



Dublin Ladies Gaelic Football

2016 PLAYING RULES & REGULATIONS U13 to Adult

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1. Playing Information and Regulations

DUBLIN LADIES – PLAYING REGULATIONS 2016

These Regulations are in conjunction with the Official Guide of Cumann Peil Gael na mBan & the Dublin Ladies Gaelic football Bye-Laws.

Current editions of both documents can be downloaded from our website www.dublinladiesgaelic.ie.

Information on the Code of Ethics & Good Practice for Young Players is also available from the website and outlines the principles for the purpose and conduct of our games.

General Regulations:

*Changing
the date of
a fixture*

For this to be permitted both clubs MUST agree on an alternative date **BEFORE** seeking permission to change a game from the Fixture Co-ordinator for your competition. No Games can be moved or changed without the permission of the relevant co-ordinator. Failure to adhere to

2016 Playing Rules and Regulations, U13 to Adult

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| | <p>this WILL result in the loss of points. The onus is on BOTH teams to inform the referee of any change. By agreement fixtures may be brought forward to any extent but must be agreed by the coordinator, if fixtures are being put back a seven-day rule applies to juvenile fixtures and a twelve-day rule to adult games. Only the coordinators or Fixtures Officer may bring proposed exceptions to these rules to the attention of the Executive.</p> |
| <p><i>Referee's expenses, team sheets and player numbering.</i></p> | <p>All referees expenses will be €20 per team* and expenses and Team Sheets are to be given to the Referee BEFORE the game begins. Players Jersey numbers must correspond with the numbers on the Team Sheet. [If a jersey is missing, the original number should be crossed off and replacement number inserted in its place]</p> <p>*€10 per team for small sided games U8 to U11, €15 for U12 games</p> |
| <p><i>Contacting the Referee</i></p> | <p>All Team Mentors must contact the referee at least 48 hours in advance of the fixture to confirm his/her availability. Referee details are circulated to all clubs. If the appointed referee is not available inform the referee's coordinator immediately.</p> |
| <p><i>Behaviour & Conduct</i></p> | <p>Clubs are responsible for ensuring that referees, officials and the opposition are treated with respect at all times <u>by everyone</u> with their club.</p> |
| <p><i>Attire</i></p> | <p>See LGFA Official Guide (Rule number omitted)</p> <p>"The attire to be worn shall consist of jersey, shorts, socks and boots.</p> <p>Penalty for breach of this rule shall be €100. For all games undergarments/compression shorts should not exceed the length of the shorts and be of the same colour as the outer garments. The goalkeeper may wear track-suit bottoms."</p> |
| <p><i>Notification of Results</i></p> | <p>It is the responsibility of the Home clubs to ensure their designated results official sends the text results back to e-sportsmanager after all games. If there is a problem with the text, please text the game result to the relevant coordinator (see list at end of this document).</p> <p>It is recommended that each team check the website to ensure that the correct result has been entered.</p> |

Times &
Days of
Games

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| Under 8 alternating weeks | 10am Sunday |
| Under 9 Alternating weeks | 10am Sunday |
| Under 10 Alternating weeks | 2pm Saturday |
| Under 11- Alternating weeks with football cup | Proposed as 12 Noon Sunday |
| Under 12- Pattern of one week both, one week football one week camogie with football cup | Proposed as 1pm Saturday |
| Under 13 | Proposed as Saturday 4pm |
| Under 14 | Sunday 1pm [wintertime] Friday 7.30pm [summer]*# |
| Under 15 | Sat 1.30pm |
| Under 16 | Sun 4.30pm |
| U18 and U17 | Saturday 3 pm [winterime], Monday 7.30pm [summer]* |
| Adults | Wednesday 7.30pm* Or Monday 7.30pm*as required,** Sunday if needed late in season |

* Games are played earlier at start and end of season and are set to move out from 6.30 at start of season, moving out stepwise to 7.30 as light allows, and in reverse at the end of the season

#Where Intercounty games are set at a weekend the affected games (games involving panelists) at all ages will be set for the following Monday. If the Intercounty game is set for Saturday and the default day for the club game is Sunday the Sunday fixture remains in place. If the intercounty game is set before end of March the club game will be set for the first available Monday after the end of March

** Adult Monday games will be set from time to time to accommodate intercounty fixtures and delayed games, but will not be set to clash with scheduled Minor/U17 games. Occasionally games will be set for different days

Small sided Games

The Under 8s, 9s, 10s 11s and 12s play small sided games similar to GAA "GO Games" concept. The concept is outlined in this extract from the GAA: "The underlying philosophy where Go Games are concerned is one of full participation and fair play where each player gets to play the entire game (no subs where practical) and plays in a number of different playing positions during the course of each game. The games are small sided and the emphasis is on participation rather than the result." These games rules are presented in a separate document.

2. Adult Games

ADULT COMPETITION REGULATIONS

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| <i>General</i> | The official rules of the Ladies Gaelic Football Association will apply to all games and in line with rule 151(C) of 2009 Guide where a County can organise its own competitions please note the following that is relevant to competitions under the control of the Dublin Ladies County Board |
| <i>Schedule</i> | Games are scheduled for Wednesday evenings at 19.30hrs or as decided by Fixtures Secretary on instruction from the Executive Committee. The season starts in April. Games will be set earlier when daylight is restricted. |
| <i>Game Rules</i> | <ul style="list-style-type: none"> no modifications |
| <i>Substitutions</i> | <ul style="list-style-type: none"> Max 5 permitted in League & Championship |
| <i>No. of Players</i> | <ul style="list-style-type: none"> 15 a side in League and Championship + 5 substitutes |
| <i>Cup Competition</i> | <ul style="list-style-type: none"> The Cup Competition must be played with/without Inter County players depending on inter county requirements. All CUP games are played at 13 a side but maximum available up to 15 a side to be played with sides being equalised for injuries. <p>Semi final and final to be played, (semi is 1 v4 and 2 v3 for single group and winner group vs second in other group for 2-group competitions), toss for venue for final</p> <p>In the event of a tie to qualify for the semi-final the rules shall be the same as for</p> |

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| | <p>Championship rules below</p> <p>There is a fine of €50 per match matches for third and subsequent walkover in Adult Cup matches unless there are mitigating circumstances.</p> <ul style="list-style-type: none">• Unlimited Substitutions allowed in Cup Games ONLY |
| <p><i>Championship Rules</i></p> | <ul style="list-style-type: none">• League rounds to be drawn before the competition starts• Where there are uneven numbers of teams, the arrangement of rounds and qualifiers to be arranged in advance of the competition• Should a round be or become only two teams, both shall play each other twice – home and away• In the event of a tie to qualify from the round: When two teams tie<ul style="list-style-type: none">• The result of the game between the two teams shall decide• if a drawn game, the number of points scored to decide• Where this doesn't decide, the score difference shall be used to decide When more than two teams tie<ul style="list-style-type: none">• Where more than two teams tie in the round, the score difference shall be used to rank the teams followed by the game result if two teams are still left in a tie. Semi-finals will be played 1 v 4: 2 v 3. This applies when there are four groups, where there are two groups first in group A plays second in Group B and vice versa If the competition requires another format this should be set out before the competition starts• In the event of a drawn game in semi finals or finals<ul style="list-style-type: none">• extra time shall be played [10mins each half] – except Parnell Park under lights for a double feature• a further period of 20mins [10 mins each half] if the game is still drawn• 5 kicks [Points not goals] to be taken by each side from the 21m line in the event of a draw after extra time. Each player may take one attempt only. Should the player overstep the line before taking the kick that kick |

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| | <p>shall be void, any score will not count and that player may not re-take.</p> <ul style="list-style-type: none"> • Sudden death thereafter. |
| <i>League Rules</i> | <ul style="list-style-type: none"> • Leagues may be double rounds where there are 6 or fewer teams in the competition • In the event of a tie for the top placed teams there shall be a play off(s) as per the Official Guide • Ties in second place [top] shall be decided by: <ul style="list-style-type: none"> • The result of the game between the two teams • In tied games, the points (not goals) scored in the tied game • The score difference • Where more than two teams tie, the score difference shall be used first |
| <i>Venue</i> | <ul style="list-style-type: none"> • Home and Away venues reverse for Cup and League, If Team A is home to Team B in the first fixed match (whether that be Cup or League) they will be fixed away for the other fixture with that team. |

Note the following from the Official Guide

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| <i>Pitch, Goals, etc</i> | <ul style="list-style-type: none"> • Full Size Pitch and Full Size Goals • Size 4 Ball • Each Team must supply at least one match football |
| <i>Sin Bin</i> | <ul style="list-style-type: none"> • The Sin Bin Rule applies |
| <i>Free Kicks</i> | <ul style="list-style-type: none"> • ALL free kicks may be taken from the hand or from the ground [except 45m, off the ground] |

3. Regulations for Juvenile Games (U13 to U18)

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| <i>Number of Players</i> | <p>Division 1 is 15 a side</p> <p>Division 2: Maximum available* up to 15 [minimum 13] with sides being</p> |

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| | <p>equalised for injuries.</p> <p>Division 3 and below: Maximum available* up to 15 [minimum 11] with sides being equalised for injuries.</p> <p><i>Note that 11 players MUST start the game – Official Guide Rule 383* Maximum available means that the team present with the lowest number of players- provided that it meets the criteria for its division, determines the number of starting players on the pitch irrespective of how many players the other team has. If the determining team loses a player through injury or otherwise, the other team must remove a player to equalise the sides. For e.g;</i></p> <ul style="list-style-type: none"> ○ <i>Team A [Div 2] has 17 players & Team B has 14. The game is 14-a-side and Team A has 3 players on the bench. Team B loses a player through injury – Team A removes a player and has 4 players on the bench</i> ○ <i>Team A [Div 2] has 12 players and Team B has 20. In Div 2 the minimum is 13 so Team B can put 13 of its 20 out against the Team A's 12. If Team A loses a player there is no effect on Team B as this is below the '13-a-side' threshold.</i> ○ <i>Team A [Div3] has 25 players and Team B has 10. No game as this is outside the Rules of the Association. A 'friendly' may be played and the Referee so note it in the Report. Points to Team A.</i> |
| <p><i>Substitutes</i></p> | <p>Unlimited in League – See Championship Rules for details in that competition</p> |
| <p><i>Wednesday Games</i></p> | <p>For 'back matches' the permission of the fixtures secretary is needed for matches on a Wednesday (due to restricted availability of referees)</p> |
| <p><i>Competitions</i></p> | <ul style="list-style-type: none"> ○ U13 to Minor play League, Under 13 play cup and under 14 to Minor play Championship. |
| <p><i>Championship/Cup</i></p> | <ul style="list-style-type: none"> • League Rounds to be drawn before the Competition starts • Unlimited substitutions for Cup (U13) • For Championship Div 1 be 15-a-side with up to 5 substitutions allowed, Div 2 be 13-a-side with up to 7 substitutions allowed and lower divisions be 11-a-side with 9 substitutions allowed. Should a replaced player be reintroduced this uses up a substitution. • Where there are uneven numbers of teams, the arrangement of rounds and qualifiers to be arranged in advance of the competition • Should a round be or become only two teams, both shall play each other |

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| | <p>twice – home and away</p> <ul style="list-style-type: none"> • In the event of a tie to qualify from the round: <p>When two teams tie</p> <ul style="list-style-type: none"> • The result of the game between the two teams shall decide • if a drawn game, the number of points scored to decide • Where this doesn't decide, the score difference shall be used to decide <p>When more than two teams tie</p> <ul style="list-style-type: none"> • Where more than two teams tie in the round, the score difference shall be used to rank the teams followed by the game result if two teams are still left in a tie. <p>Semi-finals will be played 1 v 4: 2 v 3, This applies when there are four groups, where there are two groups first in group A plays second in Group B and vice versa. If the competition requires a different format this should be set out before the competition starts</p> <ul style="list-style-type: none"> • In the event of a drawn game in semi finals or finals <ul style="list-style-type: none"> • extra time shall be played – 20mins [10mins each half] • a further period of 20mins [10mins each half] if the game is still drawn* <p style="text-align: center;"><i>*this further period is 10mins [5mins each half at U13]</i></p> <p>5 kicks [points not goals] to be taken by each side from the 21m line in the event of a draw after extra time except at U13 where the kicks are taken from the 13m line. Each player may take one attempt only. Should the player overstep the line before taking the kick that kick shall be void, any score will not count and that player may not re-take.</p> <ul style="list-style-type: none"> • Sudden death thereafter. |
| <p><i>Deciding the League</i></p> | <ul style="list-style-type: none"> • In the event of a tie for first and second placed teams there shall be a play off(s) as per the Official Guide. Where there has been a single round the playoff shall be fixed in the "reverse venue" to the round robin match, |

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| | <p>otherwise a coin toss shall decide which team has home venue for the play-off</p> <ul style="list-style-type: none"> • Ties in second place [top] shall be decided by: <ul style="list-style-type: none"> • The result of the game between the two teams • In tied games, the points (not goals) scored in the tied game • The score difference <p>Where more than two teams tie, the score difference shall be used first</p> <ul style="list-style-type: none"> • Where there is a tie in the league to decide between 'top group & bottom group' it shall be decided by: <ul style="list-style-type: none"> • The result of the game between the two teams • In tied games, the points (not goals) scored in the tied game • The score differences if more than two teams |
| <p><i>League Format</i></p> | <p>5 or 6-Team Leagues</p> <p>Double round , total 10 matches for 6 team 8 for 5 team (10 match dates needed)</p> <p>7-Team Leagues (Revisit?)</p> <p>As for 8 team leagues (see below) with the bye going into the bottom 4, top four get 9 matches, bottom 3 get 8 matches (10 match dates needed)</p> <p>8-Team leagues (Revisit?)</p> <p>Play a single round (phase 1), then split into two competitions and continue to play additional games (top 4 bottom 4) for final positions within the top or bottom 4 (phase 2), the points from phase 1 carry into phase 2. Total 10 matches (10 match dates needed). Home & Away applies where teams meet for a second time in the competition.</p> <p>9 -Team leagues</p> <p>As 10- team leagues with a 'bye' each week. 9 match dates needed</p> |

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| | <p>10-Team leagues</p> <p>Play a Single round, total 9 matches (9 match dates needed)</p> <p>11-Team leagues</p> <p>Play a Single round, total 10 matches (11 match dates needed)</p> <p>12-Team leagues</p> <p>Play a Single round, total 11 matches (11 match dates needed)</p> |
| <p><i>Kick-Outs & 45s</i></p> <p><i>[From the Official Guide]</i></p> | <p>In competitions up to and including Under 14, the Kick Out after a Wide, may be taken from the hands or off the ground from 13m from the goal and must travel 7m line before being played by another player. Other players to be 13m away when the Kick Out is taken.</p> <p>45s - In grades up to and including Under 14, the player has the option of kicking it from the hands or off the ground.</p> |

4. Regulations specific to individual Age-Groups (U13 to U18)

U17 and U18 COMPETITION REGULATIONS

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| <i>General</i> | The official rules of the Ladies Gaelic Association will apply to all games, however the following exceptions will apply: |
| <i>Game Rules</i> | <ul style="list-style-type: none"> • See General Regulations & Regulations for Juveniles |
| Note the following from the Official Guide | |
| <i>Pitch, Goals, etc</i> | <ul style="list-style-type: none"> • Full Size Pitch and Full Size Goals • Size 4 Ball • Each Team must supply at least one match football |

2016 Playing Rules and Regulations, U13 to Adult

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| <i>Sin Bin</i> | <ul style="list-style-type: none"> The Sin Bin Rule applies |
| <i>Free Kicks</i> | <ul style="list-style-type: none"> ALL free kicks may be taken from the hand or from the ground Except 45m free kicks are taken off the ground |

Under 16 COMPETITION REGULATIONS

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| <i>General</i> | The official rules of the Ladies Gaelic Association will apply to all games, however the following exceptions will apply: |
| <i>Game Rules</i> | <ul style="list-style-type: none"> See General Regulations & Regulations for Juveniles |

Note the following from the Official Guide

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| <i>Pitch, Goals, etc</i> | <ul style="list-style-type: none"> Full Size Pitch and Full Size Goals Size 4 Ball Each Team must supply at least one match football |
| <i>Sin Bin</i> | <ul style="list-style-type: none"> The Sin Bin Rule applies |
| <i>Free Kicks</i> | <ul style="list-style-type: none"> ALL free kicks may be taken from the hand or from the ground Except 45m free kicks are taken off the ground |

Under 15 COMPETITION REGULATIONS

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| <i>General</i> | The official rules of the Ladies Gaelic Association will apply to all games, however the following exceptions will apply: |
| <i>Game Rules</i> | <ul style="list-style-type: none"> See General Regulations & Regulations for Juveniles |

Note the following from the Official Guide

| | |
|--------------------------|---|
| <i>Pitch, Goals, etc</i> | <ul style="list-style-type: none"> Full Size Pitch and Full Size Goals |
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2016 Playing Rules and Regulations, U13 to Adult

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| | <ul style="list-style-type: none"> • Size 4 Ball • Each Team must supply at least one match football |
| <i>Sin Bin</i> | <ul style="list-style-type: none"> • The Sin Bin Rule applies |
| <i>Free Kicks</i> | <ul style="list-style-type: none"> • ALL free kicks may be taken from the hand or from the ground • Except 45m free kicks are taken off the ground |

Under 14 COMPETITION REGULATIONS

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| <i>General</i> | The official rules of the Ladies Gaelic Association will apply to all games, however the following exceptions will apply: |
| <i>Game Rules</i> | <ul style="list-style-type: none"> • See also General Regulations & Regulations for Juveniles |
| <i>Féile</i> | Special Rules apply to the Féile Competition |

Note the following from the Official Guide

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| <i>Pitch, Goals, etc</i> | <ul style="list-style-type: none"> • Full Size Pitch and Full Size Goals • Size 4 Ball • Each Team must supply at least one match football |
| <i>Sin Bin</i> | <ul style="list-style-type: none"> • The Sin Bin Rule applies |
| <i>Free Kicks</i> | <ul style="list-style-type: none"> • ALL free kicks [incl 45m kicks] may be taken from the hand or from the ground |
| <i>Kick Outs after Wides</i> | <ul style="list-style-type: none"> • From the hands or off the ground from the 13m line and must cross the 20m line, |

Under 13 COMPETITION REGULATIONS

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| <i>General</i> | The official rules of the Ladies Gaelic Association will apply to all games, however the following exceptions will apply: |
| <i>Game Rules</i> | <ul style="list-style-type: none"> • see "Note the following EXCEPTIONS from the Official Guide" below |

Note the following EXCEPTIONS from the Official Guide

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| <p><i>Pitch, Goals, etc</i></p> <p><i>Free Kicks</i></p> | <ul style="list-style-type: none"> The pitch should be approximately 115 metres by 85 metres. This is approximately full-size pitch with Goalposts positioned on the 13 metre line |
| | <ul style="list-style-type: none"> The goals should be 4.57 meters by 2.13 meters, i.e. 15 foot by 7 foot |
| <p><i>Sin Bin</i></p> | <p>In any competition up to and including the Under 13 grade, the Sin Bin rule shall not apply. The player shall be shown the Yellow Card and if she commits another Cautionable Offence, she shall be shown a 2nd Yellow Card, followed by a Red Card and sent off the field of play for the duration of the game, and any Extra Time that may be played.</p> |
| <p><i>Free Kicks</i></p> | <ul style="list-style-type: none"> At U13 all free kicks [incl 45m kicks] may be taken from the hand or from the ground |
| <p><i>Kick Outs after Wides</i></p> | <ul style="list-style-type: none"> From the hands or off the ground from the goal and must travel 7m line before being played by another player. Other players to be 13m away when the Kick Out is taken. |
| <p><i>Regulations</i></p> | <ul style="list-style-type: none"> See also General Regulations & Regulations for Juveniles |

Rules for U8 to U12 games are contained in a separate booklet