

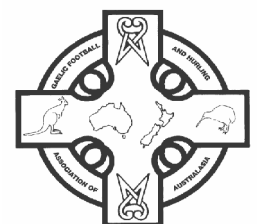
GAELIC FOOTY RULES

“Gaelic Kick”

(For primary school age boys and girls)

It is recommended that the following rules would best be suited to teams of 10 players made up of a goalkeeper, 3 defenders, 3 midfielders, and 3 forwards. If 10 players are not available then teams should be evenly matched.

1. The pitch to have *goalposts at each end. (*portable posts without crossbars may be used if small sized gaelic football posts are unavailable)
2. Pitch to be divided into three zones using cones to identify the zones.
3. Each of the zones represents a defensive, midfield, attacking zone.
4. Players who are defenders are not permitted outside their zone and neither are attacking players. Midfield players can enter any zone.
5. No tackling is allowed however a player may use one hand to slap the ball from opponents' hands.
6. The ball may be picked up/lifted directly from the ground.
7. Players may take a maximum of six steps whilst in possession of the ball. They can bounce the ball once and after doing so are entitled to take a further six steps.
8. A player may fist pass, hand pass or kick the ball.
9. A maximum of two hand to toe (toe taps) are allowed.
10. No sliding tackles are permitted.
11. A point is scored when the ball passes between the two uprights and over the crossbar
12. A goal is scored (3 points) when the ball is played into the area beneath the crossbar and between the uprights



The focus for “Gaelic Footy” is catching and kicking.

2.

Gaelic Footy Rules
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- times of games to be decided upon locally
- size of pitch to be decided at the local level
- games to be played over 4 quarters
- players to be rotated in zones
- size 4 footballs to be used
- adequate drinks to be available at all times
- basic first aid to be available at all times



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