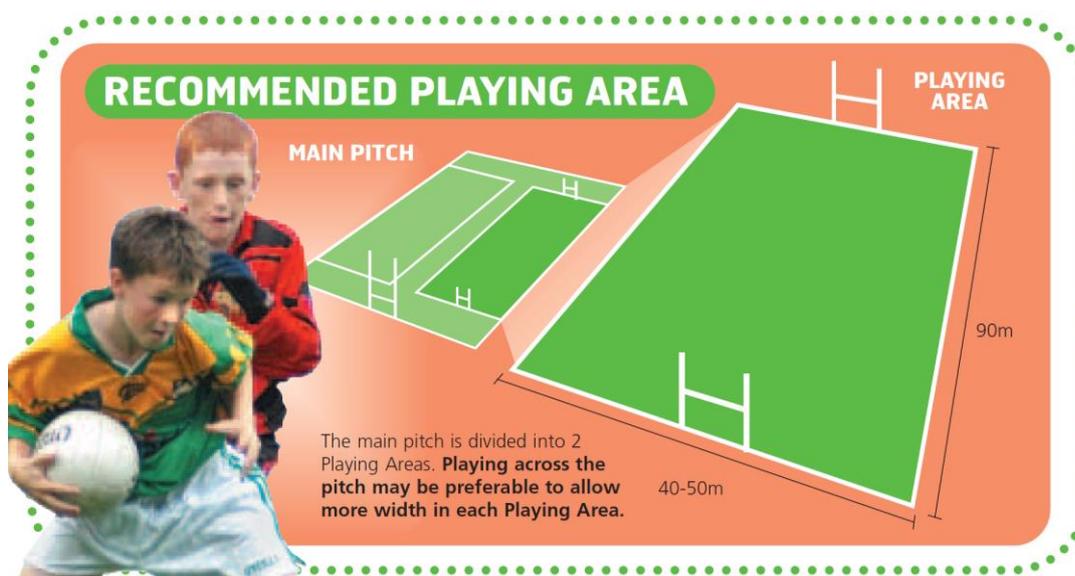




2018 U12 Football League Rules



Pitch Size: Reduced Pitch = **Length** 80m (min) – 105m (max)
Width 40m (min) – 52m (max)



Number of Players:

Two Team Groups: Grúpa A, B & C

1. All games to be played to **maximum of 22-a-side (11 v 11)** and all members of the team panel are to participate in the game.
2. Games can be played at a **minimum 18-a-side (9 v 9) in Grúpa A.**
3. Teams with less than 18 players in Grúpa A will play the game at the numbers they have but will forfeit the game.
4. Grúpa B & C can be played at **minimum 14-a-side (7 v 7).**
5. Teams with less than 14 players in Grúpa B & C will play the game at the numbers they have but will forfeit the game.
6. Two referees will be appointed by Coiste na nÓg.
7. The combined score of both matches will determine the winner.
8. Teams **must** spread their players out evenly.
9. Teams must contact their opponent prior to day of match to state how many players they will have for game(s).
10. One coin toss shall be done. Teams shall lineout the same for both games.

One Team Groups:

1. All games to be played to **maximum of 13-a-side** and all members of the team panel are to participate in the game. Games can be played at a **minimum 7-a-side.**
2. Teams with less than 7 players will play the game at the numbers they have but will forfeit the game. Teams must contact their opponent prior to day of match to state how many players they will have for game(s).

Rules

1. Games of **11-a-side** or more shall be **25 minutes** per half while games of **10-a-side** or less shall be **20 minutes** per half.
2. **SILENT SIDELINES** are enforced. Full details are at the end of this document.
3. If extra time is necessary, **5 minutes** per half will be played and all games will finish on the day using a free taking competition.
4. Smart Touch (Size 3) footballs **must** be used.
5. Small rectangle must be marked on Reduced Pitch.
6. Pitches must be flagged and marked appropriately.
7. Flags are needed at 13m, 20m, 45m, & halfway lines on Reduced pitch.
8. **Coiste na nÓg will appoint all referees.**



9. Clubs with more than **1** team shall forward a list of **22 players** to Rúnaí Coiste na nÓg an Mhí one week before the commencement of league. Players named on this list shall not be eligible to play with **2nd** or subsequent teams. Failure to have list in on time will result in games being awarded to opposition.

This list must include Dates of Birth and GAA ID Numbers for all players.

Players shall **not** be permitted to play with **2** teams the same day.

10. **All members of the team panel are to participate in the game.**

Coiste na nÓg recommends that all players play at least half of each match.

All clubs should be encouraged to promote an equal playing time ethos where younger players are not playing above their grade unless absolutely necessary due to a lack of numbers within a catchment area.

11. **Substitutions shall be unlimited.** All substitutions must be made in a break of play.

All players are to be on the team list. This list must be presented to the referee in **Irish**, in **BLOCK CAPITALS**, and **in duplicate** before the commencement of the game(s).

Teams must use the official team list supplied by Coiste na nÓg. All players must have their unique GAA ID registration number on this form. 2 team lists must be used for 2 team groups with each referee receiving the list of players in their game.

12. Where a club fails to observe the rules regarding the use of all substitutes, that club shall forfeit the match and may be disqualified from the competition.
13. Where both clubs in the same match fail to observe the rules regarding substitutes the match shall be deemed void and both clubs may be disqualified from the competition.
14. There shall be no penalty kicks or square ball.
15. In all instances where the referee moves the ball forward, the ball shall be moved **30m not 13m.**
16. **All scores count as 1.** Every score (points and goals) is counted as a singular point.
17. The goalkeeper may advance **20m** for a kick out.

18. The shoulder-to-shoulder charge is permitted.
19. Play shall be limited to **2 touches** (i.e. one hop and one solo or two solos).
20. The ball may be carried for a maximum four consecutive steps or held in the hand(s) for no longer, than the time needed to take four steps.
21. Free kicks may be taken from the ground or from the hand.
22. **The player who is fouled should take the free kick.**
23. When an opponent commits a technical foul i.e. fouls the ball, **the player nearest the ball should take the free kick.**
24. The player nearest to where the ball crosses the sideline, should take the sideline kick.
25. When a defender/Goalkeeper plays the ball over his/her end line, the other team are awarded a free kick from the centre of the field opposite to where the ball crossed the end line.
26. Opposing players must be at least 5m from the player taking a free kick, sideline kick, or kick out.
27. Free kicks cannot be taken closer than 13m from the opposing end line.
28. **Mentor(s) must identify themselves to the referee.** All mentors must wear a distinctive coloured bib. If a person is not wearing a bib, then they will not be considered a mentor by the referee.

Failure for mentors to wear distinctive coloured bibs will mean they will not be allowed inside the playing enclosure.

Only Team Officials can enter the pitch enclosure to a maximum of **8**. This includes all water/hurley carriers, medical personnel and the Club Secretary/Chairperson.

All Team Officials must be 18 years old. Clubs must ensure that this is implemented.

No mentor can be on the pitch. Only medical personnel can enter the pitch area when permitted by the referee. **SILENT SIDELINES are enforced.**

A club that does not adhere to Rule 28 listed above may be fined €200 minimum per game and mentors will be dealt by Rule 7.2 of the Official Guide.

Any mentor that continually encroaches on the field will not be allowed to be on the sideline for the remainder of the U12 Hurling and Football Leagues.

29. First named team in fixture has home venue and will pay the Referee expenses.
30. At Coiste na nÓg level, the referee must be paid as follows:
 - **€25 for a single match.**
 - **€30 if at least 2 neutral umpires are present.**
 - **If a referee completes another game in the same venue, they must be paid another €20.**
31. When games played at neutral venue, clubs must both pay half of referee expenses unless host club is taking money at gate.

32. If no neutral referee present, visiting team has choice of an **official** referee.
33. **If no official referee present, then game is not to be played under any circumstance.**
34. Check opponent's colours in case of clash, **home team must change**. If in a neutral venue, then **both teams change**.
35. Detailed Regulations governing the organisation and presentation of all Inter-Club Games at U12, U13, and U14 level in Meath GAA will be sent to clubs. These must be followed in all games.

There will be an emphasis on these at finals and they must be strictly adhered to and they will be monitored by Coiste na nÓg.

Coiste na nÓg an Mhí is mindful of the GAA Give Respect Get Respect campaign and has drawn up these Regulations for the benefit of all stakeholders – players, referees, team management, officials, media, members and spectators.

N.B. **All scores count as 1.** Every score (points and goals) is counted as a singular point.

SILENT SIDELINES

All Coiste na nÓg games will have 'Silent Sidelines'. This means mentors and supporters must not talk to or shout at players, referees or other mentors during play.

One mentor who shall be designated as the Bainisteoir may coach his/her players during breaks in play.

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

Mentors may also talk to players before, at halftime and after each game. Referees will be asked to terminate games if 'Silent Sidelines' are not adhered to.

Persons that disregard this will be sanctioned by the Meath C.C.C.C.

- With 'Silent Sidelines' the mentors, parents and spectators are asked to keep talking to a bare minimum on the sidelines. One mentor from each team will be given the task to instruct positively (not during the game), whilst everyone else watches on in **SILENCE**.
- Supporters are allowed to clap and to congratulate positive behaviour, but the adults are restricted from coaching their players from the sideline. This allows the players to make decisions for themselves, without having adults shouting 5 or 6 different instructions at them.
- With the sidelines quiet, players have the chance to concentrate, make their own split-second decisions, and learn from them. Instead of being distracted by the stream of noise that usually exists, the players on the pitch get the opportunity to communicate with one another and make on field decisions. This also gives them time to think and focus on what they are about to do.

The main points are as follows:

1. Absolutely **NO** shouting or directing from the sidelines.
2. **The Bainisteoir can speak to players during breaks in play, halftime and when making substitutions ONLY.**
3. Clapping & cheering allowed for scores and positive effort from both sides.
4. No directing or coaching advice from adults at any time.
5. No questioning of the official in charge of the game in any shape or form by anyone.

All patrons should be outside the pitch fencing at all times. Only the 8 designated persons can be inside the pitch fencing. Everyone else must stand back, observe and enjoy the game in silence.

- Bainisteoir / Manager - must stand in the designated area and is not permitted to enter field of play under any circumstance.
- Maor Fóirne / Selector - must stand in the designated area and may not act as Water/Hurley Carriers.
- Water/Hurley carriers - they may not enter the field of play and must be 18 years old or older.
- Medical person - may only enter field of play to attend to injured player(s).
- Club Secretary & Chairperson – along with the Bainisteoir have the responsibility of ensuring the Games Regulations are respected by players and members of team management.

Aims of SILENT SIDELINES

- To eradicate aggressive and abusive behaviour from mentors, players and spectators.
- To promote zero tolerance of defamatory comments or foul language, be it racial or discriminatory, towards referees, fellow players and other supporters.
- To promote an environment for sportsmanship and fair play in underage sport.
- To provide education to adults and young people on the importance of **RESPECT** and just letting the children play.
- To encourage safe participation for players and spectators.
- To encourage mentors to observe, take notes and coach only when absolutely required.
- To allow children's voices to be heard over adults' voices.
- To not get so emotionally involved with their child's sport.
- To allow children make mistakes without being ridiculed.
- To bring **FUN** back into the game.