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GAA OFFICIAL GUIDE 2021

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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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Part 2

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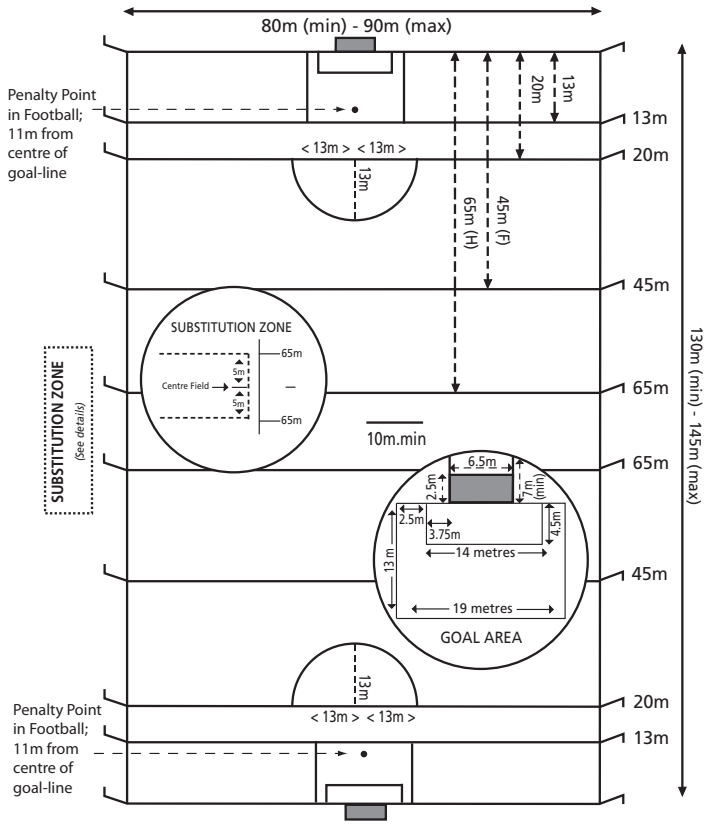
The Field of Play
For Hurling and Gaelic Football



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.

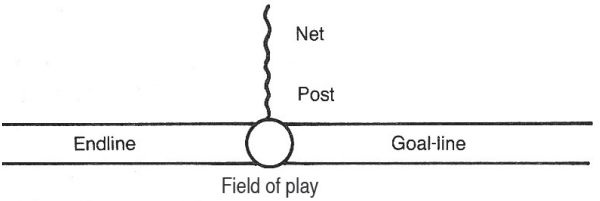
The midline of the field shall be marked parallel to the endlines, and shall have a minimum length of 10m.

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:
(i) A County Committee may reduce the number for non-Championship games.
(ii) As provided for in 2.2 below.

2.2 2.2 A team may commence a game with thirteen players. Players arriving late may join in the game during a break in play but must report to the referee before so doing. The game shall be played for the full playing time. Provided a team has fielded thirteen players, including players ordered off or retired injured, the final score shall stand as the result of the game.

2.3 (i) The maximum number of substitutes permitted during the playing of Normal Time shall be five.
(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 or Suspected Head Injury.
(iv) A Substitution is not allowed in the case of a player ordered off.

Exception:
As permitted by Rule 2.5(d), Rules of Specification.

(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 or Suspected Head Injury.
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

2.4 (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 6.36 Official Guide, Part 1 is required wtih regard to Team Registration/Lists of players.

2.5 **Players in Extra Time**

(a) Any fifteen players may start Extra Time.
Exceptions:
(i) As provided in (b) and (d) below.
(ii) A player in receipt of a Black Card and ordered to the Sin Bin for ten minutes with less than ten minutes remaining in normal time shall be one of the fifteen players but shall serve his remaining time in the Sin Bin in the Extra-Time.

(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 2.4 - 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 2.3(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
  (i) if a Game in all or some specific Round(s) ends in a draw after normal time, Extra-Time shall be played.
  (ii) if a Game in all or some specific Round(s) ends in a draw after Extra-Time, it shall have a 'Winner on the Day'.

(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
  (i) in the event of a Draw in that Game after normal time, Extra-Time shall be played.
  (ii) in the event of a Draw after Extra-Time in that Game, it shall have a 'Winner on the Day'.

(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 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/'22)

3.6 (a) The Central Council shall approve a system to determine the result of games which finish level after extra-time as provided for in Rule has been played, without a replay - 'Winner on the Day'. The regulations for 'Winner on the Day' shall be determined by the Central Council.

(b) Unless the Management Committee of the Central Council, on application by the relevant Competitions Control Committee, permits otherwise, games in the following competitions shall be decided by 'Winner on the Day':

- All-Ireland Football Qualifiers
- All-Ireland Hurling Preliminary Quarter-Finals
- The Joe McDonagh Cup
- Knock-out games in the National Leagues
- Provincial Club Championships
- Inter-County Junior Football and Intermediate Hurling Championships
- Inter-County Under 20 Football and Hurling Championships (excluding All-Ireland Finals)
- Minor (U17) knock-out Championship games (excluding All-Ireland Finals)

(c) If a replay of a Provincial Senior Championship game ends in a draw after extra-time, two additional periods of extra-time of five minutes each shall be played, and if teams still remain level, it shall be decided by 'Winner on the Day'.

(**NOTE:** To be reviewed after 2022 as it relates to review of Rule 3.5 in that year.)

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.

In Underage Hurling, up to and including U12 age grades, the use of metal bands on hurleys is prohibited unless the metal bands are taped over.

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 and/or Sideline Official 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 or Suspected Head Injury, 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 for ten minutes in the Sin Bin a player who commits

(i) A Cynical Behaviour Infraction in Football

or

(ii) A breach of the Temporary Playing Rule 5.46 in Hurling:

by taking his name and showing him a Black Card (Football) or Yellow Card (Hurling), provided the player has not committed a Cautionable Infraction (Yellow Card) previously in the game.

The time period in the Sin Bin shall be of ten minute's duration irrespective of delays.

The ten minutes shall transverse normal time (which includes additional time) and Extra-Time if played.

(e) To order off a player who commits any sequence of two Cautionable or Cynical Behaviour Infractions in Football by showing him a Yellow or Black Card, as appropriate, 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.

(g) A player ordered off is excluded from participating in the remainder of the game, including any Extra-Time, when played.

(x) (a) To caution a team official who commits a Cautionable Infraction by taking his name and showing him a Yellow Card.

(b) To order from the Pitch Enclosure an official who commits a second Cautionable

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 carry over into Extra Time, when played.

(d) To order from the Pitch Enclosure a team official who commits an Ordering Off infraction (other than those specified in (b) above, by taking his name, if not already taken, and showing him a Red Card.

(Notes:

(i) This Rule comes into full effect for the National Leagues and Inter County Championships (in both Codes and in all Grades) in 2021.

(ii) The Penalties for breaches of Rule 1.4 Rules of Control- governing Entry to Field of Play/Incursions) applied generally at all Levels from 27th. March 2021.

(iii) Other than as stated in (i) and (ii) above, the Rule applies from January 1st 2022.)

(xi) To present the ball to the Captain of the winning team at the end of a Provincial or All-Ireland Final.

1.3 **COMMENCING PLAY**

(i) The Referee shall toss a coin for choice of ends in the presence of the team captains. This procedure shall be repeated for Extra Time, where played.

(ii) Two Players from each team shall stand one behind the other on their own defensive side of the halfway line, and shall face the referee, for the throw in.

The other Players, shall be in their respective positions behind the 45m line (Football) or 65m line (Hurling).

(iii) The Referee, facing the Players, shall throw in the ball over the heads of the players (Football) and along the ground between the players (Hurling).

(iv) Regulations (ii) and (iii) above shall also apply for the start of the second half.

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

A Team Official shall not enter the field of play.

Exception: 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.

Penalties on the day for the above infraction:

(i) Caution offender by showing him a Yellow Card;

(ii) Order offender from the Pitch Enclosure for a second Infraction by showing him a second Yellow Card followed by a Red Card. The offender is debarred from the Pitch Enclosure for the remainder of the Game, including any Extra-Time, when played, and he may not be replaced.

Fixed penalty on a second repeat infraction (i.e. a third ordering off): 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.

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 or Suspected Head Injury

(i) 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.

(ii) A player who sustains a suspected head injury, if instructed by the Referee, shall temporarily leave the Field of Play for further assessment before the player's fitness to return is determined.

In the circumstance of either (i) or (ii) above, a Temporary Substitute may be used, and the following acts shall not count as substitutions under Rule 2.3 (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 or suspected head injury) player as a direct replacement for the Temporary Substitute.

(3) The return to the field of play of the injured (blood or suspected head injury) 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 2.4, 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 or Suspected Head Injury.
- The names of players cautioned or ordered off, and the exact reason(s).
- The name(s) of any Team Official(s) Cautioned or Ordered from the Pitch Enclosure and the exact reason(s) therefor.
- The name of any 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.

(Notes on Item 9 re Team Officials Cautioned or Ordered from Pitch Enclosure:

(i) This Rule comes into full effect for the National Leagues and Inter-County Championships (in both Codes and in all Grades) in 2021.

(ii) The Penalties for breaches of Rule 1.4 Rules of Control- governing Entry to Field of Play/Incursions) applied generally at all Levels from 27th. March 2021.

(iii) Other than as stated in (i) and (ii) above, the Rule applies from January 1st.2022.)

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 or other infraction of Rule by a team official, which have not been noticed by the Referee.

(Notes in relation to additional provision "or other infraction of Rule by a team official":

(i) This addition to Rule comes into full effect for the National Leagues and Inter-County Championships (in both Codes and in all Grades) in 2021.

(ii) Other than as stated in (i) above, the addition applies from January 1st.2022.)

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 or Suspected Head Injury. 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 or other infraction of Rule by a team official, which have not been noticed by the Referee. They may also, if requested by the Referee, assist in determining the validity of a score.

(Notes in relation to additional provision " or other infraction of Rule by a team official":

(i) This addition to Rule comes into full effect for the National Leagues and Inter-County Championships (in both Codes and in all Grades) in 2021.

(ii) Other than as stated in (i) above, the addition applies from January 1st.2022.)

(vi) Having consulted with the referee, the linesman shall indicate to the Sideline Official, or other person designated by the Committee in Charge, the amount of additional time, if any, to be played at the end of each half.

RULE 4 - SIDELINE OFFICIAL

A Sideline Official shall be appointed for all Senior Inter-County Championship and League Games.

A Sideline Official may be appointed by the Committee in Charge for all other games.

4.1 **Duties of Sideline Official**

(i) 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.

(ii) To record and report all substitutions and temporary substitutions made during a game to the Referee for inclusion in the match report.

(iii) To display by means of electronic or manual board the numbers of Players being substituted.

(iv) 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.

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

(vi) To monitor and control the operation of the Sin Bin.

(vii) The Sideline Official 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 or other infraction of Rule by a team official which have not been noticed by the Referee.

(Notes in relation to additional provision " or other infraction of Rule by a team official":

(i) This addition to Rule comes into full effect for National Leagues and the Inter-County Championships (in both Codes and in all Grades) in 2021.

(ii) Other than as stated in (i) above, the addition applies from January 1st.2022.)

RULE 5 – MISCONDUCT AT GAMES BY TEAM OFFICIALS

Misconduct at Games by Team Officials consist of five Categories of Infractions which occur on or in the vicinity of the Field of Play and which occur immediately before, during or after a Game:

Category Ia

1a.1 To make an unauthorised incursion onto the Field of Play.

1a.2 To challenge the authority of a Referee, Umpire, Linesman or Sideline Official.

1a.3 To threaten or to use abusive or provocative language or gestures to an opposing player or team official.

1a.4 To threaten or to use abusive or provocative language or gestures to a player of own team.

PENALTIES ON THE DAY FOR THE ABOVE INFRACTIONS

(i) Caution offender by showing him a Yellow Card;

(ii) Order offender from the Pitch Enclosure for a second

Cautionable Infraction by showing him a second Yellow Card followed by a Red Card. The offender is debarred from the Pitch Enclosure for the remainder of the Game, including any Extra Time, when played, and he may not be replaced.

Category IIa

IIa.1 To use abusive language to a Referee, Umpire, Linesman or Sideline Official.

IIa.2 To engage in Disruptive Conduct.

Category IIIa

IIIa.1 Any type of physical interference with an Opposing Player or Team Official.

IIIa.2 To interfere with the playing of the Game.

Category IVa

Minor physical interference with (e.g. laying a hand on, pushing, pulling or jostling), threatening or abusive conduct towards, or threatening language to, a Referee, Umpire, Linesman or Sideline Official.

Category Va

Any type of assault on a Referee, Umpire, Linesman or Sideline Official.

PENALTY ON THE DAY FOR THE ABOVE CATEGORIES IIa, IIIa, IVa and Va INFRACTIONS:

Order offender from the Pitch Enclosure by showing him a Red Card. The offender is debarred from the Pitch Enclosure for the remainder of the Game, including any Extra Time, when played, and he may not be replaced.

(Notes:

(i) This Rule comes into full effect for the National Leagues and Inter-County Championships (in both Codes and in all Grades) in 2021.

(ii) The Penalties for Infraction 1a.1 above (based on Rule 1.4 Rules of Control - governing Entry to Field of Play/Incursions) applied from 27th. March 2021.

(iii) Other than as stated in (i) and (ii) above, the Rule applies from January 1st. 2022.)

For information purposes only:

Suspensions for the above infractions are governed by Rule 7.2 – Infractions, Official Guide Part 1. As a guide, the penalties, in part, are outlined below:

Category Ia

Being ordered from the Pitch Enclosure on foot of a second Cautionable Infraction.

(1) ***Fixed Penalty:*** Debarment from the Pitch Enclosure for the duration of the remainder of the game including Extra Time, when played, and may not be replaced.

(2) ***Fixed Penalty on a second Repeat Infraction (i.e. a third ordering off):*** 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.

(Notes:

(i) This Rule comes into full effect for the National Leagues and Inter-County Championships (in both Codes and in all Grades) in 2021.

(ii) The Penalties for breaches of Rule 1.4 Rules

of Control- governing Entry to Field of Play/ Incursions) applies generally at all Levels from 27th. March 2021.

(iii) Other than as stated in (i) and (ii) above, the Rule applies from January 1st.2022.)

Category IIa

(i) Abusive language towards a Referee, Umpire, Linesman or Sideline Official.

(ii) Disruptive Conduct.

Penalties - Notwithstanding provisions in other Rules:

(1) 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's competition.

(2) Minimum on Repeat Infraction - A Two 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 both game(s) occur(s) in the following year's competition.

Exceptions to (1) and (2) above:

Arising from the National League, the Inter-County Senior Championship or from a combination of both Competitions (all in the same Code), the above Penalties shall be substituted by:

(1) Minimum: A One Match Suspension in the same Code and at the same Level applicable to the next game in the combination of

the National League/Inter-County Senior Championship, even if the game occurs in the following year.

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

(Notes:

(i) This Section of Rule comes into full effect for the National Leagues and Inter-County Championships (in both Codes and in all Grades) in 2021.

(ii) Other than as stated in (i) above, this Section of Rule applies from January 1st. 2022. Pending that date, the Penalties applicable as of Congress 2021 continue to apply –

(1) Minimum: 8 weeks Suspension.

(2) Minimum on Repeat Infraction: 16 weeks Suspension.)

Category IIIa

(i) Any type of physical interference with an Opposing Player or Team Official.

(ii) Interference with the playing of the Game.

Penalties - Notwithstanding provisions in other Rules:

(1) 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;

(2) 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 to (1) and (2) above:

Arising from the National League, the Inter-County Senior Championship or from a combination of both Competitions (all in the same Code), the above Penalties shall be substituted by:

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

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

(Notes:

(i) This Section of Rule comes into full effect for the National Leagues and Inter-County Championships (in both Codes and in all Grades) in 2021.

(ii) Other than as stated in (i) above, this Section of Rule applies from January 1st. 2022. Pending that date, the Penalties applicable as of Congress 2021 continue to apply -

(1) Minimum: 12 weeks Suspension.

(2) Minimum on Repeat Infraction: 24 weeks Suspension.)

Category IVa

Minor physical interference with (e.g. laying a hand on, pushing, pulling or jostling), threatening or abusive conduct towards, or threatening language to, a Referee, Umpire, Linesman or Sideline Official.

Penalties:

(1) Minimum: 12 weeks Suspension;

(2) Minimum on Repeat Infraction: 24 weeks Suspension.

Category Va

Any type of assault on a Referee, Umpire, Linesman or Sideline Official.

Penalties:

(1) Minimum: 48 weeks Suspension, with offender's Team liable to Disqualification, where appropriate;

(2) Minimum on Repeat Infraction: 96 weeks Suspension, with offender's Team liable to Disqualification, where appropriate.

Suspensions for Categories IVa and Va above shall be applicable in all Codes and at all Levels.

Alternative Penalty to non-applicable Match Suspensions

When a Match Suspension cannot be applied in full or in part on a team official in the specified Competition, arising from such (non-exhaustive) circumstances as:

(i) The team concerned not being further involved in the specified competition,

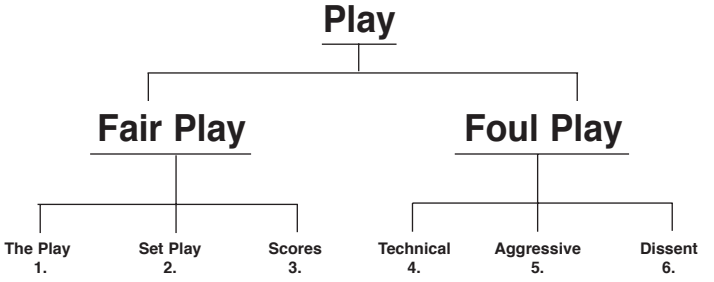
(ii) The team official not continuing to be involved with the team concerned

-a two weeks Suspension for each non-applicable One Match Suspension shall be proposed/imposed in the same Code and at same Level (or if not applicable, at an alternative appropriate Level at which the member concerned is involved as a team official).

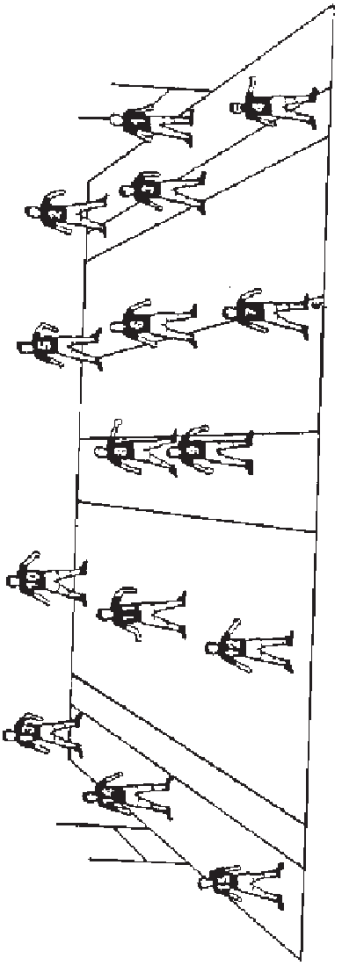
RULE 6 - LIMITATION OF LEGAL LIABILITY

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 and Temporary Rule 5.46)

(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; 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, sideline puck or puck-out, 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.

RULE 5 - AGGRESSIVE FOULS

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 with minimal force.

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 with arm, elbow, hand or knee either with force or causing injury.

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

5.28 To strike an opponent with a hurley, either with

force or causing injury..

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

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

5.31 To attempt to kick an opponent with force.

5.32 To stamp on an opponent.

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

5.34 To assault an opposing Team Official.

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

5.36 To commit any of the fouls listed in 5.26 to 5.33 (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.**

5.37 To commit any of the fouls listed in 5.26 to 5.33 (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

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

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

5.40 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

5.41 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

5.42 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.**

5.43 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.**

5.44 When an Aggressive Foul is drawn to the Referee's attention by an Umpire, Linesman or the Sideline Official, the Referee may apply the appropriate penalty as per Rule 5, and shall restart play as per Rule 2.

5.45 When an Aggressive Foul is committed, the Referee may allow the play to continue if he considers that this presents the potential of a goal-scoring opportunity or another advantage to the team offended by creating or capitalising on time and space. 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.

(Note: This Rule in general terms applies in all games but temporary Rule 5.46 provides more exceptional penalties in specified competitions and circumstances.)

5.46 Temporary Rule for application in the 2021 National Hurling League (all Divisions) and the Senior All- Ireland Hurling Championships (all Tiers):

Notwithstanding provisions of existing Playing Rules 2.2 Exception (i), 5 and specifically 5.45, if one of the following infractions is committed on an attacking player with a goal-scoring opportunity, either inside the 20-meter line or the semi-circular arc -

(a) To pull down an opponent (5.1) or

(b) To trip an opponent with hands, arm, leg, foot, or hurley (5.2) or

(c) To use the hurley in a careless manner (5.6), the following penalties shall apply -

(i) A Penalty Puck shall be awarded to the team affected.

(ii) Additional to being issued a Caution (Yellow Card), the offender shall be sent to the Sin Bin for 10 minutes unless the infraction is a second Cautionable Infraction in which case the offender shall be ordered off for the remainder of the game, including Extra-Time whenplayed.

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.

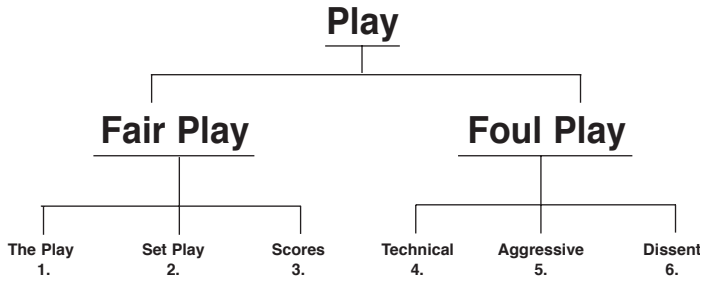
PROCEDURE

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.

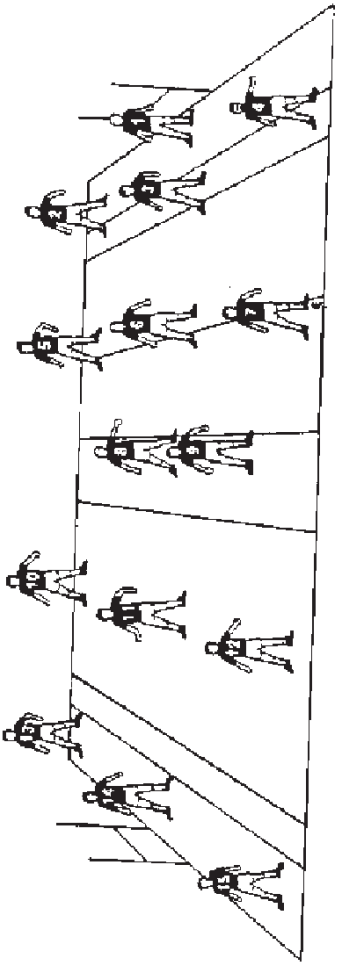
6.6 A team or a player(s) leaving the field without the Referee's permission or refusing to continue playing.

PROCEDURE - as in Rule 6.5
Any player willing to continue shall give his name to the Referee.

The Playing Rules of Gaelic Football



Line Out



The Rules of Football
Rules of Fair Play

RULE 1 - THE PLAY

1.1 The ball is in play once it has been thrown in or kicked after the referee has given a signal to start or restart play, and it remains in play until:

(a) the referee signals a stop;

(b) the ball has passed completely over any boundary line or strikes any flag marking the boundary lines;

(c) the ball has been prevented from going over any boundary line or is touched in play by anyone other than a player.

1.2 When the ball is on the ground, it may be played by any part of the body except the hand(s). It may be lifted off the ground with the feet.

Exceptions:

(i) The goalkeeper may play the ball on the ground with his hand(s) inside his own small rectangle.

(ii) Any player who falls or is knocked to the ground while in possession of the ball may fist or palm the ball away on the ground, and may score by so doing.

(iii) The ball may not be lifted off the ground with the knees.

1.3 When the ball is not on the ground, it may be played by any part of the body.

1.4 When a player is in possession of the ball, it may be:-

(a) carried for a maximum of four consecutive steps or held in the hand(s) for no longer than the time needed to take four steps;

(b) played from the foot to the hand(s) -toe-tapped;

(c) bounced once, and once after each toe-tap;

(d) changed from one hand to the other once, with the original holding hand maintaining contact until the change is completed;

(e) played away with:

(i) a fist

(ii) an open hand-in which instance there shall be a definite underhand striking action

(f) released for a kick, a toe-tap or a pass with a fist or an open hand.

The ball may be knocked from an opponent's hand(s) by flicking it with the open hand.

1.5 When the ball has not been caught, it may be bounced more than once in succession.

1.6 Player(s) may tackle an opponent for the ball.

1.7 Provided he has at least one foot on the ground, a player may make a shoulder to shoulder charge on an opponent:-

(a) who is in possession of the ball, or

(b) who is playing the ball other than when kicking it, or

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

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

1.8 A goalkeeper may move along his goal-line when a penalty kick is being taken.

1.9 For a run-up to a free kick or kick-out, a player may go outside a boundary line.

For a sideline kick, a player shall kick the ball from outside the boundary line.

Other than as stated above, players shall remain within the field of play.

1.10 A player may hold up his hands to intercept a free kick.

RULE 2 - SET PLAY

2.1 The Referee, facing the players, starts the game and restarts it after half-time, by throwing in the ball between two players from each team, who shall stand one behind the other in their own defensive sides of the half-way line. All other players shall be in their respective positions behind the 45m lines.

2.2 After a foul, play is restarted by a free kick or a throw-in (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.

(See Temporary Rule 5.42)

(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(a) & (b), 18, 19, 20, 27, 28, 29, 30, 31, 32, 33, 36;
Rule 5 - infractions 4;
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 centre point of the 20m line and shall be kicked forward.

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, outside the semi-circular arc 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.

(c) A player in direct receipt of a kick-out may not pass the ball to his team's goalkeeper without another player playing the ball.

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

The Referee shall award a Mark in either of the following circumstances:

(i) 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.

or

(ii) When a player catches the ball cleanly on or inside a 45m line from a kick in play (i.e. not from set-play) delivered by an attacking player on or beyond the opposing team's 45m line, that travels at least 20m and without it touching the ground.

The following procedures shall apply:

(a) Free Kick

The player shall signify to the Referee if he is availing of the free-kick by immediately raising his arm upright and then taking the kick himself from the hands. The free kick shall be taken from the point where the Mark is awarded except in the case of a Mark awarded to an attacking team inside a 13m line when the free shall be taken from the point on the 13m line directly in line with where the Mark is awarded.

Once the player indicates he is taking the 'Mark', the Referee shall allow up to fifteen seconds for the player to take the kick. If the player delays longer than fifteen 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 13m to allow the player space to take the kick. If an opposing player deliberately blocks or attempts to block the kick within

13m, 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, up to opponents' 13m line.

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 this may only be allowed in exceptional circumstances.

A score may be made from a free awarded for a Mark.

(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.

Exception:

(b)(i) and (ii) above shall not apply when a player opts to play on immediately from a Mark awarded in either the large or small rectangle.

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 awarded under Rule 2.10 (i) (a)

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, inside the semi-circular arc or nearer than 13m from the ball until a kick-out is taken.

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

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 13m to allow space for the kick to be taken, to deliberately block or attempt to block the kick within 13m, or to impede the free taker when he is taking the kick.
PENALTY - Free kick 13m more advantageous than place of original free kick up to the 13m line.

(c) In the case of a Player awarded a Mark outside the large or small rectangle 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, sideline kick or kick-out 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 (except as provided in Rule 2.7) or semi-circular arc when one's team is taking a kick-out.

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 center point of the 20m line.

or

Not to kick the ball forward.

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 A player in direct receipt of a kick-out may not pass the ball to his team's goalkeeper without another player playing the ball.

PENALTY - A free kick from the position the goalkeeper receives the pass, or if the goalkeeper is inside the 13m line (whether he is inside the small rectangle or not) when in receipt of the pass, the free will be from the 13m line opposite where the foul occurred.

4.34 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.

4.35 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.

4.36 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.

RULE 5 - AGGRESSIVE FOULS

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..

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 for ten minutes in the Sin Bin by showing him a Black Card.**

Exception: If the offender has previously in the game received a Yellow Card for committing a Cautionable Infraction, he shall be shown a Black Card, followed by a Red Card, and ordered off for the remainder of the game, including any Extra-Time when played.

(ii) **If on resuming play after serving ten minutes in the Sin Bin, a player commits a further Cynical Behaviour Infraction (Black Card) or a Cautionable Infraction (Yellow Card) he shall be shown a Black or Yellow Card, as appropriate, followed by a Red Card, and ordered off for the remainder of the game, including any Extra-Time when played.**

(iii) **Applicable to 5.10 - 5.13.**

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

(iv) **Applicable to 5.14 only.**

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 with minimal force.

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 to attempt to strike an opponent by arm, elbow, hand, or knee with force or causing injury.

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

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

5.27 To attempt to kick an opponent with force.

5.28 To stamp on an opponent.

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

5.30 To assault an opposing Team Official.

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

5.32 To commit any of the fouls listed in 5.24 to 5.29 (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.**

5.33 To commit any of the fouls listed in 5.24 to 5.29 (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

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

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

5.36 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

5.37 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

5.38 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.**

5.39 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.**

5.40 When an Aggressive Foul is drawn to the Referee's attention by an Umpire, Linesman or the Sideline Official, the Referee may apply the appropriate penalty as per Rule 5, and shall restart play as per Rule 2.

5.41 When an Aggressive Foul is committed, the Referee may allow the play to continue if he considers that this presents the potential of a goal-scoring opportunity or another advantage to the team offended by creating or capitalising on time and space.

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

(Note: This Rule in general terms applies in all games but temporary Rule 5.42 provides more exceptional penalties in specified competitions and circumstances.)

5.42 Temporary Rule for application in the 2021 National Football League (all Divisions) and the Senior All-Ireland Football Championships (all Tiers):

Notwithstanding provisions of existing Playing Rules 2.2 Exception (i), 5 and specifically 5.41, if a Category II Infraction (Cynical Behaviour) is committed on an attacking player with a goal-scoring opportunity, either inside the 20-meter line or the semi-circular arc, a Penalty Kick shall be awarded to the team affected.

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 for first Infraction - the offender shall serve ten minutes in the Sin Bin.*

Exception:

If the offender has previously in the game received a Yellow Card for committing a Cautionable Infraction, he shall be debarred from playing for the remainder of the game, including any Extra-Time when played

(ii) *Fixed Penalty - If on resuming play after serving ten minutes in the Sin Bin, a player commits a further Cynical Behaviour or a Cautionable*

Infraction, he shall be debarred from playing for the remainder of the game, including any Extra-Time when played.

(iii) *Fixed Penalty for the accumulation of three ordering-offs for Cynical Behaviour or Second Cautionable infractions committed in the same year in the National Football League, the Inter-County Senior Football Championship or in a combination of both Competitions:*

A One Match Suspension applicable to the next game in the combination of the National Football League/Inter-County Senior Football Championship, even if that game occurs in the following year.

The Penalty of serving the ten minutes in the Sin Bin shall not count as an "ordering off' under this provision of Rule

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 for a Cynical Behaviour Infraction (Football)
	Red Card – The Card shown to a player who is ordered off for the remainder of the game including any Extra Time.
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. or To catch the ball cleanly on or inside a 45m line from a kick in play (i.e. not from set-play) delivered by an attacking player on or beyond the opposing team's 45m line, that travels at least 20m and without it touching the ground.
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. SIN BIN (Football) SIN BIN (Hurling) Temporary under Playing Rule 5.46	An area outside the Field of Play designated for players who are ordered off for 10 minutes.
18. 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.

19. THROW	When the ball, held in the hand(s), is played away without a definite striking action.
20. 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.
21. TOE-TAP	To release the ball from the hand(s) to the foot and kick it back into the hand(s).
22. 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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GAA Páirc An Chrócaigh,
Baile Átha Cliath 3

GAA, Croke Park,
Dublin 3