



## Coiste na nÓg / Coiste Mionúir an Mhí C.L.G.



### Extra Time and Finishing Games on the day

#### Phase 1

- Proceed to Extra Time of two periods:  
U14, U15, U16, U17 = 2 periods of **10 minutes** each  
U12, U13 = 2 periods of **5 minutes** each

#### Phase 2

- If teams are still level, an additional two periods of five minutes each way will be played.
- There shall be a maximum time space of five minutes between the end of the first phase of Extra Time and the beginning of the second phase.
- The Half Time interval in the second phase of Extra time should not exceed five minutes.
- For the purposes of Riail 2.6 (a) (f) “Players in Extra Time”– Rules of Specification T.O Cuid II, Phase 2 of Extra Time shall be considered an extension of the initial “Extra Time” provision rather than as a new period of Extra Time (e.g. a team reduced to 14 players because of a sending off during the playing of the first phase of Extra Time must start Phase II with only 14 players etc.)

#### Phase 3

If still level, a “Free taking competition” to decide the outcome:

- Each team will nominate using the official sheet their 5 free takers for the competition and indicate to the referee in which order (1 to 5) the free takers will take the frees
- The 5 players above must be chosen from players who have participated in the game, either in normal time or in one of the periods of Extra Time.
- Players who receive a red card in Hurling or Football, and players who receive a black card in Football, in normal time or any of the four periods of Extra Time are not permitted to participate in the free-taking competition.
- The Referee will toss a coin for choice of ends in the presence of the Team Captains. The Captain who wins the toss will choose which end the free taking competition should be played into and will have the option of his team going 1<sup>st</sup> or 2<sup>nd</sup>. The Referee will ensure two Goal Umpires are in place at the end in which the competition is being played into.
- Frees will be taken by each of the five players from a position of their choosing on the at the designated distance as directed at the end of this document. Frees in football may be taken from the hands or off the ground.

- In hurling, frees shall be taken in accordance with the provisions of T.O 2016 Cuid II – Rules of Set Play Riail 2.5 (a) and (b) and Rules of Foul Play 4.24, 4.25 and 4.27. Breaches of these provisions will render frees null and void and they cannot be retaken.
- In football, frees shall be taken in accordance with the provisions of T.O 2017 Cuid II Rules of Set Play - Rule 2.5 and Rules of Foul Play 4.23, 4.24 and 4.26. Breaches of these provisions will render frees null and void and they cannot be retaken.
- Frees will be taken for points only, with no goalkeeper / defenders facing the free takers. A ball that bounces over the bar will result in a score.
- Except for the player taking the free, all other players, managers, officials, backroom personnel etc. should be at their designated sideline area, and off the field of play when the free-taking competition is taking place.
- The game is awarded to whichever team scores more of their 5 frees.
- If still level then sudden death frees to be taken using the same 5 players in order (i.e. 1<sup>st</sup> sudden death free is taken by the player who took the first free for each side, 2<sup>nd</sup> sudden death free if required to be taken by the player who took the 2<sup>nd</sup> free and so on).
- If a player scores in sudden death and his direct opponent misses, the game is awarded to the team of the player who has scored.
- The sudden death element will continue until there is a definite outcome (i.e. returning to the first player(s) and repeating the sequence again if required).

**Distance of Free Kicks/Pucks**

**U17**

Hurling: 50 metres

Gaelic Football: 33 metres

**U16**

Hurling: 45 metres

Gaelic Football: 33 metres

**U15**

Hurling: 45 metres

Gaelic Football: 30 metres

**U14**

Hurling: 45 metres

Gaelic Football: 30 metres

**U13**

Hurling: 35 metres

Gaelic Football: 25 metres

**U12**

Hurling: 33 metres

Gaelic Football 20 metres

## Result on the Day

### Registration of Free Takers

Order Number	Jersey Number	Player's Name
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

**An Rúnaí or Designated Person**

**Signature/Síniú**

**An Réiteoir**

**Signature/Síniú**

#### **N.B.**

1. Each team will nominate 5 free takers for the competition and indicate to the referee in which order (1 to 5) the free takers will take the frees
2. The 5 players above must be chosen from players who have participated in the game, either in normal time or in one of the periods of Extra Time.
3. Players who receive a red card in Hurling or Football, and players who receive a black card in Football, in normal time or any of the four periods of Extra Time are not permitted to participate in the free-taking competition.
4. The game is awarded to whichever team scores more of their 5 frees.
5. If still level then sudden death frees to be taken using the same 5 players in order (i.e. 1<sup>st</sup> sudden death free is taken by the player who took the first free for each side, 2<sup>nd</sup> sudden death free if required to be taken by the player who took the 2<sup>nd</sup> free and so on).
6. If a player scores in sudden death and his direct opponent misses, the game is awarded to the team of the player who has scored.
7. The sudden death element will continue until there is a definite outcome (i.e. returning to the first player(s) and repeating the sequence again if required)