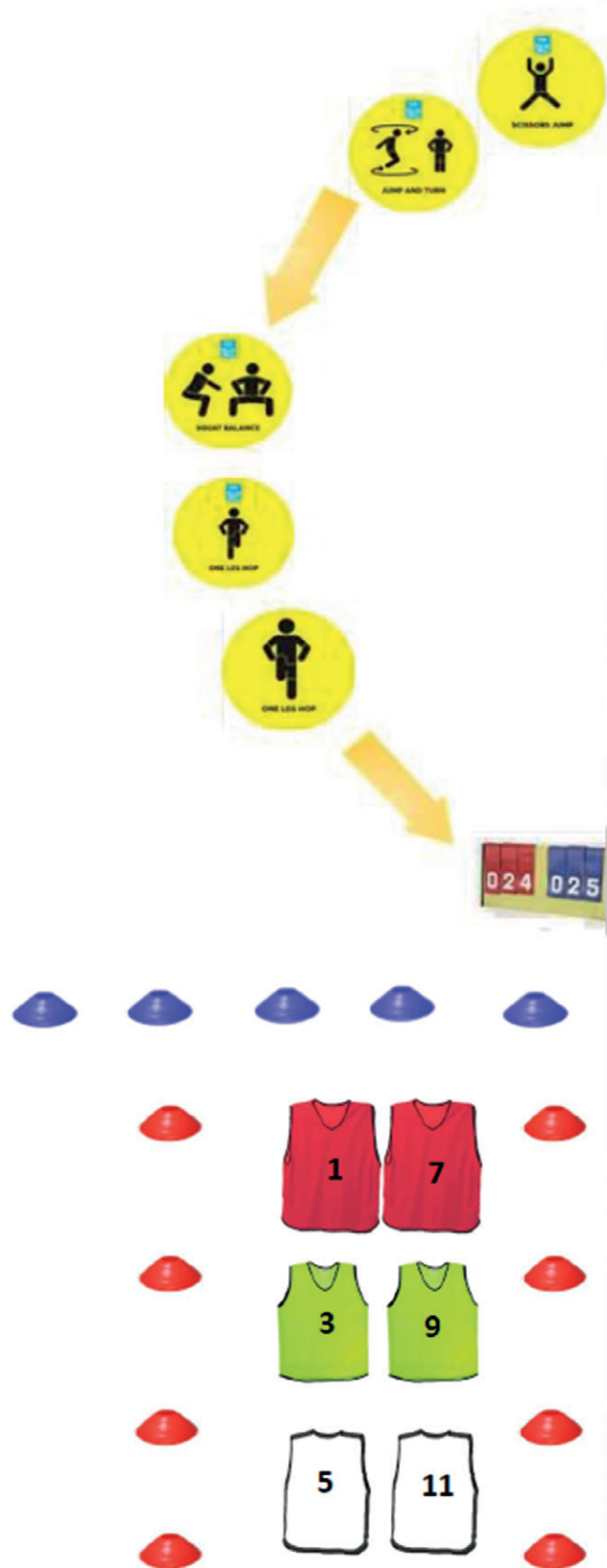
- Two players are positioned in each section
- Players must wear numbered bibs provided

## GAME ON:

- The fielding team attempts to get the ball in the bin as quickly as possible
- Players must wear numbered bibs in sections as prescribed
- Players in each section must play the ball in numbered sequence
- \* Each Player follows the ball once they pass it, taking the place of receiver.
- Each player must connect with the ball before it enters the bin
- No physical contact is permitted with opposing team.
- The fielding team swap with the striking team once all players on the striking team have hit the ball and completed their Fun Runs.
- Team with the most Fun Runs win the game once both teams have completed striking and fielding
- \* One person collects ball off tee – resume game as per rules above

## KEY

	Base
	Tee
	Bucket
	Score Board
	Directional Arrow
	Section 1
	Section 2
	Section 3
	Section 4
	Section 5
	Section 6
	Scoring Team
	Fielding Team
	Disc Cones (Diff Colours)
	Kicking Tee









Game

# OFFICIAL PLAYING RULES OF GAA FUN & RUN

- 1 x Tee for the ball
- 18 x Bases - Yellow circular rubber mats printed with exercise on both sides
- 4 x Directional Arrows
- 1 x Bucket - Carrier bag becomes bucket for the ball
- 1 x Score Board
- 1 x Rule Book
- 1x Large, bright sliothar
- 1 x Kicking Tee
- 12 x Vests - 6 Blue, 6 Red
- 1 x Football
- 1 x stack of disc cone (10 X yellow, 10 X green, 10 X red, 10 X blue 10X white)

- ALL RIGHTS RESERVED





# APPENDIX 1 – GAA SUPER GAMES OVERVIEW & SETUP SUMMARY



## WHAT ARE GAA SUPER GAMES:

- Small-sided games format
- Aimed at youth participants aged 12-17 years
- Organised on an age-related and developmental needs basis
- Informal developmental opportunities
- Where participants oversee the organisation of the games
- Youth centred and where they set the prevailing values

## WHAT TO KEEP IN MIND WHEN ORGANIZING GAA SUPER GAMES:

- Minimal coaching inputs- Just let players play
- Can be run in a blitz or series of games style format i.e. they can be once off GAA Super Games Blitzes or Blitzes run for one evening a week over a 4-6 week period.
- Games should be small sided

- GAA Super Games can be run in GAA Clubs/Post Primary Schools
- They are players/youth centred
- Play to stay values are promoted through involvement in GAA Super Games
- GAA Super Games are not results dependent or focused

## WHAT YOU WILL NEED TO RUN GAA SUPER GAMES:

- Decide if your club will run hurling or gaelic football GAA Super Games.
- Bibs
- Small sided goals or training poles which can be used as goals
- Footballs
- Sliotars
- Hurley's
- Helmets
- Whistles

## HOW TO ORGANIZE GAA SUPER GAMES ACTIVITY IN A GAA CLUB:

- Clubs should decide which age group they are going to invite to participate in GAA Super Games. Super Games are aimed at 12-17 years olds. Clubs should pick one or two age grades e.g. players born in 2004 and/or players born in 2005.
- Book pitch time at your GAA Club (depending on the number of players registered to participate you may require more than one full size GAA pitch. For GAA Super Games pitches should be reduced to mini size pitches)
- Set maximum number of players that can be catered for.
- Clubs should decide which day/evening of the week they will run GAA Super Games and for how long. As a guide it is suggested to run GAA Super Games one evening a week for 1 hour e.g. Friday evening from 7-8pm.

- Clubs should nominate a GAA Super Games Coordinator to oversee booking of pitches/promotion/registration/equipment requirements.
- Clubs should nominate a number of volunteers to assist the Super Games Coordinator with the setup of teams, setup of pitches, distribution of bibs and playing equipment, running of games on pitches.
- Promote GAA Super Games through your Club's social media/newsletter/youth age grade team coaches/local Post Primary Schools.
- Setup a registration process to enable parents/coaches to sign up players for GAA Super Games. Remember to set a deadline for acceptance of registration.
- GAA Super Games should be 9-a-side. There should be no subs, as the ethos of GAA Super Games is everyone gets a game.
- GAA Super Games should be 15 minutes straight through. No half time or second half.
- Once registration of players closes, divide the players into teams of 9-a-side. The GAA Super Games Coordinator should ensure that players are mixed up and there is a wide spread of playing abilities/experience on each team. It is not about having one or two really strong teams.
- The Club Super Games Coordinator should from the number of teams be able to confirm how many small sided pitches are required.
- The Club Super Games Coordinator should from the number of teams be able to compile a fixtures list for each small sided pitch in operation with teams allocated to each pitch to play games.
- Depending on numbers participating as a guideline teams should get a minimum of 3 x 15 minute games. There are no semi-finals or finals. The concept behind GAA Super Games is to just let players play.
- The Club Super Games Coordinator should allocate volunteers to each pitch. These volunteers will become the pitch coordinators and are responsible for ensuring the goal posts are setup, pitch has equipment (bibs, footballs/sliotars, spare hurleys, whistles) and operating the fixtures on the pitch. The pitch coordinator should also referee the games.
- On the evening of GAA Super Games, the Super Games Coordinator should announce teams, the pitch they are playing on and introduce them to their pitch coordinator to be taken to the pitch to begin games.



# GAA SUPER GAMES - GAELIC FOOTBALL

## FIELD OF PLAY:

### GAA SUPER GAMES- GAELIC FOOTBALL:

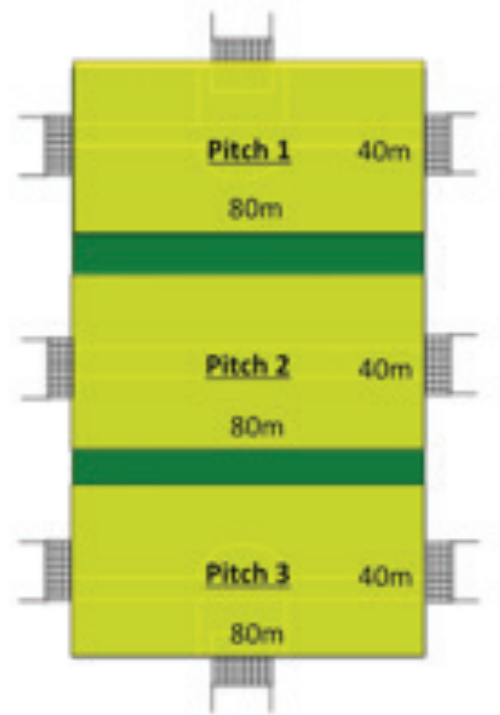
**Please Note:** Games based activities should be amended accordingly to suit the number of participants, number of pitches in use, whether an outdoor or indoor facility is being used.

#### Key Aim

To enable participants to perform the skills of Gaelic Football in a fun, games-based and developmental environment.

#### GAME SET UP

- Teams are 9-a-side and mixed based on age profile of participants
- 60 mins activity approx. Games should be 15 mins with players receiving a minimum of 3 small-sided games.
- Playing Area 80m x 40-50m (3 Playing Areas fit on 1 standard pitch)
- No zones – free movement permitted
- Players rotate positions between goalkeeper, backs, midfield and forward at half time. Teams change sides at half time.
- Secured portable goal posts /Training poles or flags may be used.
- Gum Shields to be worn
- Bibs, footballs and whistles to be provided to Pitch Coordinator(s).



# GAA SUPER GAMES - HURLING

## FIELD OF PLAY:

### GAA SUPER GAMES- GAELIC FOOTBALL:

**Please Note:** Games based activities should be amended accordingly to suit the number of participants, number of pitches in use, whether an outdoor or indoor facility is being used.

#### Key Aim

To enable participants to perform the skills of Hurling in a fun, games-based and developmental environment.

## GAME SET UP

- Teams are 9-a-side and mixed based on age profile of participants
- 60 mins activity approx. Games should be 15 mins with players receiving a minimum of 3 small-sided games.
- Playing Area 80m x 40-50m (3 Playing Areas fit on 1 standard outdoor pitch)
- No zones – free movement permitted
- Players rotate positions between goalkeeper, backs, midfield and forward at half time. Teams change sides at half time.
- Secured portable goal posts /Training poles or flags may be used.
- All players must wear a helmet with full facial protection.
- Bibs, sliotars, whistles to be provided to Pitch Coordinator(s)

