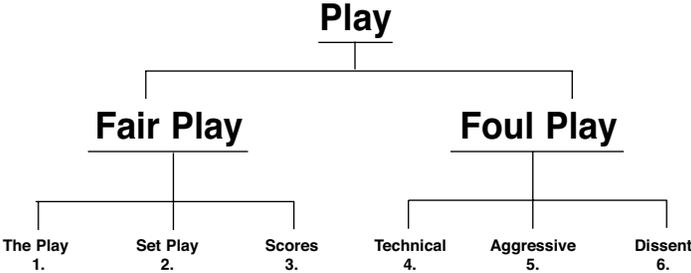
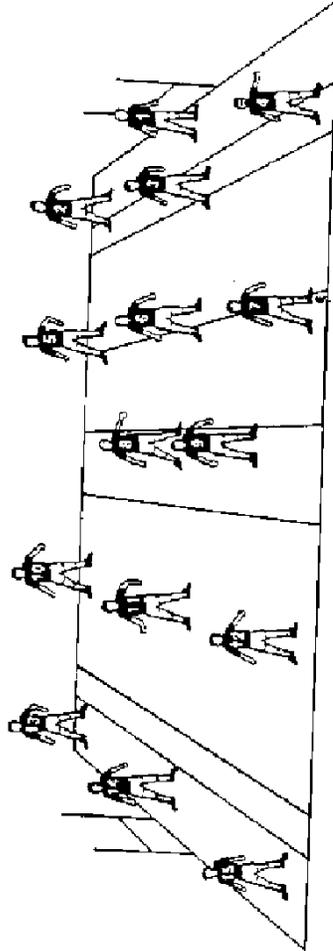




The Playing Rules of Gaelic Football



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 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 the centre point of the 13m 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.
- (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 the penalties listed in Rule 4 Sections 14, 15, 16, 17, 18, 19, 20, 26, 27, 28, 29, 30, 31, 32, 33, 37; Rule 5, Sections 13, 30; Rule 6.3.
- (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 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.
- 2.4 When opposing players foul simultaneously, play is restarted by throwing in the ball.
- 2.5 A free kick, other than a penalty kick, 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 13m line and within the large rectangle.

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 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 13m 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.
- 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.

Exception

- (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;
- (ii) a goal with his hands except as provided in Rule 1.2 Exception (ii);
- (iii) a point with his open hand(s), but may score a point by fisting the ball.

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.

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 before the ball enters it during play.

Exception

- (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 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) or a point with his open 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 before a kick-out is taken.

PENALTY - Free kick from defenders' 20m line opposite where the foul occurred.

- 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.

- 4.17 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.

- 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 or sideline kick 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 when one's team is taking a kick-out, except as provided in Rule 2.7.
- 4.29 For another player on the team taking a kick-out to play the ball before it has travelled 13m.

- 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 13m line within the large rectangle.

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 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.

- 4.34 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.

- 4.35 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.

4.36 When a team commits a technical foul, the referee may allow the play to continue if he considers it to be the advantage of the opposing team. He shall signal that advantage is being played by raising an extended arm upright. Once he allows play to continue, he may not subsequently award a free for that foul. He shall apply any relevant disciplinary action.

RULE 5 - AGGRESSIVE FOULS

Category II Infractions

- 5.1 To strike or attempt to strike an opponent with arm, elbow, hand or knee.
- 5.2 To kick or attempt to kick an opponent, with minimal force.
- 5.3 To behave in any way which is dangerous to an opponent.
- 5.4 To spit at an opponent.
- 5.5 To contribute to a melee.
- 5.6 To use abusive language to a Referee, Umpire, Linesman or Sideline Official.

Category III Infractions

- 5.7 To strike or attempt to strike an opponent with the head.
- 5.8 To kick an opponent either with force or causing injury.
- 5.9 To attempt to kick an opponent, with force.
- 5.10 To stamp on an opponent.
- 5.11 To inflict injury recklessly on an opponent by means other than those stated above.
- 5.12 To assault an opposing Team Official.

Category IV Infractions

- 5.13 To interfere with a Referee, Umpire, Linesman or Sideline Official - minor physical interference e.g. laying a hand on, pushing, pulling or jostling.
- 5.14 To use threatening language to a Referee, Umpire, Linesman or Sideline Official.
- 5.15 To use threatening or abusive conduct towards a Referee, Umpire, Linesman or Sideline Official.

Category V Infractions

- 5.16 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 the foul occurred except as provided under Exceptions of Rule 2.2.**

- 5.17 To commit any of the fouls listed in Rule 5.1, 5.2, 5.3, 5.4, 5.7, 5.8, 5.9, 5.10 and 5.11 against a team-mate.

PENALTY -

- (i) Order offender off.**
- (ii) Throw in the ball where the foul occurred except as provided under Exceptions of Rule 2.2.**

5.18 To commit any of the fouls listed in Rule 5.1, 5.2, 5.3, 5.4, 5.7, 5.8, 5.9, 5.10 and 5.11 on an opponent on the field prior to the start of the game or at half-time.

PENALTY - 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.

For Information Purposes only

Suspensions for above Infractions are governed by Rule 7.2 - Infractions, Official Guide, Part 1.

As a guide, the suspensions, in part, are outlined below:

Category II

Minimum: 4 weeks Suspension in the same Code and at the same Level, inclusive of the next Game in the same Competition of that Competition Year, even if that Game falls outside the Suspension time period.

Category III

Minimum: 8 weeks Suspension in the same Code and at the same Level, inclusive of the next Game in the same Competition of that Competition Year, even if that Game falls outside the Suspension time period.

Category IV

Minimum: 12 weeks Suspension in all Codes and at all Levels.

Category V

Minimum: 48 weeks Suspension in all Codes and at all Levels, with offender's Team liable to Disqualification, where appropriate.

- 5.19 To pull down an opponent.
- 5.20 To trip an opponent with hand(s) or foot.
- 5.21 To threaten or to use abusive or provocative language or gestures to an opponent.
- 5.22 To block or attempt to block with the boot when an opponent is kicking the ball from the hand(s).
- 5.23 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.
- 5.24 To engage in any other form of rough play.

PENALTY FOR THE ABOVE FOULS -

- (i) Caution the offender; order off for second cautionable foul.**
- (ii) Free kick from where the foul occurred except as provided under Exceptions of Rule 2.2.**

- 5.25 To attempt to achieve an advantage by feigning a foul or injury.

PENALTY FOR ABOVE FOUL -

- (i) Caution offender; order off for second cautionable foul.**

(ii) If play has been stopped for the foul, a free kick from where play was stopped, except as provided under Exceptions of Rule 2.2.

5.26 To threaten or to use abusive or provocative language or gestures to a team-mate.

PENALTY -

(i) Caution the offender. Order off for second cautionable foul.

(ii) Throw in from where the foul occurred except as provided under Exceptions (v) and (vi) of Rule 2.2.

5.27 To hold an opponent with the hand(s).

5.28 To use the fist on or around the body of an opponent for the purpose of dispossessing him of the ball.

5.29 (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) 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.

5.30 To push an opponent with the hand(s).

5.31 (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.

5.32 For a player to retaliate between the award of a free kick 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.

5.33 For a player(s) from each team to foul simultaneously.

PENALTY -

(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.

5.34 When an Aggressive Foul is drawn to the referee's attention by an umpire or linesman, the referee may apply the appropriate penalty, as per Rule 5, and shall restart play as per Rule 2.

5.35 When a team commits an aggressive foul, the referee may allow play to continue if he considers it to be to the advantage of the offended team. He shall signal that advantage is being played by raising an extended arm upright. Once he allows play to continue, he may not subsequently award a free for that foul. He shall apply the relevant penalty.

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 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.
- 6.3 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.
- 6.4 (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.

6.5 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.