

WPFG ABRIDGED RULES: GAELIC FOOTBALL - Page 1

GUIDING BODIES

World Police and Fire Games Federation (WPFGF)
8304 Clairemont Mesa Blvd., # 107, San Diego, CA 92111 USA
Tele. (619) 571-9919 FAX: (619) 571-1641 E-Mail: 4info@cpaf.org

International Gaelic Athletic Association, GAA
(Cumann Luthcleas Gael)
Croke Park Stadium
Dublin 3 URL: www.gaa.ie; Phone; +353 1 8363222; Fax; +353 1 8558436

EVENTS

UNISEX OPEN

Rosters are limited to a maximum of 12 team members (7 players and 5 substitutes) plus a non-playing coach.

A minimum of 7 team members (including goalkeeper) on the field with free substitution from registered players during play. Competitors can only compete for one team.

BRACKETING

Round Robin (Group Play). Followed by Single Elimination finals. Format may be modified depending upon number of teams entered.

UNIFORMS

All team members shall wear like uniforms consisting of contrasting colors. The goalkeeper will wear a contrasting color to the rest of his/her team. If there is a clash in colors between teams a coin shall be tossed to decide which team is to wear a change in colors.

Boots may have studs (cleats); NO steel studs.

GENERAL SPORT RULES FOR Gaelic Football

Teams will be requested to provide 4 umpires and 2 sideline officials for all finals games.

Once the tournament begins, teams may not add new players to their roster.

A team consists of 7 players and a maximum of 5 substitutes, who may be called into the game at any stage. A team may make unlimited substitutions and substitutions must be made at the halfway line on

WPFG ABRIDGED RULES: GAELIC FOOTBALL - Page 2

a pre-designated side of the pitch. A team who repeatedly fails to comply with this rule shall be given a warning.

Every team shall have a goalkeeper, and six outfield players. If it is not made obvious to the referee who the goalkeeper is (by different color jersey, cap, arm-band) the referee may choose not to allow the usual privileges normally given to the goalkeeper in the small parallelogram (i.e. no tackling).

The Game

All matches shall be 10 minutes per half in duration with a 3 minute half time interval. Finals shall be 12 minutes per half in duration with a 4 minute interval.

Passing / Running With the Ball

The ball can be struck with the hand and kicked. Players may kick the ball from the ground or out of their hands. When a player is making an attack with the ball in their hands they may not exceed the maximum of four consecutive steps. If the player wants to continue the move he/she must either bounce the ball off the ground or toe-tap it.

A toe-tap is to release the ball from the hands to the foot and kick it back to the hands. A toe-tap can also be known as a solo.

A player may not lift the ball from the ground whilst kneeling or lying on the ground. A player may hand-pass the ball whilst falling to the ground or immediately after falling to the ground, whilst in control of the ball, after that he/she must release the ball. If a player is knocked to the ground whilst in control of the ball and he/she returns to his/her feet in one continuous motion he/she may pass the ball.

A legal 'hand pass' is committed by a player who makes it apparent to the referee that a clean striking action has occurred (to clearly show that the ball was not thrown).

The Tackle

A defending player may try to dispossess an attacking player by one of two methods:-

- Tackling 'shoulder-to-shoulder' i.e. making fair contact with his/her shoulder to the other player's shoulder to try and unbalance him/her. The defender may not use his/her hip or elbow in the tackle, and one foot has to be on the ground during the whole tackling procedure. A player may use the shoulder to push a player away from the ball whilst both of them are chasing a 'fifty-fifty' ball i.e. no team is in proper possession of the ball.
- He/She may attempt to knock the ball from the attacker's hands with the open palm. Only one hand can be used, and the defender cannot try to pull it from the attacker, he/she must knock it cleanly from his/her possession.

If either of these rules is breached, the referee awards a free to the attacking player. Consistent personal fouling by a player may warrant a booking from the referee

WPFG ABRIDGED RULES: GAELIC FOOTBALL - Page 3

Sliding tackles are not permitted. A free will be awarded against such an offence. It may also warrant a yellow card. Sliding pick-ups are also prohibited.

As a player is kicking the ball from his/her hands, a defending player may not tackle the player using his/her leg.

Dead Ball – The restart

If the ball goes out over the end line off one of the defending players a '45' meter free kick is awarded to the attacking team. An attacking player will then take a free kick forty-five meters from the goal (Equivalent of corner kick in soccer).

If the ball goes out of play over the sideline the referee will award a 'sideline kick'. The player taking the kick must kick the ball out of their hands or from the ground. Under no circumstances can the player throw the ball into play as is the case in soccer.

If the ball goes over the end line without going off a defending player, the game shall be restarted from within the small parallelogram (6 meter box). If a point or goal is scored, the game is restarted anywhere within the large parallelogram.

Square Ball

If an attacking player is within his/her opponents' small parallelogram before the ball enters, it is deemed a 'square ball', and a free out to the defending team. However, if the ball enters before him/her, or enters, is cleared and played back into the small parallelogram before he/she has time to exit, a foul is not called.

Scoring

A 'point' is scored when the ball is played over the crossbar between the posts by either team.

A 'goal' is scored when the ball is played over the goal line between the posts and under the crossbar by either team. A goal is equal to three points.

If a defending player plays the ball through his/her own goalposts, whether by foot or by hand, the appropriate score is awarded to the attacking team. A defending player may score an own goal with a hand pass.

Substitutions

A team may make unlimited substitutions from the half-way line / side line. An umpire will be assigned to monitor the changes. Teams are expected to willingly appoint a person (when they are not playing) to take on this task.

A player substituting on must wait until the player being substituted off reaches the half-way / side line before he/she can enter the field of play. A player who is replacing a player, who gets injured and is removed on the pitch at any other area other than the pre-designated substitution zone, must wait until the referee signals that he/she may enter the field of play.

WPFG ABRIDGED RULES: GAELIC FOOTBALL - Page 4

Any team who breaches this rule may be punished by a 45 meter free. The referee may punish an oncoming substitute with a yellow card if a team repeatedly breaches this rule and the referee has given a warning card as well as a 45 meter free kick being awarded. The referee shall use his/her discretion in all cases.

Fouling

There are many ways that a player can commit a foul.

Technical fouls include:

- throwing the ball instead of hand passing it,
- deliberately placing your body over the ball therefore 'killing' the ball,
- wrestling the ball from an opponent who has caught the ball,
- bouncing the ball more than once consecutively after catching it,
- picking the ball up with the hands from the ground, or handling the ball while it is on the ground.

Personal Fouls include:

- **Pulling:** No player may pull the jersey of an opposing player during the game, whether it is whilst running for the ball, tackling an attacking player, or during quiet periods of play. Consistent pulling of an opposing player's jersey may warrant a booking, and if the foul is committed at a later time and noted by the referee, this mandates a yellow card, and, if that player persists then a sending off,
- **Pushing:** A free is awarded if one player pushes an opposing player, whilst chasing him/her, tackling him/her, or if one player is in front of another for a catch and the player behind pushes his/her opponent to get a better chance of catching the ball.

Players will not usually be booked for committing technical fouls as they are seen as minor offences. Personal Fouls are bookable/ yellow cardable offences. However players will be Red Carded for aggressive fouls:

Aggressive Fouls include:

- Striking an opponent with any part of the body
- kicking or attempting to kick an opponent
- stamping on an opponent
- behaving in a dangerous fashion towards an opponent
- striking or attempting to strike an official

Another form of foul is 'Dissent'. And a player may be booked, yellow carded or red carded for such an offence. The referee shall use his/her discretion in all such cases.

In the case of Personal Fouls, if a player has been booked once, and commits a bookable offence, he/she will receive a yellow card. Any subsequent bookable offence will result in that player being 'sent off', as is a player if he/she has received a straight red card. This applies whether the yellow card comes before or after the booking.

A player who is sent off as a result of culmination of Technical or Personal fouls shall be suspended from participating in the following game.

WPGF ABRIDGED RULES: GAELIC FOOTBALL - Page 5

A player who is sent off as a result of an aggressive foul shall be suspended from participating in the remainder of the competition.

There are no appeals against the above rules on fouling for the duration of the suspension.

Frees & Penalties

This section deals with the penalties for fouls committed by players.

If a foul is committed outside the fourteen-yard line, the free is to be taken by a player on the attacking side, from either the ground or the hands.

For any foul committed inside the 14-yard line, but outside the large parallelogram, are brought out to the 14-yard line, perpendicular to the end line. The free may be taken from the ground or hand, and the same rules apply to the free taker if the free is being taken from the hand.

If a personal foul to an attacking player is committed within his/her opponents' large parallelogram, a penalty to the attacking team is awarded. Penalties are one-on-one frees taken from the 14 yard line, directly in front of the center of goal. In this sport only the defending goalkeeper may defend the penalty, who must stay on his/her goal line whilst the penalty is being taken. All players (except the player taking the penalty and those on the line) must be 14 yards away from the ball and outside the 14-yard line, and may not encroach on these boundaries until the ball has been played. These boundaries will be clearly identified on the field.

If a technical foul is committed by a defending player within his/her own large rectangle, but outside the small parallelogram, a 14-yard free is awarded to the attacking team.

If a technical foul is committed by a defending player inside his/her own small parallelogram, a penalty is awarded to the attacking team.

Late Arrivals

Any team which fails to get a minimum of 5 players on the pitch at the expected time of kick off (4 minutes prior to game kick-off) shall have a walk-over awarded against it. The team getting the walk-over shall be deemed to have won by 3 goals and 3point. (12 points in total).

A team which fails to show on time during the knock out stages shall have a walk-over awarded against it.