



Has produced this booklet for the benefit of all match officials as a help and support mechanism ensuring they are up to date on rules and guidelines governing the game of ladies Gaelic football

**Relevant contacts:**

 **Director Referees**

Pat Pigott  
Mobile 087 6874557 Email: ppigott@fexco.com

**Office:**  
Maire Halvey Secretary/Administrator  
Mobile 087 2520550 Email: munster@ladiesgaelic.ie

For information on the Province please visit our website at:

**[www.munsterladiesgaelic.ie](http://www.munsterladiesgaelic.ie)**



**LGFA**  
**Ladies Gaelic football**



**Referees & Officials Guide Book**

Produced by 

<b>Teams</b>	<b>3</b>
<b>Substitutions</b>	<b>4</b>
<b>Subs and Sin Bin</b>	<b>5</b>
<b>Blood Subs</b>	<b>5</b>
<b>Player</b>	<b>6</b>
<b>Attire</b>	<b>6</b>
<b>Football</b>	<b>6</b>
<b>Duration of Games</b>	<b>7</b>
<b>Extra Time and Replays</b>	<b>7</b>
<b>Field of Play</b>	<b>8</b>
<b>Commencement of Play</b>	<b>9</b>
<b>Ball in Play</b>	<b>9</b>
<b>Playing Rules</b>	<b>10</b>
<b>Scores</b>	<b>11</b>
<b>Fouls</b>	<b>12</b>
<b>Sin Bin</b>	<b>14</b>
<b>Free Kicks</b>	<b>15</b>
<b>Penalties</b>	<b>17</b>
<b>Rectangles</b>	<b>18</b>
<b>Kick Out</b>	<b>18</b>
<b>Referee</b>	<b>19</b>
<b>Guidelines Umpires</b>	<b>22</b>
<b>Guidelines Linespersons</b>	<b>24</b>
<b>Signals for Linespersons</b>	<b>27</b>
<b>Signals for 4th Officials</b>	<b>28</b>
<b>Signals all officials</b>	<b>32</b>
<b>Signals for Referee</b>	<b>34</b>
<b>Referees Check List</b>	<b>35</b>
<b>Contacts</b>	<b>36</b>

## REFEREES CHECK LIST

A referee is usually his or her own most severe critic. After every game, a referee should analyse his/her match performance and endeavour to take corrective action wherever an improvement is possible.

In order to assist this assessment it is suggested that the referee asks himself/herself the following questions in relation to his/her performance after each game.

### Do/Did I

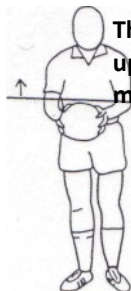
1. Arrive at the Pitch on Time
2. Approach the game Calmly and Fully prepared
3. Look smart and Confident when I entered the Field of Play
4. Check the condition of the Field of Play, Goals and Nets
5. Issue Instructions to my Umpires and Linespersons
6. Enforce the Rules
7. Give the proper Standard Arm Signals
8. Keep up with play at all times
9. Anticipate Play so as to be as near as possible to any incidents
10. Get the game restarted Quickly after each stoppage
11. Quickly get into position after stoppage in play
12. Apply the Rules Correctly and Impartially
13. Differentiate between Intentional and Unintentional fouls
14. Properly deal with instances: of Dissent with my decisions
15. Deal with Misconduct Correctly and Sensibly
16. Establish and Maintain Control of the Game
17. Allow players to surround me, to Appeal or Question my decisions
18. Concentrate on the game and my Responsibilities at all times
19. Act too Casually, suggesting that I was not sufficiently interested
20. Make the Whistle Talk for me with proper Variation and Emphasis
21. Apply the Advantage Rule Sensibly and Correctly
22. Indicate Advantage and Rebuke the Offender later.
23. Consult with my Team Officials Privately, Quickly & Briefly if necessary
24. Treat the Players with courtesy
25. Treat my Match officials with courtesy
26. Belittle the Players in any manner
27. Wag my Finger at the Players
28. Approach the Player, instead! of demanding that she approach me
29. Talk to the Players other than in the line of my duties
30. Place my Hand on the Players person for any reason

## SIGNALS for Referees

Over carrying Circular hand Movement



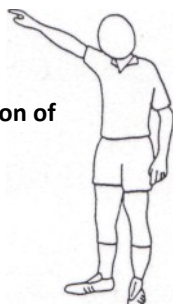
Throw in ball upward ball movements



Use of boot



Direction of free



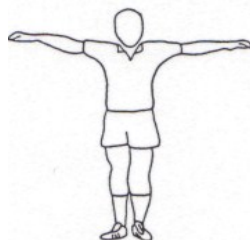
Push in the Back Backward, forward movement of hands



Use of Fist



Penalty



Jersey Pulling Backward, forward movement of hand



### SIGNAL Blood Sub

Placing 1 hand on top of other creating a T sign

## Teams

**370.** A team shall consist of 15 players. A panel of 30 players and a maximum of 7 officials are allowed on the sideline.

**371.** Each team must have at least 11 players to commence a match, but a match may be continued or finished with less than 11 players. The full compliment of players may join during the course of the game upon notifying the referee.

**372.** Any team taking the field more than 15 minutes late for any competitive game, or exceeding 15 minutes for the interval break, shall forfeit the match to their opponents, unless the delay was unavoidable

**373.** Teams that are more than 15 minutes late taking the field must fulfil the fixture under penalty of 6 Months suspension. Any team fielding late, after the appointed starting time, shall be fined €2 per minute or part thereof.

**374.** For Provincial and All Ireland finals, teams must take the field at least 15 Minutes before the throw in. Failure to do so shall incur a fine of €15.

**375.** Duplicate lists of players, giving Full Names, and in the case of Intercounty games, Clubs to which the players belong, must be given to the referee before the commencement of the game in all official games. Where more than 15 names appear on Team Lists, the first 15 shall be taken as constituting the actual team, unless otherwise clearly indicated.

**376.** Failure to furnish the Team List shall entail loss of the game, which shall be awarded to the opposing team. The same penalty shall apply, where a player commences a game but whose name is not included in the Team List that has been supplied to the referee. There is no onus on the referee to seek the list from either side.

**377.** Teams shall be 15 A Side in all games in all Provincial and National Competitions except 7 A Side competitions.

**378.** Any competition involving teams of less than 15 A Side, shall be subject to the rules of The Official Guide, and by other relevant rules as sanctioned by Central Council.

**379.** Clubs, Counties or Provinces must supply to the Organising Committee or Council, team lists of their starting fifteen players and their substitutes, where

required for publication. Failure to do so will result in a fine at the discretion of the Committee or Council in charge of the fixture.

**380. A N Other** is not considered as a playing member and **must not** be included in the Team or Panel List of players.

**381.** Teams may be allowed 37 passes into Games and Functions, as decided by the Organising Committee.

### Substitutions

**382.** Substitution means replacing during a game, or at half time, of any of the players on the team.

Team mentors may replace a player prior to the commencement of the game without having been deemed to have used a substitute, providing the player in question was not sent off by the referee, and that the Team List is amended accordingly. A player sent off by the referee before the commencement of the game, after the teams had lined up for the throw in, cannot be replaced by a substitute.

**383.** Only 5 Substitutes shall be allowed in Provincial and National Competitions, including the Quarter Finals, Semi Finals and Finals. However in all other National League Fixtures, Unlimited Substitutions shall apply. Counties may increase the number of substitutes for competitions within their counties.

**384.** A substitution may be made only during a stoppage in play, and must be notified to the Referee in writing.

**385.** A team that makes more than 5 Substitutions in Provincial and National Competitions is liable to forfeit the game to their opponents.

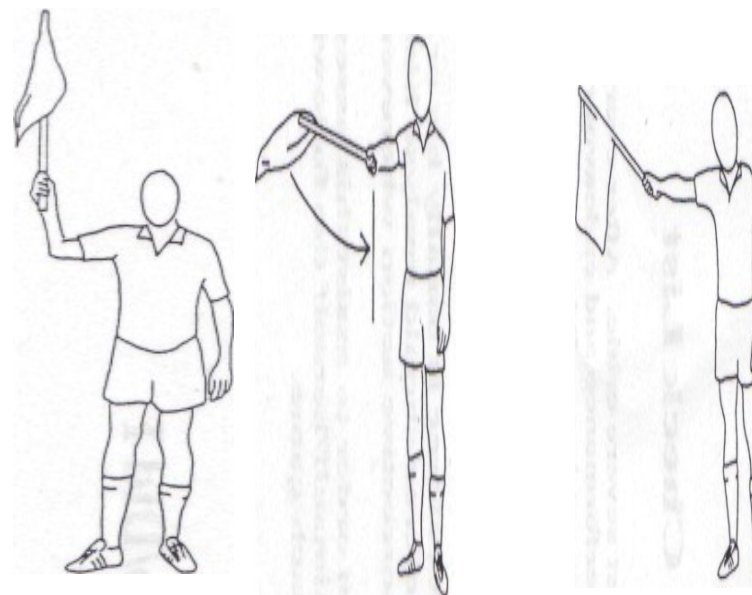
**386.** Where a period of Extra Time is played in a game, 5 Substitutions, in addition to any already used, may be used during Extra Time.

**387.** Where a Second Period of Extra Time is played, an additional 5 Substitutions may be used, during the Second Period of Extra Time.

**388.** A Substitute shall not be allowed for a player that has been sent off by the referee, except for the period of Extra Time, when a player ordered off in Normal Time may be replaced.

**389.** A player ordered off by the referee in the **First Period** of Extra Time, may be replaced by a substitute for the **Second Period** of Extra Time.

### SIGNALS FOR LINEPERSONS

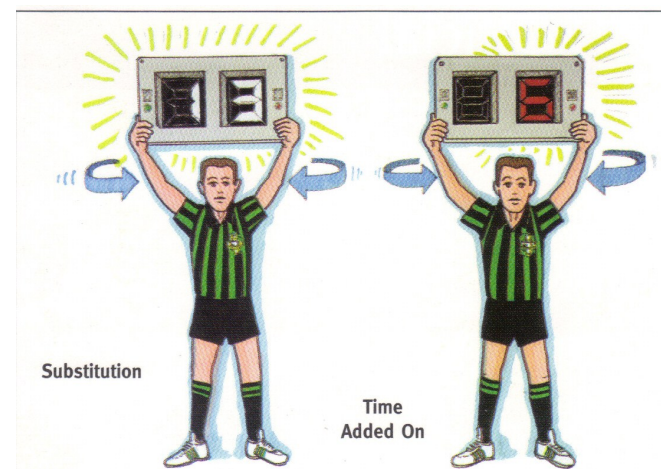


1. Line Ball

2. Gain attention of referee

3. Direction of Line Ball free kick

### SIGNALS FOR 4th Official



Substitution

Time Added On

## SIGNALS FOR UMPIRES



**1 - Wide**  
Move extended arms to shoulder level



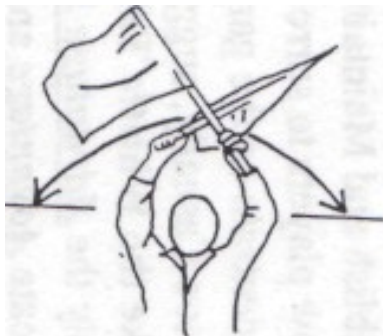
**2 - Score**  
Move flag left to right, wave



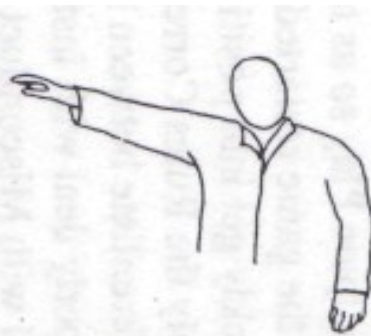
**3 - 45 M**



**4 - Position opposite**  
To be taken



**5 - Disallowed Score**  
Bring flags to shoulder level



**6 - To Gain Attention of Referee**

## Subs and Sin Bin

**390.** A player sent to the “Sin Bin” cannot be replaced by a Substitute until she has served her 10 minutes playing time ban (See Rule 459).

A player sent to the “Sin Bin” cannot resume playing without the permission of the referee or a designated official in consultation with the referee and only in a stoppage in play

**391.** Where Extra Time is played in a game, a player sent to the “Sin Bin” for a **First** Yellow Card offence in Normal Time can be replaced by a substitute in Extra Time until she has served her 10 minutes **Playing Time** in the “Sin Bin”. However her team shall be deemed to have used a Normal Substitute. Should the Sin Binned Player resume playing after her Sin Bin time has expired and having been replaced by a substitute for Extra Time, her team shall be deemed to have used a Second Substitute. (A player sent off for 2 Yellow Card offences in Normal Time can be replaced for Extra Time).

## Blood Subs

**392.** A player who is bleeding, has blood on her body or playing attire, as a result of an injury sustained during play, shall, on the instructions of the referee, leave the Field of Play to receive medical attention.

She shall not return to the Field of Play, until the bleeding has stopped, all blood cleaned off, and the blood stained attire, cleaned or replaced.

The injured area should be covered where possible

**393.** A player who suffers a Blood Injury, may be replaced by a Blood Substitute, who shall notify the referee in writing that, she is a Blood Sub. The Blood Substitute shall **NOT** count as a substitute allowed under Normal Substitution Rules. Where the Blood Injured Player returns to the Field of Play as a **Direct Replacement** for the player who replaced her, her team **shall not** be deemed to have used a Normal Substitute.

**394.** Where the Blood Injured Player returns to the Field of Play for **any other player**, apart from the player that **directly replaced her**, her team **shall** be deemed to have used a Normal Substitute.

**395.** Where a Blood Sub is **Sent Off**, her team shall substitute another player, if they wish to bring the **original** Blood Injured Player, back onto the Field of Play. This shall **NOT** count as a Normal Substitution. (See also Rules 468 & 469 in relation to the Blood Sub sent to the Sin Bin).

**396.** Where a team has used their Full compliment of Normal Subs in either

Normal or Extra Time, and a player suffers a Blood Injury, she may be replaced by a Blood Substitute.

**397.** When the player who had the Blood Injury is ready to resume playing, she shall present herself to the referee during a stoppage in play. The referee should ensure that the bleeding has stopped, the attire is replaced or cleaned and that the Blood Substitute has left the field. Where the injured player resumes with a different numbered jersey, the referee should note the new number.

### Player

**398.** A player who may be pregnant, suffering from concussion etc, should not play Ladies Gaelic Football. However, should she play, she shall do so at her own risk, and the Ladies Gaelic Football Association cannot be held responsible for any consequences that may arise.

### Attire

**399.** The attire to be worn shall consist of, jersey, shorts, socks and boots. Bicycle Shorts if worn are to be the same colour as the shorts and must not go below the shorts.

**400.** Jerseys worn by County teams in All Ireland Competitions and jerseys worn by Clubs, Schools or Colleges participating in National, Provincial and County Competitions, must be numbered and the numbers must coincide with those listed in any match programme. Members of the same team shall have uniform attire in shorts and socks. Penalty for infringement of this rule shall be a fine of €70.

**401.** Players shall not wear jewellery, (with the exception of wedding rings, which must be covered by a tape), hair slides or any other items that may cause injury while playing Ladies Gaelic Football. If in the referee's opinion any player is not safely attired, she shall be asked to rectify the situation. Should she refuse to do so the referee shall order her off the field.

A player ordered off under these circumstances, cannot be replaced by a substitute for the duration of the game, unless Extra Time is played, when the rules governing substitutions in Extra Time shall apply.

### Football

**402.** A size 4 football shall be used in all grades of competition from Under 11 upwards. A smaller size 3 football may be used in younger age groups.

## 4th official sample match report form for completion directly after game and given to the referee of the day on the day

Team		
Subs Number	For	Number off
Blood Subs	For	
Sin Bin Number	Time in	Time out
4th official	Signature	
Date		

**4th official sample match report form for completion directly after game and given to the referee of the day on the day**

Team		
Subs Number	For	Number off
Blood Subs	For	
Sin Bin Number	Time in	Time out
4th official	Signature	
Date		

**403.** Both teams must provide a football each for all competitive games.

**Duration of Games**

**404.** The duration of all competitive games from Under 14 upwards, except 7 A Side or Blitz Competitions, shall be one hour – 30 minutes per half. Teams must change ends at half time.

Should Extra Time be required, it shall consist of 10 minutes each way competitions and shall commence not more than 10 minutes after the end of Normal Time. There shall be a toss of a coin for choice of ends for Extra Time.

**405.** An interval not exceeding 10 minutes shall be allowed at half time in Normal Time, and 5 minutes at half time in Extra Time.

**Extra Time and Replays**

**406.** If a competitive game ends in a draw after Normal Time, there shall be a replay, unless, it is previously arranged by the Committee or Council in charge of the game, or by mutual consent, that Extra Time be played.

**407.** If a match is a replay after a previous drawn game, Extra Time must be played if the teams finish level at the end of Normal Time.

**408.** In exceptional circumstances, the Organising Committee or Council, may instruct teams to play 2 periods of Extra Time if necessary to decide a game. Extra Time shall consist of 10 minutes each way, with a further 10 minutes each way if a Second Period of Extra Time is played.

**409.** The referee shall toss a coin in the presence of both captains for choice of ends at the commencement of each period of Extra Time.

**410.** In the event of a re-fixture after a drawn game, the team that travelled in the first instance, shall have home venue for the replay. If the drawn game was played at a neutral venue, the Organising Committee or Council shall arrange the time and venue for the replay.

**411.** In the event of a draw in an All Ireland final, the venue for the replay, shall be arranged by Central Council. There shall be an emergency meeting of same, immediately after the game.

**412.** Extra Time shall be compulsory in all Inter Provincial ties that end in a draw at the knockout stages.

### Field of Play

**413.** The field of play should not be less than 130 metres or more than 145 metres long, and not less than 80 metres or more than 90 metres wide.

**414.** Sidelines, End lines, 13m, 20m, 45m, Halfway Line and Parallelograms shall be clearly marked.

**415.** The scoring space shall be formed by two goalposts, 7m High and 6.5m apart. There shall be a crossbar 2.5m from the ground. Each goal shall be equipped with a net.

**416.** Two Parallelograms shall be formed in front of each goal. The Small Parallelogram shall measure 14m by 4.5m. The end lines of which shall be marked 3.75m from each Goalpost. The Large parallelogram shall measure 19.5m by 13m. The end lines of which shall be 6.5m from each goalpost.

**417.** The referee shall report any irregularities in the foregoing rules. Penalty for non compliance may be a fine of €15.00 and the Committee or Council in charge may order a Replay.

**418.** The captain should before the start of the game call the attention of the referee to any irregularities. There can be no objection to the size of the pitch, lines, etc, unless an official protest has been made to the referee before the game starts.

**419.** The dimension of the field of play, scoring space, and the duration of the game may be reduced by the organising committee for competitions that are less than 15 a side.

**420.** All Intercounty and Interclub Championship matches in the Provincial and All Ireland Championship shall be played in enclosed pitches. The definition of an Enclosed Pitch is whereby the general public has not free access to the field of play. All gates leading from the spectator area to the field of play, must be either locked or properly stewarded. A roped off pitch is not considered an Enclosed Pitch.

The only exceptions are:

- a) In Emergency Situations.
- b) Where prior approval is obtained from the Organising Committee.

### Match Official Linespersons/4<sup>th</sup> Official/Stand by Official out of pocket expenses Claim Form 2011 and ONLY receipt of this form Payment will be made

<b>Name:</b>	
<b>Address:</b>	

*I was appointed (as below):*

<i>Pick tick the appropriate box:</i>		
<b>Linesperson:</b>		
<b>4th Official:</b>		
<b>Stand by Official:</b>		

**Date of game:**

**Venue:**

**Name of Competition:**

**Team A:**

**Team B:**

**Total amount of claim is:**

**Relevant receipts are enclosed as requested.**

**Signature:**

**Date:**

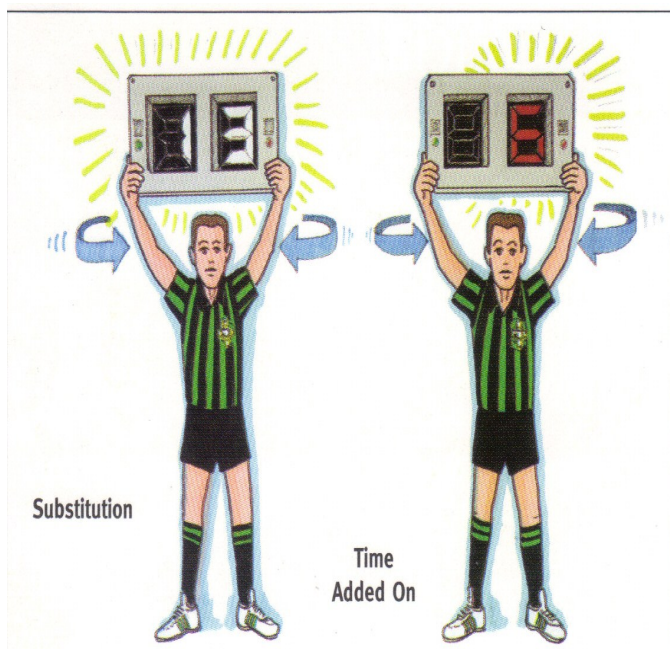
***Please return to Provincial Secretary/Administrator  
Maire Halvey, Dooley Park, Raheen, Ballyneety, Co. Limerick***

## 4th Official duties

It is the responsibility of the 4th official to receive substitution slips giving the name and number or temporary (blood substitute) and the name and number of the player being substituted or replaced. To record and report all substitutions and temporary (blood substitute) made during the game to the referee for inclusion in her/his match report prior to departure from the appointed venue.

To display by means of Electronic or Manual Board, the number of the player(s) being substituted. 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 linespersons.

It is the responsibility of the 4th official to complete the 4th official expenses form honestly and accurately as requested, signed by the appointed official and submit to the referee to include with her/his report



## Commencement of Play

**421.** Before commencing play, the referee shall toss a coin in the presence of both captains for the choice of ends, and ensure that no team has more than 15 players on the field

**422.** The referee commences play by blowing the whistle and throwing the ball over the heads of the centerfield players.

## Ball in Play

**423.** The ball is in play until the whole of the ball has passed over the Goal line, End line or Sideline

**424.** If the ball strikes the referee in General Play, a throw in shall be given. However if the team that had possession of the ball retained possession of it, the referee should allow play to continue.

**425.** If the ball strikes the referee from a free, the free shall be retaken.

**426.** If the ball strikes a Non Player from a free, the free, shall be retaken. However if in the referees opinion, the ball has been impeded from crossing the Goal line, End line or Sideline, s/he shall award a score, a wide or 45m kick or line ball.

**427.** If the ball in play, strikes a Non Player, a throw in shall be given at the spot concerned. However if in the referees opinion, the ball was prevented from crossing the End line or Sideline, s/he shall make the appropriate award against the player who played it last. Should the ball be prevented from crossing the Goal line in such instances, the referee shall award the appropriate score.

**428.** A referee must extend time in each half for delays whether deliberate or incidental in the half, or extend time for a free to be taken.

**429.** Should the defending team commit a further foul before the referee whistles for full time, s/he shall further extend time for a free to be taken.

**430.** A score can result from such frees only when no other player of the same side touches the ball.

**431.** If the ball is played over the End line and outside the goalposts, by one of the defending side, the opposing team shall be awarded a 45m free kick opposite to where the ball crossed the End line. The 45m kick shall be taken **off the ground** in all grades from Under 15 upwards. In grades up to and including Under 14, the player has the **option** of kicking it from the hands or off the ground.

Should a player taking the 45m free kick, foul the ball, she shall retake the kick.

**432.** The last person touching the ball on the Field of Play shall be deemed the last player playing the ball.

**433.** When a Clashed Ball crosses the End line, it shall be regarded as a Wide Ball.

**434.** When a player plays the ball over the Sideline, it shall be a Sideline Kick to the opposing team from where it crossed the line. The player may take the Sideline Kick from the hands or off the ground.

**435.** Where a Clashed Ball crosses the Sideline, the linesperson shall throw in the ball over the heads of one player from each side at the point where it crossed the line.

**436.** Should the ball strike the corner or sideline flags and come back onto the field of play, it shall be deemed to have crossed the Sideline and result in a Line Ball.

### Playing Rules

**437.** A player may pick the ball off the ground with the toe, or lift it with one or both hands providing she is in a standing position.

**438.** A player while on the ground may play the ball away from her, but cannot bring it into her possession.

**439.** The ball when caught, may be kicked, struck with the fist or open hand or hopped once against the ground with one or both hands.

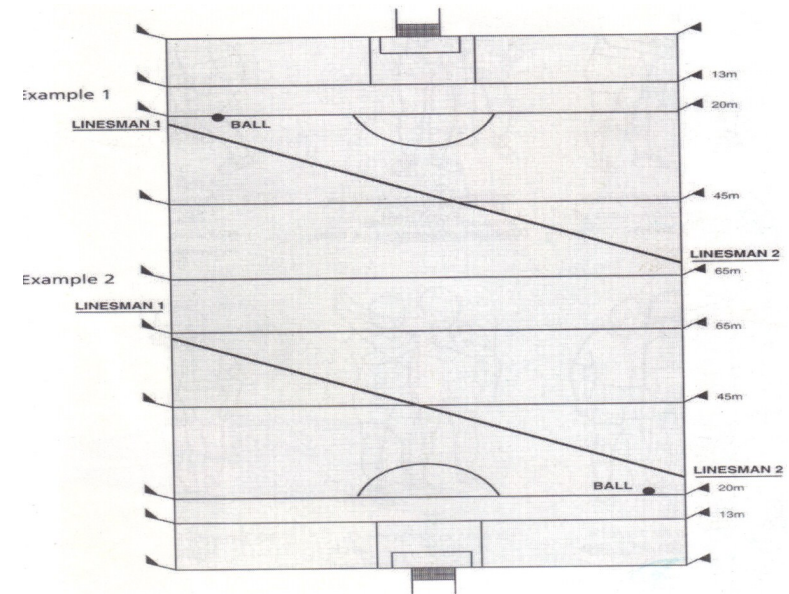
**440.** The ball may be knocked from, an opponents hands, by flicking it with the open hand.

**441.** A player while holding the ball into her body cannot be legally dispossessed. Any attempts to do so, shall result in a free being awarded to her team.

**442.** A player may change the ball from one hand to the other once, providing the holding hand maintains contact with the ball until the change is completed.

**443.** A player in possession of the ball, may play the ball from toe to hand any number of times. After any such play, the ball may be hopped once against the ground by the hand.

### Sample pitch layout for Linespersons

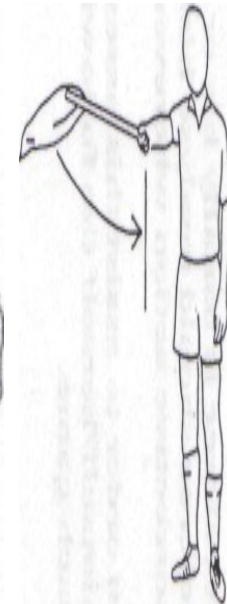


### LINESPERSONS SIGNALS

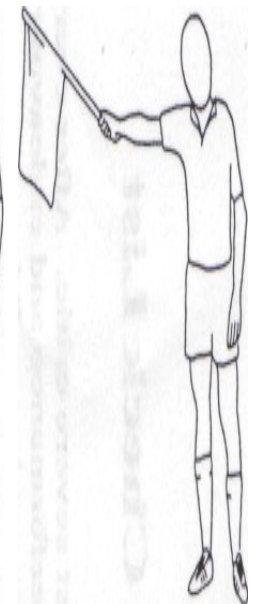
#### 1. Line Ball



#### 2. Gain attention of referee



#### 3. Direction of lineball



of foul play, wave your flag to attract the Referee's attention. Wait until the Referee comes to you or until you are called on by the Referee. (Be conscious that an Umpire may be signalling to draw the Referee's attention and alert the Referee accordingly). The Referee has the power to consult with Linespersons concerning infringements of the Playing Rules, governing aggressive fouls in particular rough or dangerous play, striking, stamping or kicking. When consulted by the Referee, state the offence(s) identify the player(s) involved by jersey number and identify official(s) if involved. If you are asked by a player about the time left to play, give only an approximation as the Referee may allow additional time for delays. Report to the Referee at the time of the offence any serious or persistent attempts by players or officials to influence your decisions.

When a Linesperson is subjected to abusive or threatening language or conduct during a game and this has not been noticed by the Referee, the Linespersons shall draw the Referees attention to the offence at the time of the offence

**532.** There shall be 2 Linespersons, one at either side of the field. They may be appointed, by, the Referee, County Committee, Provincial or Central Council or their Sub Committees.

**533.** The Linespersons duties shall be:

- a) To decide where the ball crosses the Sideline and to which team the Sideline kick is to be awarded to.
- b) Point the flag in the direction in which the Sideline Kick is to be taken.
- c) Deal with and bring to the referees attention, any incidents which the referee may not have seen, or incursions onto the Field of Play by, the Team Manager, Coach, Selectors or any Unauthorised Persons.

**534.** The Linespersons may change ends at Half Time

**444.** A player, who plays the ball she has not caught, may make a run by hopping it any number of times with one or both hands. Should she catch the ball, she is allowed only one hop.

**445.** A player shall not kick the ball as an opponent is about to pick it up, or take it into her possession.

**446.** The ball shall not be held longer than is necessary to kick, fist, hand pass, hop it away, or move 4 steps.

**447.** The ball shall not be carried. Carrying shall be taking more than 4 steps while holding the ball. Tipping the ball on the hands is considered carrying.

**448.** A player may not throw the ball. However she may toss the ball with one hand and play it with the same hand.

**449.** All deliberate body contact shall be eliminated, but:

- a) Shadowing an opponent
- b) Fielding
- c) Blocking the delivery of a ball by an opponent shall be allowed

**450.** Where a referee stops play to deal with an injured player(s), the team in possession of the ball at the time of the stoppage in play, shall retain possession on the restart. Play shall resume with the team that had possession, kicking the ball, and all players shall be 13m from the ball at the point of kicking it. However, they cannot score directly from the Kick Ball.

### Scores

**451.** The game shall be decided by, the greater number of points. A goal shall be equivalent to 3 points.

**452.** A goal is scored, when the ball is, kicked, flicked on in flight by any part of the body, or played by either team, between the goalposts and under the crossbar

**453.** Should a Defender cross the Goal line with the ball, a goal shall be given to the Attacking Team, providing the whole ball has crossed the line.

**454.** Should a Defending Player play the ball in any manner through her own scoring space, it shall count as a score.

**455.** Should an Attacking Player throw or carry the ball over the Goal line, a score shall not be allowed.

**456.** A Point is scored when the ball is, kicked, fisted, palmed, or flicked on in flight by any part of the body, by either team between the goalposts and over the crossbar.

**457.** If the ball strikes anyone other than a player within the goal area, and in the referee's opinion, a goal or a point was prevented, s/he shall allow such a score.

**458.** When the ball hits the uprights or crossbar and comes back onto the field of play, it is still in play.

**459.** Should the upright or crossbar become displaced or broken, the referee may allow time for the repair of same. Should the ball pass between or above or below the broken goalposts or crossbar, the referee may in his/her opinion allow a goal or a point as the case may be.

**460.** Any player who falls or is knocked to the ground whilst in possession of the ball may fist or palm the ball on the ground and may score by doing so.

### Fouls

**461.** A player may not:

- a) Trip by hand or foot
- b) Pull Down
- c) Jersey pull
- d) Strike, hit or kick
- e) Jump at
- f) Charge
- g) Obstruct
- h) Deliberately shoulder an opponent
- i) Dive on the ball as a player is picking it up

**462.** The following fouls shall be penalised by a free being given to the opposing team and the offending player shown the **Red Card** and **ordered off** the Field of Play without caution.

- a) Striking an opponent or colleague with, hand, arm, elbow, head or knee.
- b) Kicking an opponent or colleague.
- c) Striking, or interfering with a match official
- d) Deliberate charging of an opponent or colleague
- e) Deliberate high tackle
- f) Spitting at an opponent or colleague
- g) Deliberate frontal charge on an opponent

The following advice is recommended in respect of positioning:

- A) Linesmen shall position themselves and move so that between them they can view the entire field of play.
- B) Keep a close watch when play is moving away from your side of the playing field and be alert to any infringements that might occur behind the Referee.
- C) The Linesperson closest to the play shall move forward with the play while the other Linesperson shall retain a view of the field behind the Referee.
- D) When the ball comes quickly to your side of the field, move quickly in order to be near the ball; the other Linesman shall remain some distance behind play.
- E) Always be aware of the other Linespersons position.
- F) In the event of a close in free, the Linesperson nearest the free shall position her/himself in line with the place from which the free is to be taken; the other Linesperson shall take up a position about 45m. behind the Referee.

### Signals for Linespersons

Give a clear signal when all of the ball crosses the sideline by holding up your flag and pointing it in the direction of the free kick. A sideline kick shall be taken from the place at which the ball crosses the sideline. Do not go chasing after the ball when it is out of play. Hold your position at the place where the ball has crossed the sideline. If you have to retrieve the ball, first mark the place where the ball has crossed the line with your flag.

### Rules

The ball remains in play until it has passed completely over any boundary line or strikes any flag marking the boundary lines. A player's foot/feet can be over the sideline but the ball may remain in play. A ball that strikes a corner flag shall be treated as having crossed the sideline. The last player touching the ball before it crosses a boundary line shall be considered the last person playing it. The sideline ball is to be given against the player who knocks the ball from an opponent's hands over the sideline.

### Consultation

The Referee has the power to overrule the decision of a Linesperson and the Referee's decision shall be accepted without question or debate.

Linespersons shall bring to the notice of the Referee any infringements of the playing rules, governing aggressive fouls or incursions onto the field of play which have not been noticed by the Referee.

It is your duty to report any such instances to the Referee. You have an obligation to state the offence (s) identify the player (s) involved by jersey number and identify official (s) if involved. If you wish to bring to the notice of the Referee any instance

526. If an Attacking Player is within the Small Rectangle before the ball enters it and a goal is scored, the Umpires shall with the confirmation of the Referee, disallow the score.

527. If a point is scored, whereby the ball goes directly off or over the crossbar, out of the reach of **all players**, and the defence **was not interfered with**, the Umpires with the confirmation with the referee shall **allow the score**.

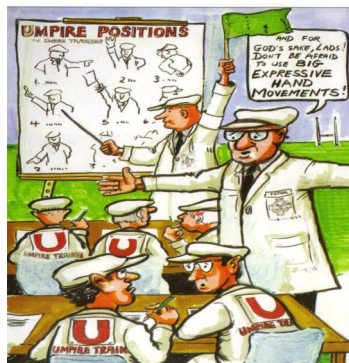
528. When a score is disallowed, the umpire shall cross the signal flags (green for a goal, white for a point), in front of the goal.

529. Where a team scores a goal, or a point, the Umpire shall raise the appropriate flag over his/her head.

530. The Umpires shall have the power to deal with and bring to the referees attention :

- a) Any Off the Ball incidents
- b) Any incidents that may have gone unnoticed by the referee.
- c) Any incursions onto the Field of Play by a team manager, coach, selector, or any unauthorised person.

531. Umpires shall not change ends at Half Time



### Guidelines for Linespersons

Acting as a team, Two Linespeople - with the Referee and four Umpires - are entrusted with responsibility for the Control of the Game.

Perform your task with integrity and concentrate on your Duties, Powers and Responsibilities. Together with the following guidelines, the Linespersons must be fully knowledgeable regarding their Duties.

### Positioning

Ensure that your view of the play is not impeded and be firm in asking anyone obstructing your view to move away.

- h) Deliberate pulling of an opponent or colleagues hair
- i) Biting an opponent
- j) Stamping on an opponent or colleague
- k) Using racist language or gestures towards an opponent, colleague, mentor, match official or spectator.

A player sent off for any of the above offences, shall be suspended for a minimum of 1 month. Should any of the above offences be repeated in a calendar year, she shall be suspended for a minimum of 3 months.

463. A player using threatening or abusive language to a match official shall be suspended for a minimum of 2 weeks.

464. The following fouls shall be penalised by a free being given to the opposing team and the offending player's name taken and shown a **Yellow Card and sent Off the Field of Play (Sin Bin) in grades from and including under 14 upwards**. If she repeats any of these Cautionable Offences upon her resumption, she shall be shown a **Second Yellow Card**, followed by a Red Card and **Sent Off** the Field of Play, which shall include Extra Time where played. 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 repeats another Cautionable Offence, she shall be shown a Second 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.

- a) Deliberate Pulling Down, tripping by hand or foot or jumping at an opponent.
- b) Threatening or using abusive language or gestures towards an opponent or colleague
- c) Blocking or Attempting to Block an opponent with the boot, as that player is about to kick the ball from her hands.
- d) A Sliding Tackle with the boot
- e) Attempting to Strike or Kick an opponent.
- f) Dissenting with, or challenging the authority of a Match Official.
- g) Persistent fouling
- h) Kicking the ball with intent as an opposing player is about to pick it up.

465. The following fouls shall be penalised by a free being awarded to the opposing team. Repetition of these fouls shall constitute a Yellow Card offence with penalties as outlined in Rule 456.

- a) Pushing or holding an opponent.
- b) Bringing the hand or fist in contact with the body of an opponent for the purpose of dispossessing her of the ball.

- c) Third player tackle, including body checking an opponent
- d) Diving on the ball as another player is picking it up
- e) Deliberately delaying the Kick Out
- f) Kicking the ball away when a free is awarded against the team in possession of the ball.
- g) Not releasing the ball to the opposing team when a free is awarded against the player in possession of the ball
- h) Deliberately not moving back to allow a quick free to be taken
- i) The use of foul or improper language
- j) Interfering with a free taker by jumping up and down, waving or clapping hands, or any other physical or verbal interference aimed at distracting the free taker.

Should this occur when an Attacking Team is awarded a 13m free in front of their opponents goal, a penalty shall be awarded. A player may hold her hands upright.

- k) Player in possession of the ball leading with her elbow
- l) Pushing off a player in the chest
- m) Chopping down on the arms of an opponent
- n) Provoking or intimidating players by verbal or physical actions
- o) Straddling an opponent

**466.** The following fouls shall be penalised by a free being awarded to the opposing team

- a) Over carrying the ball
- b) Throwing the ball
- c) Lying on the ball.
- d) Picking the ball off the ground whilst not in a Standing Position.
- e) Bringing the ball into her possession whilst On the Ground.
- f) Changing the ball from hand to hand more than once in succession.
- g) Hopping the ball more than once in succession after catching it.
- h) Hand passing the ball without a Visible Striking Action.
- i) Fisting or Hand passing the ball up and catching it before it touches the ground, or before being touched by another player

### Sin Bin

**467.** A “Sin Bin” Rule shall apply in all grades from and including **under 14 upwards**. Where a player commits a First Yellow Card Offence, she shall have her name taken and sent off the Field of Play for **10 minutes Playing Time (Sin Bin)** in games of 1 Hour Duration or more. She may remain with her substitute colleagues.

### Positioning

The correct positioning of Umpires is of major importance and the following advice is recommended:

- A. Stand about 1 metre away from the upright and about 1 metre behind the endline.
- B. When it appears that a ball coming in from the right hand side of the playing pitch may cross the bar for a point, the Umpire on the left hand side (looking infield) shall move back behind the goal facing the flight of the ball. When it appears that a ball coming in from the left hand side of the playing pitch may cross the bar for a point, the Umpire on the right hand side (looking infield) shall move back behind the goal facing the flight of the ball.

### Consultation

Umpires shall bring to the notice of the Referee any infringements of the playing rules, governing aggressive fouls or incursions onto the field of play which have not been noticed by the Referee. It is your duty to report any such instances to the Referee. You have an obligation to state the offence (s) and identify the player(s) involved by jersey number and identify official (s) if involved.

If you wish to bring to the notice of the Referee any instance of foul play, move away from the goal along the end line (but not onto the field of play) and raise your hand to attract the Referee's attention. Wait until the Referee comes to you or until you are called on by the Referee. (Be conscious that a Linesperson may be signalling to draw the Referee's attention and alert the Referee accordingly).

The Referee has the power to consult with Umpires concerning infringements of the Playing Rules, in particular rough or dangerous play, striking, hitting or kicking. When consulted by the Referee, you have an obligation to give the factual position regarding any incident. Report to the Referee any serious or persistent attempts by players or officials to influence your decisions.

When an Umpire is subjected to abusive or threatening language or conduct during a game and this has not been noticed by the Referee, the Umpire shall draw the Referees attention to the offence at the time of the offence.

**524.** There shall be 2 Goal Umpires at each end of the ground. They may be appointed by, the Referee, County Committee, Provincial or Central Council, or by their Sub Committees.

**525.** The Umpires shall decide, subject to the referees final decision, whether the ball has crossed the Goal line, Crossbar, or End line, and shall signal whether it is a goal, a point, a wide or a 45m free kick.

523. Referees from the Associations own panel shall be paid expenses at the rate of 30 cent per kilometre or 50 cent per mile and a match fee of €30.00, or as decided by Central Council. Overseas Units of the Association are exempted.

## Guidelines for Umpires

### Up to the job

The directive issued to referees is – “The referee is ultimately responsible for the performance of her/his umpires simply because she/he selected them. In a word, referees must see to it that their umpires, individually and collectively, are fully up to the demand of the job. Individual umpires who have failed to deliver on their responsibilities must be replaced. There can be no room for sentiment in this matter”

### Duty of umpires

A player, often a forward, retaliates after an offence or continuous fouling by her marker off the ball. The referee may not see the infringement and umpires should issue attention to the players involved and inform them should they continue the umpire will be bringing them to the attention of the referee. Umpires should not hesitate to inform the referee when the ball goes out of play of any incidents as early action by the umpires can help the referee to take corrective action early on and so prevent the ultimate sanction. The bottom line is that no player should be allowed to get away with any intimidation or needling of her opponent.

Acting as a team, Four Umpires - with the Referee and two Linespeople - are entrusted with responsibility for the Control of the Game. Perform your task with integrity and concentrate on your Duties, Powers and Responsibilities.

### Teamwork

One Umpire at each goal should keep a check on scores and the second Umpire should keep a check on time in order to advise the Referee if consulted. If you are asked by a player about the time left to play, give only an approximation as the Referee may allow additional time for delays. Act in liaison with each other and consult with each other if there is any doubt about a decision. Do not give conflicting signals. The Referee has the power to overrule Umpires and the Referee's decision shall be accepted without question or debate.

In games of **less than 30 minutes** a half from and including **Under 14 Upwards** she shall be sent to the Sin Bin for **5 mins Playing Time**. Where such a game goes into Extra Time that may exceed 1 hour duration, the Sin Bin time shall be for 5 mins. – The duration of the Sin Bin is governed by the duration of Normal Time She can only resume play after completing her 5/10 mins Playing Time Ban, with the permission of the referee or a designated official.

If on her resumption, she repeats a Cautionable Offence, she shall be shown a Yellow Card (2nd), followed by a Red Card and ordered off the Field of Play for the remainder of the game, which shall include Extra Time where played.

**468.** If the **Blood Substitute** is sent off for a First Yellow Card offence, the Team Management must take off another player if they wish to bring the player who had picked up the Blood Injury back onto the field of play before the 10 Min Playing Time Ban has expired – The Team has to be down to 14 Players.

**469.** Where the Blood Sub was sent off for a Yellow Card offence, and the Team Management wish to bring her on the after the 10 mins Playing Time has expired, they shall be deemed to have used a **Normal Substitute if the player who she replaced having suffered the Blood Injury has already resumed playing.**

### Free Kicks

**470.** The penalty for mostly all breaches of the rules shall be a free kick.

**471.** If a foul occurs, the referee may allow play to continue, if s/he considers this to be to the advantage of the offended team. Once the referee allows play to continue s/he may not subsequently award a free for that foul. Disciplinary action as warranted may be applied to the offender.

**472.** Once the referee has blown for a free, the ball may be kicked, from the hand, or off the ground, from where indicated by the referee.

**473.** The ball shall be stationary, before a Free Kick, Sideline Kick and 45m Kick is taken off the ground. Failure to do so shall result, in the kick being retaken

**474.** In the interests of continuity of play, all Free Kicks except Penalty Kicks and Free Kicks on the 13m Line, may be taken immediately at the spot indicated by the referee.

**475.** Where in the referees opinion, a free is being taken from the incorrect position, the free should be retaken from where indicated by the referee. Continued breach of this rule shall result in the free being disallowed and the ball thrown in

between a player from each side and all other players shall be 13m from the Throw In.

**476.** All players must be 13m from the ball when a Free Kick is being taken.

**477.** Should an opposing player stand nearer than 13m from the ball when a Free Kick, Sideline Kick, or 45m Kick is being taken, or illegally charge a Free Kick, the opposing team shall be awarded a Free Kick from where she stood or illegally charged the Free Kick.

**478.** Should a player taking a quick free kick, deliberately play it against an opponent for the purpose of gaining advantage, without allowing her opponent adequate time to retreat 13m, the player shall lose her free kick and play is restarted by throwing in the ball between a player from each side.

**479.** Should a Defending Player illegally charge a 13m Free Kick directly in front of the goal by the Attacking Team, the referee shall award a penalty.

**480.** When a Free Kick has been awarded and the taker passes to a colleague, who is less than 13m from the ball, the referee shall award a Free Kick to the opposing team from where the recipient stood.

**481.** The free taker may not play the ball again until another player has touched it. Should she do so, the referee shall award a free to the opposing team, from where the foul occurred. The only exception to this rule is where the ball rebounds off the Crossbar or Uprights, whereby the kicker may play it again. Should the foul occur inside the 13m line, the referee shall award the free from the 13m line opposite to where the foul occurred.

**482.** Where a foul is committed on a player after she plays the ball, the referee should:

- a) Award a free from where the ball lands.
- b) Allow a score, should she have scored.
- c) Award a free on the 13m line, opposite to where the ball landed on or inside the 13m line or over the End line.
- d) Award a free on the Sideline at the point where the ball crossed the Sideline.

If the free is to the Attacking Team and the ball crossed the Sideline between the 13m line and the End line, the free shall be taken from the 13m Line.

**515.** The referee shall give permission to a maximum of 2 officials to attend to an injured player.

Such officials shall not enter the field of play without the referee's permission. Treatment of injuries shall be given on the Sideline unless in exceptional circumstances where the referee shall use his/her discretion.

**516.** The referee shall have the power to overrule a Linesperson or Umpire, and give the final decision on scores.

**517.** The referee's decision on any question of fact and in regard to time shall be final. The referee may be assisted in the timing of games by any timing device as approved by Central Council.

**518.** The referee cannot make the award of a game, but may give the final score if requested. The awarding of the game rests with the Committee or Council in charge of the fixture.

Video evidence shall not be admissible to review the decision of a referee where the decision relates to the allowance or disallowance of a score, the award of a free or the playing time allowed.

**519.** The referee shall forward team lists, and a report of the match to the Committee or Council in charge of the fixture, showing :

- a) The Final and Half Time scores.
- b) The Time the teams took the field
- c) The Time that the match commenced
- d) The Attire of players.
- e) The Names of any players Cautioned or Ordered Off and the reasons.
- f) The Names of any players Injured or any other information s/he deems relevant.
- g) The Names of Substitutions used during the course of the game

**520.** The Team Lists and Referees Match Report shall remain the property of the Committee or Council in charge of the fixture.

**521.** In the event of a team failing to participate in a game, the referee shall count the players of the team (s) that is present, to ensure that they have 11 players, obtain a Team list, and forward a report to the Committee or Council in charge of the fixture.

**522.** Where a referee fails to forward a report of a game, the Committee or Council in charge shall have the power, to investigate infringements of the rules that may have occurred, and call witnesses who attended the game.

- a) Sign and give a copy of the lists of the teams to the opposing team, before the commencement of the game
- b) Report on any failure regarding the receipt of lists to the Committee or Council in charge of the fixture.
- c) See that the players are properly attired and report on same.
- d) Obtain if requested by the team captain or team official, the signature, full address and club, of any player whose name appears on the official team list and that of any substitute that takes part in the game.
- e) Allow or disallow scores.
- f) Consult with umpires and linespersons when occasion demands and replace any of them should they withdraw their services before the end of the game.
- g) Deal with intrusions of unauthorised persons onto the Field of Play.
- h) Take the names or otherwise identify players or officials interfering during the course of the game and report on it accordingly.
- i) Report on pitch markings and on any other unsatisfactory aspects of the Field of Play.

510. The referee shall decide:

- a) Whether ground or other conditions are suitable for playing.
- b) Terminate a game because of darkness.
- c) Terminate a game because of persistent outside interference, or for any other reason s/he considers necessary i.e. if a player refuses to leave the field, or having been ordered off, returns to participate in the game.

511. When a player, players or a team, refuse to continue with a game, the referee should give the captain of the team approximately 3 minutes to decide their final intentions. If the team still refuses to play, any player willing to continue with the game should give her name to the referee. The referee should make a full report of the incident to the Committee or Council in charge.

512. If a game is terminated by the onset of darkness, it must be refixed for full time, unless there was a deliberate delay on the part of one team. In those circumstances the game may be awarded to their opponents. If the game was terminated for any other reason, the decision rests with the Committee or Council in charge.

513. In cases of rough or dangerous play, the referee shall caution or send off the player, depending on the seriousness of the offence.

514. The referee shall take serious regard of personal fouls.

483. Should a player from each team foul at the same time, the referee shall throw in the ball over the heads of one player from each side.

484. Once the referee has awarded a free, and prior to it being taken, if a player on the team awarded the free, fouls in retaliation, the free shall be disallowed, and play restarted by the referee, by throwing the ball over the heads of one player from each team where the original foul occurred.

485. Where the referee throws in the ball between one player from each team, all other players shall be 13m from both players.

486. At the commencement of the second half, the referee shall throw the ball in between two players from each side and all other players shall be behind the 45m line.

487. Should a player show dissent in any way with the referee's decision to award a free to the opposing team, the Free kick shall be awarded from a point 13m nearer to the defending goal, but not inside the 13m line. Should the original free be near the Sideline, on or inside the 13m line, the referee shall place the ball on the 13m Line, 13m nearer to the centre of the goal.

488. A player taking a Free kick or a Kick out near the End line or Sideline, may step outside these lines for the purpose of taking a run.

### Penalties

489. A penalty shall be awarded when:

- a) Any foul is committed by the Defence within the Small Rectangle
- b) A Personal Foul is committed by the Defence on an Attacking player, within the Large Rectangle.
- c) Where an Attacking Player in the Large Rectangle has her **hands on the ball** and an opponent kicks the ball.

The referee shall award a penalty, even though the boot may not have come in contact with the player's hand.

490. A penalty shall be taken from the ground at the centre point of the **11m Line**, directly in front of the goal. All players with the exception of the goalkeeper and the player taking the kick shall be outside the 20m Line.

491. The goalkeeper may move along the goal line, but **cannot advance from the goal line** until the ball has been kicked. If the goalkeeper moves forward before the ball is kicked and a score does not result (ball goes wide or is saved etc), or she deflects the ball over the bar, the penalty **shall be retaken**.

**492.** It is only the player wearing a distinctive jersey, enjoys the rights and privileges of a goalkeeper i.e. allowed to pick the ball off the ground, without being in a standing position inside the Small Rectangle.

### **Rectangles**

**493.** If an Attacking Player is within the Small Rectangle before the ball enters it, the Defending Team shall be awarded a free out from within the Small Rectangle.

**494.** If an Attacking Player legally enters the Small Rectangle after the ball and the ball is cleared from that area, but is returned before the Attacking Player has had time to leave the Small Rectangle, she shall be deemed, not to have committed an offence, provided, she does not play the ball or does not interfere with the Defence.

**495.** If an Attacking Player is in the Small Rectangle before the ball, and a point is scored from out the field, the score shall be allowed, providing:

- a) The ball is sufficiently high to be out of the reach of all players.
- b) She does not interfere with the defence

### **Kick Out**

**496.** For the Kick Out from goal after a Wide in competitions from Under 15 upwards, the ball may be kicked from the hands or off the ground, from within the Small Rectangle.

The ball must travel at least 13m and cross the 20m Line, before being played by another player.

Where another player offends, a free shall be awarded to the opposing team on the 20m Line opposite, to where the foul occurred.

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 the 13m line and must cross the 20m line before being played by another player. All players must be 13m from the ball when the Kick Out is being taken.

Where a player offends, a free shall be awarded to the opposing team on the 20m line if the offence occurred inside the 20m line or from where the offence occurred if outside the 20m line.

**497.** All players shall be outside the 20m Line except the kicker and the goalkeeper, who shall remain inside the Small Rectangle.

**498.** Where an opposing player stands nearer to the Goal line than the 20m Line, the Defending side shall be awarded a Free Out on the 20m Line.

**499.** After a score, the Kick Out shall be taken from the 20m line in front of the goalposts. All players shall be at least 13m from the ball until it is kicked.

**500.** The player taking the Kick Out, may play the ball more than once before any other player plays it, providing, she does not take it into her hands.

### **Referee**

**501.** Central Council, Provincial Council and County Committees shall have the power to appoint referees for all games under their control.

**502.** Neutral referees shall be appointed for all games, on having completed a recognised seminar and rules course of the Ladies Gaelic Football Association, where possible.

**503.** If a referee is unable to officiate at a game, the Secretary or Executive in charge of the fixture shall appoint a substitute who has completed a recognised seminar and rules course of The Ladies Gaelic Football Association, where possible. However, where a referee is unable to officiate at the last moment, s/he may nominate a substitute referee, under whom the teams shall play.

**504.** Where County games are played at Neutral Venues, both teams shall pay the referees expenses. These may be refunded from gate receipts or from the organising Provincial or Central Council.

**505.** In Intercounty games, the Home County shall pay the referees fee, before the commencement of the game. The fee may be recouped from the gate money taken at that game. A return should be made to the National or Provincial Treasurer as appropriate, showing the total gate receipts (before payment to the referee), referees expenses and any other expenses incurred i.e. Fee for use of the pitch.

**506.** County Boards, Provincial Council and Central Councils, shall hold referees Coaching Courses periodically.

**507.** Referees shall tog out or wear a tracksuit when officiating at all games.

**508.** A referee's requirements are a whistle, watch, coin, paper, pencil and yellow and red cards.

**509.** The duties and powers of a referee in addition to those outlined in the Playing Rules shall be