

**GAELIC FOOTBALL & HURLING ASSOCIATION
OF AUSTRALASIA**



**RULE BOOK
PART 2**

**Containing Playing Rules of
Hurling, Men's Football & Women's Football**

MARCH 2011

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IMPORTANT TERMS AND DEFINITIONS – GAELIC FOOTBALL & HURLING & CAMOGIE

1. **BOUNCE** For a player to play the ball against the ground with their hand(s) and back into their hands twice again except the basketball bounce, per se, is not a foul. A double bounce is not effected until the ball is caught on completion of the second bounce
2. **CATCH** To gain control of the ball with the hand(s) in a way which prevents it from falling to the ground
3. **CAUTION** To take a player's name and show him/her a yellow card
4. **CHARGE** Provided he has at least one foot on the ground a player may make a shoulder-to-shoulder charge on an opponent who is in possession of the ball or both players are moving in the direction of the ball to play it
5. **DELAY** Deliberately taking too much time to retrieve the ball, or to restart play or any action which unduly delays the restart of play
6. **DIVOT** An elevation formed from the surface of the pitch for the purpose of teeing up the ball on the ground
7. **HANDPASS** Provided there is a definite underhand striking action with the striking hand not being in contact with the ball before the strike. In a two-handed pass, the ball may be struck off a holding hand by the other hand or released and struck in an underhand action. In a one-handed pass the ball shall be released from the hand before being struck by the same hand in an underhand action. The releasing of the ball when used shall be considered an integral part of the hand/fisted pass.
8. **FOUL**
(Aggressive) To physically or verbally abuse any player or official
(Dissent) To disagree openly with any official about any decision
(Technical) To "foul" the ball or any other foul that is not aggressive or dissenting
9. **IN FLIGHT** The ball is deemed to be in flight once it is off the ground, having been played away within the rules of fair play
10. **INFRACTION** To Breach/Violate/Infringe/Contravene a Rule
11. **LIFT** To use the foot or feet to raise the ball from the ground to the hand(s)
12. **OVERCARRY** To take more than four steps while holding the ball in the hand(s)
13. **OVERHOLD** To hold the ball longer than is required to take four steps

14. **PLAY THE BALL** To touch the ball. The last player touching the ball before it crosses a boundary line shall be considered the last person playing it
15. **PULL (Fair)** To swing the hurley to play or attempt to play the ball
16. **TACKLE** Any attempt to dispossess or reduce the advantage of an opponent within the Rules of Fair Play. With the exception of the shoulder to shoulder charge (fair) in men's football and hurling, the charge is aimed at the ball not the player
17. **THROW** When the ball held in the hand(s) is played away without a definite underhand striking action
18. **THROW-IN** To throw the ball in over the heads of one player from each team (Football) or to throw the ball along the ground between one player from each team (Hurling). For the start of the game and the restart after half time, the throw-in shall be between two players from each team
19. **TOE-TAP** To release the ball from the hand(s) to the foot and kick it back into the hand(s)
20. **TOSS** To release the ball from the hand(s) to kick it toe-tap it or pass it with the hand(s) (Football).
To release the ball from the hand to strike it with the hurley, foot or hand (Hurling)
21. **WREST** To attempt to dispossess an opponent who already has a (firm) hold on the ball, by grabbing the ball to take it from him/her

RULES OF SPECIFICATION

Rule 1 – THE FIELD OF PLAY

- 1.1** The field of play shall be rectangular and its dimensions shall be as follows; length – 130m minimum and 145m maximum; width – 80m minimum and 90m maximum. Sidelines and end lines shall be marked with lime or an adequate substitute.

Exception:

The dimensions may be reduced by local Bye-Laws for underage games or games of less than 15-a-side.

- 1.2 (i)** At distances of 13m, 20m, 45m, (Football), 65m. (Hurling) from each endline, lines shall be marked across the field parallel to the endline. The intersection of these lines and of the endlines with the sidelines shall be marked with flags or cones. Should flags be used they are to be set back at least one metre from the sideline and placed on an angle.

The midline of the field shall be marked parallel to the endlines and shall have a minimum length of 10m.

Boundary lines are part of the field of play.

- (ii)** All lines shall be marked in white with a suitable marking material.

- 1.3 (i)** The SCORING SPACE shall be at the centre of the each endline. Each shall be formed by two goal posts 7m high (minimum) above ground level and 6.5m apart.

- (ii)** A CROSSBAR shall be fixed to the goalposts at a uniform height of 2.5m.

- (iii)** GOAL NETS shall be securely fixed to the back of each goalpost.

Exception:

The dimension of the SCORING SPACE may be reduced for Under 15 or younger grades

- 1.4** **TWO RECTANGLES** of the following dimensions shall be formed in front of each scoring space.

- a) One rectangle 14m by 4.5m shall be formed by two lines 4.5m long and at right angles to the endline, being marked 3.75m from the inside of each goalpost, and the ends of these lines being joined.

- b) A second rectangle 19.5m by 13m shall be formed by two lines 13m long at right angles to the endline, being marked 6.25m from the inside of each goalpost, and the ends of these lines being joined.

The endline, including the goal-line is part of each rectangle; the other three lines enclose the area of that rectangle.

- 1.5** A semi-circular arc of 13m radius centred on the mid-point of the 20m line shall be marked outside of each 20m line.

2.

1.6 Interchange/Substitution Zone

An area of the sideline extending 5m. on either side of the centre line shall be marked as the Interchange/Substitution Zone and all players coming off/going on to the field of play in acts of interchange/substitution/temporary substitution shall go through this point.

Exception:

In games where substitutes are being used, an injured player may leave the field at the nearest point to them.

In games where interchange is being used should a player leave the field other than through the interchange area, it shall be deemed that such player is injured and therefore cannot re-enter the playing field. The interchange steward shall be the sole judge of this.

1.7 FLAGS: All flags used on boundary lines shall have smooth rounded tops.

RULE 2 – THE PLAYERS

2.1 Teams shall consist of fifteen players except that State by-laws may allow for teams to commence and finish a game with thirteen players and eleven players for women inclusive of players ordered off or retired injured. In the event of this not being complied with the game shall continue but it shall be awarded to the opposing side.

Exception: Rule 114 (g). Late arrivals may join in the game during a cessation of play in the first half, but must report to the referee before so doing.

Team sheets shall be provided to the referee no later than half time. States may set a Games Regulation requiring Team Sheets to be provided to the referee prior to the commencement of a game.

PENALTY - for players joining game after half time – Forfeiture of game and Award to opposing team

In seven, nine and eleven-a-side games the above rule ratio will apply. **The Penalty for breach of the Rule is Forfeiture of game and Award to opposing team.**

2.2 Late arrivals may join in the game during a break in play in the first half only, but must report to the referee before so doing.

PENALTY –

For players joining game after half time – Loss of game, Club \$25 fine

2.3 (i) A maximum of six substitutions shall be allowed except in the case of a “blood rule”.

A maximum of six interchange players shall be allowed.

A substitution/interchange is not allowed in the case of a player ordered off.

(ii) For extra time a further six substitutions shall be allowed. A player ordered off in any circumstance during the drawn game may not play in extra time but may be replaced.

(iii) Where substitutes are used a substitution may only be made during a break in play after the player has given a substitution note to the Referee. This shall also apply to a Temporary Substitution allowed under the “Blood Rule”

A player who is bleeding as a result of an injury must leave the field of play to receive treatment. **If substitutes rather than interchange are being used a replacement player for the player leaving the ground under the blood rule shall not be counted as one of the six substitutions.**

3.

After receiving treatment should the player return to the field of play, the player who Came on as a substitute for the injured player must then leave the field of play to be replaced by the injured player.

The injured player must report directly to the referee during a cessation in play to resume playing. The referee will ensure that no blood is continuing to flow from the injured area before allowing the player to resume participation in the game.

- (iv) All interchange/substitutes must be from players on the official team sheet submitted to the referee

2.4 (i) **LIST OF PLAYERS**

In all official games the referee shall be given a list of players in duplicate giving **full names** no later than half time. (States may set a Games Regulation requiring Team Sheets to be provided to the referee prior to the commencement of a game.)

In games the list of players shall be from 1 to 21 when interchange is used and 1 to 25 when substitutes are used. For games with interchange, no more than six interchange players are permitted to be toggged out or inside the dugout. Games with substitutes may have a maximum of twenty five players toggged out.

- (ii) All players shall be from the list submitted to the referee.
- (iii) For extra time, players shall be from the list submitted to the referee.

PENALTY – for not providing a team sheet to the referee by half time – Loss of Game: Club \$50 fine

**PENALTY – If at full time a player’s name is on the team sheet and that player has not taken part in the game or is not toggged out and present at the pitch, the following penalties will apply:
Loss of Game: Club \$50 fine**

PENALTY – A substitution/interchange made where a players name is not on the Team Sheet: Loss of Game: Club \$50 fine

**PENALTY – A team exceeding the permitted number of substitutions/interchange players either toggged out in the dugout area or who take the field during a game:
Forfeiture of game to opponents \$50 Fine.**

**PENALTY – A players name is not on the Team Sheet
Forfeiture of game and Award to opposing team: Club \$50/State \$100 fine**

RULE 3 – TIME

- 3.1** A team shall take the field not later than ten minutes before the appointed start time in games at the Australasian Championships and not later than five minutes before the appointed start time in all other games. For extra time, play shall commence not more than ten minutes after the end of the drawn game.

4.

PENALTY – Taking the field less than ten minutes before the appointed start time in games at the Australasian Championships a team shall be fined \$50 for every five minutes or part thereof. A team causing a game to be delayed at the Australasian Championships shall be fined \$50 for every five minutes or part thereof of the normal start time.

PENALTY – Taking the field less than five minutes before the appointed start time in games within a State a team shall be fined \$20 for every five minutes or part thereof. A team causing a game to be delayed within a State shall be fined \$20 for every five minutes or part thereof of the normal start time.

A team taking the field more than fifteen minutes after the appointed starting time shall be liable to forfeiture of the game in which case the game shall be awarded to the opposing team.

3.2 The playing time shall consist of two periods of thirty minutes but time shall be added on in each period for incidental or deliberate delays.

Exceptions:

- (i) The Australasian Championships games may be played over two twenty five minute halves
- (ii) States may have play games over two twenty five minute halves
- (iii) The playing time may be reduced for Under 15 or younger games

3.3 An interval not exceeding ten minutes shall be allowed at half time, following which the teams shall change ends.

PENALTY – A team exceeding the ten minute interval shall be fined \$20 for games within a State for every five minutes or part thereof and \$50 for every five minutes or part thereof at the Australasian Championships

A team exceeding the half time interval by more than twenty minutes shall be liable for forfeiture of the game

3.4 Subject to State Bye Laws, if a game in a knockout competition ends in a draw, two ten minute periods of extra time will be played. In the event of a further draw extra time will be obligatory in a replay. Extra time is obligatory in semi final and grand finals at the Australasian Championships.

3.5 In extra time, an interval not exceeding five minutes shall be allowed at half time, during which teams will stay on the field of play. Penalties as set in 3.2 apply for breaches of the half time interval.

3.6 For extra time as a consequence of a draw, a toss for choice of ends shall be made.

RULE 4 – EQUIPMENT

4.1 (i) A Club team shall wear its distinctive Club colours in Inter-Club competitions.

The State Committee shall determine if a clash of colours exists, and shall direct that one team to change to colours approved by the Committee.

PENALTY- Clubs infringing this rule shall be liable to a minimum \$40 fine.

5.

- (ii) Each State shall register with Australasian Council its distinctive State Colours, which shall be worn in Interstate matches. Where the controlling Council determines that a similarity of colours occurs, the State which first registered their colours with the Australasian Council will be permitted to wear their colours in matches and the other State will wear alternate colours.
- (iii) In all games the goalkeeper shall wear a jersey which is distinctive from their own teams and the opponent's team's colours.

4.2 (a) In all hurling and camogie games and hurling and camogie practice sessions it is mandatory for all players to wear a helmet with a facial guard.

PENALTY- A player not wearing a helmet with a facial guard will be issued a yellow card. Further refusal to wear the helmet will result in a second yellow card followed by a red card

- (b) A referee shall not allow a helmet to be worn in a football game.

4.3 (i) The hurling ball (sliotar) shall weigh not less than 100g and not more than 120g and have a circumference of not less than 23cm and not more than 25cm.

- (ii) The football shall weigh not less than 450g and not more than 485g and have a circumference of not less than 68cm and not more than 70cm.

Exception: The dimensions may be reduced by local Bye-Laws for Under 15 or younger grades

4.4 The base of a hurley at its widest point shall not be more than 13cm.

4.5 An artificial tee of a standard approved by Australasian Council or a State Committee may be used for a kick-out in football.

RULES OF CONTROL

Rule 1 – CONTROL OF THE GAMES

MATCH OFFICIALS

Control of games shall be entrusted to a referee, four umpires and two linespersons who shall decide on the field all matters affecting play.

An Interchange Official must be appointed for games where interchange is used.

Australasian Council and State Committees shall have the absolute power to appoint the match officials for all games under their respective jurisdiction. The Council or Committee may delegate those powers to a Sub-Committee, Co-ordinator, or in the case of the appointment of umpires and linespersons to the referee.

1.2 POWERS OF THE REFEREE

The referee's decision on any question of fact and in regard to time shall be final

The referee shall have the following powers:

- (i) Where a referee is unable to act, either the referee's coordinator or the Secretary of the Committee in charge shall appoint a substitute. In the case of a referee who is unable to contact the coordinator or Secretary the referee may appoint a substitute
- (ii) Declare ground or other conditions unsuitable for play, after consulting where feasible with the Officials in Charge of the fixture.
- (iii) Consult with the umpires and/or linespersons concerning infringements of Playing Rules, in particular rough or dangerous play, striking, hitting or kicking. The referee may apply the appropriate rule following such consultations.
- (iv) To order a player with any injury involving bleeding to leave the field of play for medical/other attention
- (v) To over-rule a decision of a linesperson or goal umpire(s)
- (vi) To award a score when the ball has been prevented from going over the goal-line or crossbar by anyone other than a player or the referee.
- (vii) To terminate a game because of persistent outside interference or any other serious reason that merits such action
- (viii) Terminate a game, having first given a three-minute warning to the team captain or official in charge of the team or the player(s) involved in any of the following circumstances:
- (ix) A player refusing to leave when ordered off or having been ordered off again joining the game. (ii) A team or player(s) leaving the field without the referee's permission or refusing to continue. In the latter case any member of the team who is willing to continue shall give their name to the referee.

1.2 DUTIES OF THE REFEREE

- (i) To control the game in accordance with the Rules of Play.
- (ii) To receive and sign lists of players and where requested provide the opposing team with a copy
- (iii) To ensure that all players are correctly and safely attired and that all playing equipment conforms to the rules. Referees must ensure that no player has steel studs on their football boots.
- (iv) To keep a record of scores, names of players ordered off or cautioned, injured and/or replaced, names of substitutes coming on to play (if interchange is not being used), any instance of taking the field late or exceeding the half time interval and the intrusion of unauthorized persons on to the field of play.
- (v) To record playing time and to extend time in each half for deliberate or incidental delay or to allow for a free – awarded before time had expired – to be taken. Should the defending team commit a further foul before the referee whistles for full-time he/she shall further extend the time to permit an additional free to be taken, from which a score can be made provided no other player of the same side taking the free touches the ball.
- (vi) To obtain if requested by the captain or responsible official the signature and full address of any player participating in the game.
- (vii) (a) To caution a player that commits a cautionable foul/offence by taking their name and showing them a yellow card, which caution, unless (b) or (c) below has been applied, shall carry over into extra time, where played.
 - (b) To order off a player who commits a second cautionable foul/offence by showing them a yellow card followed by showing them a red card.
- (viii) To order off a player who commits an ordering off foul/offence by taking their name (if not already taken) and showing them a red card.
- (ix) To report any irregularities in respect of dimensions, markings, or unsatisfactory condition of the field of play and to report any official protest made to the referee by a team captain before the game in relation to the markings or the dimensions of a pitch.
- (x) To blow the whistle when a foul has been committed or when the ball has gone out of play. To blow the whistle or give a signal to restart play. Once the referee has given a decision and has sounded their whistle to indicate this they shall not alter the decision.
- (xi) To indicate the place where all free kicks or free pucks shall be taken
- (xii) A team with more than the permissible number of players on the ground during a game will have their score annulled at the time the referee is aware/made aware of this fact. The referee will include details of this in their match report

8.

COMMENCING PLAY

- 1.3 (i) The referee shall toss a coin for choice of ends in the presence of the team captains. This procedure shall be repeated for extra time, where played.
- (ii) Two players from each team, one behind the other and standing in their own defensive side of the halfway line shall face the referee for the throw-in. The other players shall be in their respective positions behind the 45m line (Football) and 65m line (Hurling).

The referee, facing the players, shall throw in the ball over the heads of the players (Football), and along the ground between the players (Hurling/Camogie).

- (iv) Regulations (b) and (c) above shall also apply for the commencement of the second period

1.4 A Team Official may not enter the Field of Play.

Exceptions:

The referee may give his/her expressed permission to a team medical officer or two authorised officials to enter the field of play to examine an injured player. Treatment shall be given on the sideline.

- (i) One runner per team is permissible provided they are wearing a distinctive bib. The runner may move along the sidelines and end-lines, but can only enter the field of play during a break in play to make changes and/or give instructions to players. The Team Coach/Manager must remain in the dugout or its immediate environs during the game. A runner will not be either of the teams' Coaches or Managers.
- (ii) Two water carriers per team are allowed on to the field of play during a game. They must not interfere with play or stay on the ground unnecessarily. Water carriers will not be either of the teams' Coaches or Managers.

PENALTY: For breach of (i) & (ii) Club: \$100 Fine

1.5 INJURIES

- (a) **Injuries: General** – Play shall not be stopped for injury to a player except in exceptional circumstances to enable a seriously injured player to be removed from the field of play. All other injuries shall be treated off the field of play.
- (b) **Injuries: Blood** – A player who is bleeding or who has blood on any part of their body, playing attire or playing equipment, as a result of an injury sustained during play, shall on the instruction of the referee immediately leave the field of play to receive medical/other attention. They shall not be allowed to return to the field of play until the bleeding has stopped, all blood has been cleaned off and where possible, the injured area has been covered, any blood-stained playing attire has been replaced and any blood-stained equipment has been fully cleaned. Where substitutes are used, then in that circumstance a Temporary Substitute may be used and the following acts shall not count as substitutions under Rule 2.4 (i) and (ii), Rules of Specification.
- The use of a Temporary Substitute for a player instructed to leave the field under the Rule
 - The return to the field of play of the injured (blood) player as a direct replacement for the Temporary Substitute
 - The return to the field of play of the injured (blood) player as a replacement for any other player
 - If the Temporary Substitute has previously been sent off or substituted.

1.6 REPORT OF REFEREE

The referee shall normally submit his/her report within a period of three days of the game to the Committee or Council in Charge together with one copy of each team list. When the Committee or Council in charge deems it necessary the report shall be submitted within 24 hours.

The report shall contain:-

- The result of the game
- The time each team took the field
- The time the game started
- If the interval exceeded, a statement of the reason
- The names of players injured, replaced and substitutes taking part (if interchange is not used)
- The names of substitutes under 1.5 (b) Injuries – Blood
- The names of players cautioned or ordered off and the exact reasons
- The names of any officials or spectators who interfered during the course of the game
- Any other breaches of the regulations.
- The referee will include details in his/her match report of any instance where a team has had more than the permissible number of players on the ground during a game and details of when the score was annulled and the actual score at the time of the score annulment.

Rule 2 - UMPIRES

There shall be two goal umpires at each end of the field of play. An umpire shall stand behind each goalpost and behind the endline. They shall remain at the same end for the duration of the game.

2.1 POWERS OF UMPIRES

They shall decide if a score is made or if the ball has gone over the endline for a wide or a 45m or 65m free subject to Rule 1.1(v) above.

2.2 DUTIES OF UMPIRES

- (i) The Umpires shall signal their decision as follows:
- (a) A 45m/65m free in football/hurling by first raising an arm upright and then pointing directly infield at the point where the ball passed over the endline.
 - (b) A wide by crossing both arms above the head.
 - (c) A score by raising a green flag for a goal and a white flag for a point in front of the scoring space.
 - (d) A decision to disallow a score by crossing the flags at the centre of the scoring space.

The umpires shall bring to the referees attention during a break in play any instances of foul play, in particular rough or dangerous play, striking, hitting, or kicking or unauthorised incursions on to the field of play which have not been noticed by the referee.

Rule 3 - LINEPERSONS

There shall be one linesperson on each sideline. The linespersons shall change sides at half time, but failure to change shall not affect the result of the game.

10.

3.1 DUTIES OF THE LINESPERSONS

- (i) The Linespersons shall indicate by flag signal:
 - (a) When and where a ball crosses the sideline
 - (b) Which side is entitled to the sideline kick/puck and
 - (c) Where the kick or puck is to be taken from.
- (ii) Where the ball is played across a sideline by opposing players simultaneously, or when the linesperson is unsure which team played the ball over the sideline, the Linesperson facing the players shall throw in the ball.
- (iii) A Linespersons decision is subject to Rule 1.1(v) above
- (iv) Where Interchange is not being used, the Linesperson where neutral, shall control the operation of the Substitutes Zone and shall assist the referee in regard to the introduction of substitutes and of temporary substitutes under Rule 1.5(b) Injuries: Blood. Where linespersons are not neutral, these functions shall be controlled by the referee.
- (v) The Linespersons shall bring to the referees attention during a break in play any instances of foul play, in particular rough or dangerous play, striking, hitting, or kicking or unauthorised incursions on to the field of play which have not been noticed by the referee.

3.2 DIVOTS

A divot shall not be made for the purpose of teeing up a ball for a free, sideline puck or kickout.

Exception: A goalkeeper or player may use a tee for the purpose of taking a kickout after a wide or score.

PENALTY

A throw-in ball where the offence occurred.

In the case of a kickout – a throw-in ball on the 20m line opposite to where the offence occurred.



The Playing Rules of Hurling

The Rules of Hurling

Rules of Fair Play

RULE 1 – THE PLAY

- 1.1** The ball is in play once it has been thrown in or pucked, 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 cone/flag marking the boundary line
 - (c) the ball has been prevented from going over any boundary line or is touched in play by anyone other than a player
 - (d) If the ball strikes the referee, a throw in shall be given but if it strikes the referee from a free the free shall be retaken
- 1.2** The ball may be struck with the hurley when it is on the ground, in the air, tossed from the hand, or lifted with the hurley.
- 1.3** A player may run with the ball balanced on or hopping on his hurley.
- 1.4** A player may catch the ball, play it on to his hurley and bring it back into his hand once. A player who has not caught the ball may play it from the hurley into his hand twice.
- 1.5** The ball may be struck with the hand, kicked or lifted off the ground with the feet. For a handpass the ball must be released and struck with a definite striking action
- 1.6** The ball may not be touched on the ground with the hand(s) except when a player is knocked down or falls and the ball in his hand touches the ground.
- 1.7** The ball may be carried in the hand for a maximum of four consecutive steps or held in the hand for no longer than the time needed to take four steps
- 1.8** Player(s) may tackle an opponent for the ball
- 1.9** Provided he has at least one foot on the ground a player may make a shoulder-to-shoulder challenge on an opponent –
- (a) who is in possession of the ball or
 - (b) when both players are moving in the direction of the ball to play it.
- When he is in the small rectangle, the goalkeeper may not be charged but he may be challenged for possession of the ball and his puck, kick or pass may be blocked. Incidental with the keeper while playing the ball is permitted.
- 1.10** For a run-up to a free puck, sideline puck or puck-out a player may go outside the boundary lines, but otherwise players shall remain in the field of play.
- 1.11** A player may hold up his hurley or hand(s) to intercept a free puck.

2.

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 65m. lines.
- 2.2** After a foul, play is restarted by a free puck or throw-in where the foul(s) occurred.
- Exceptions:**
- (i) In the cases of fouls by defending players within the rectangles, the following shall apply:
A penalty puck shall be awarded for an Aggressive Foul within the large rectangle. The penalty puck shall be taken from the centre point of the 20m. line. A free puck from the centre of the 20m. line shall be awarded for a Technical Foul within the large rectangle.
 - (ii) A free puck awarded for a foul by a defending player inside his 20m line but outside the large rectangle shall be taken from the 20m 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 puck 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 where the foul occurred being retained, the rule shall apply in the following circumstances as outlined:-
 - (a) If the ball lands over the endline a free shall be given on the 20m line opposite the place where the ball crossed the endline.
 - (b) If the ball lands inside the opponents 20m line, a free shall be given shall be given from the 20m line opposite the place where the ball crossed the line.
 - (iv) Where otherwise specified in the penalties listed in Rule 4, Sections 14, 15, 16, 17, 18, 19, 27, 28, 29, 30 and Rule 6.2
 - (v) When play is restarted by throwing in the ball after a foul(s) between the endline and 20m line, the throw-in shall be given from the 20m line opposite where the foul(s) occurred. All players, except the player taking the free puck (excluding penalties) shall be 20m from where the free puck is being taken, except those two contesting the throw-in, shall be 13m from where the throw-in is awarded.
 - (vi) 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 directly infield from the foul(s) occurred
- 2.3** A penalty puck shall be taken at the centre point of the 20m line and the semi circular arc and only three defending players may stand on the goal line. All other players, with the exception of the player taking the puck shall be outside the 20m line and shall not cross the 20m line or the arc until the ball has been struck. If a defending player(s) fouls before the ball is struck and a goal does not result, the referee may allow the penalty puck to be retaken.
- 2.4** When opposing players foul simultaneously, play is restarted by throwing in the ball.
- 2.5** For all free pucks, including penalties, the ball may be struck with the hurley in either of two

3.

- (a) Lift the ball with the hurley at the first attempt and strike it with the hurley.
- (b) Strike the ball on the ground.

If a player taking a free puck or penalty fails to lift the ball at the first attempt or fails to strike it with the hurley he must strike it on the ground without delay. Only where he delays may a player of either side approach nearer than 20m except in the case of penalties.

- 2.6** When a ball is played over the endline by the team attacking that end or after a score play is restarted by a puck-out from within the small rectangle.

The player taking the puck-out shall take the ball in his hand but should be miss his stroke the ball may be struck from the ground or may be raised with the hurley but not taken in the hand again before striking. Taking the ball into the hand in these circumstances shall be penalised by a throw-in ball on the 20m line opposite to where the offence occurred. The player taking the puck-out may strike the ball more than once before another player touches it.

- 2.7** All players shall be outside the 20m line until the ball has been struck except the goalkeeper and the player taking the puck-out if other than the goalkeeper. If an attacking player offends he shall be penalised by a free being awarded from the 20m line opposite to where he stood. If a defending player offends, a throw-in ball shall be awarded on the 20m line opposite to where he stood. The ball shall travel 13m before being played by another player of the defending team.

- 2.8** When the ball is played over the endline by the team defending that end a free puck shall be awarded to the opposing team on the 65m line directly opposite where the ball crossed the endline.

Exception

When a clashed ball crosses the endline it shall be regarded as a wide ball.

- 2.9** When a team plays the ball over the sideline a free puck from the ground shall be awarded to the opposing team at 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 who played the ball last, the referee facing the players shall throw in the ball between one player from each team 13m in from the sideline. A ball that strikes an endline/sideline cone or flag or corner cone or flag shall be treated as having crossed the sideline. A player on the team award the sideline puck shall place the ball on the line at the spot indicated by the linesperson. All players except the player taking the sideline puck or the two players contesting the throw-in shall be at least 13m from the ball until it is struck or thrown in. If a player from either side stands or moves nearer than 13m to the ball before it is actually struck, the opposing team shall be awarded a free from a point 13m more advantageous.

If the player taking the sideline puck fails to strike at the first attempt, he shall not delay in making a second attempt. Only when the player delays his second attempt to strike may a player from either side approach nearer than 13m.

If a player taking a sideline puck plays the ball a second time before another player has touched it or attempts to lift it there shall be a throw-in ball where the offence occurred.

4.

2.10 If a ball touches any non-player during play, play is restarted by throwing in the ball at the place concerned, but if the ball strikes any non-player from a free puck, the play shall be retaken.

Exceptions

As provided in Rule 3.3(a)

(i) 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.

2.11 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 puck to that Team from the position at which the play was stopped, unless the play was stopped inside the opponents 20m line in which case the free shall be awarded from the 20m line opposite the point where the play was stopped. A score may not be made directly from such free.

(ii) If neither Team is in possession when the play is stopped, a throw-in shall be made from the position where the play was stopped, subject to the provisions in Exceptions (v) of Rule 2.2.

Penalty (in both Codes) – for “scoring” from such a free

(i) **Cancel free kick/puck**

(ii) **Throw-in ball where the foul occurred, except as provided for under Exception (v)* of Rule 2.2**

* (The New Section (v) re throw-ins being made 13m infield is referred to above).

RULE 3 – SCORES

3.1 A **goal** is scored when the ball is played by either team between the goalposts and under the crossbar by any team.

A **point** is scored when the ball is played by either team between the goalposts and over the crossbar.

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 who is in possession of the ball may not score;

(i) by carrying the ball over his opponents goal line

(ii) with his hand(s)

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.

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- (b) If part of the goalposts or crossbar is displaced during play, the referee shall award the score they consider 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** To throw the ball
- 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 when the player falls or is knocked down and the ball in his hand touches the ground
- 4.6** To catch the ball more than twice before playing it away
- 4.7** To toss the ball with the hand and catch it without playing it with the hurley
- 4.8** To drop the hurley intentionally, or to throw the hurley in a manner which does not constitute a danger to another player
- 4.9** To tip an opponents hurley in the air or to tip it up with hurley or foot for the purpose of allowing the ball to pass through
- 4.10** For an attacking player to enter opponents' small rectangle before the ball enters it during play
- Exceptions**
- (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 the player shall be deemed not to have committed an offence provided he does not play the ball or interfere with the defence.
- (ii) When a point is scored from outside the small rectangle and the ball is sufficiently high to be out of reach of defence and attack, 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.
- 4.11 (a)** For a player on the team awarded a free puck to stand or move nearer than 20m to the ball before it is struck.
- (b)** For a player on the team awarded a sideline puck to stand or move nearer than 13m to the ball before it is struck.
- (c)** For a player on the team awarded a penalty puck to be inside the 20m line or the arc the ball before it is struck.
- 4.12** For a player attacking a goal to carry the ball over opponents' goal line.

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- 4.13 For a player on the team attacking a goal who is in possession of the ball to score with the hand(s).
- PENALTY FOR ABOVE FOULS – Free puck from where the foul occurred except as provided under Exceptions of Rule 2.2**
- 4.14 To be inside opponents 20m line before a puck-out is taken after a wide
PENALTY – Free puck from the defenders’ 20m line opposite where the foul occurred
- 4.15 To take the puck-out from outside the small rectangle
PENALTY –
(a) cancel the puck out
(b) throw in the ball on the defenders 20m line in front of the scoring space opposite where the foul occurred.
- 4.16 (a) For a player on the team defending a penalty puck, with the exception of the three defending players on the goal-line, to be inside the 20m line or the semi-circle before the ball is struck.
(b) For any of the three players defending a penalty on the goal-line to move nearer than 20m to the ball before the ball is struck
PENALTY – If a goal is not scored, the referee shall allow the penalty puck to be retaken
- 4.17 (a) For an opposing player to be nearer than 20m to the ball before a free puck is struck
(b) For an opposing player to be nearer than 13m to the ball before a sideline puck is struck
PENALTY – Free puck 13m more advantageous than the place of original puck – up to opponents’ 20m line
- 4.18 To delay an opponent taking a free puck or sideline puck by kicking or hitting the ball away, not releasing the ball to the opposition or by deliberately not moving back to allow the puck to be taken.
- 4.19 To interfere with a player taking a free puck by jumping up and down, waving hands or hurley or any other physical or verbal interference considered by the referee to be aimed at distracting the player taking the puck. (Should this occur when an attacking team is awarded a 13m free in front of their opponents goal, a penalty shall be awarded.)
Exception
A player holding his hands or hurley upright shall not constitute interference.
PENALTY – Free puck 13m more advantageous than the place of original puck – up to opponents’ 20m line
- 4.20 To reset the ball for a free/penalty/sideline puck without the referees permission after the whistle has been blown for the free/penalty/sideline puck to be taken.
- 4.21 To play the ball again after taking a free/penalty/sideline puck before another player has played it unless the ball rebounds off a crossbar or goalposts.
- 4.22 To foul a free puck by making a second attempt to lift the ball, to hop the ball on the hurley or to take the ball in the hand.
- 4.23 For the player taking a sideline puck to attempt to lift the ball with his hurley.

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- 4.24 To make a divot for the purpose of teeing up the ball for a free puck or sideline puck.
- 4.25 To advance the ball deliberately from the place at which a free puck or sideline puck is to be taken
- 4.26 To waste time by delaying a free puck or sideline puck awarded to own team

PENALTY FOR THE ABOVE FOULS –

Cancel free puck or sideline puck

- (ii) Throw in the ball where the foul(s) occurred, except as provided under Exception (v) of Rule 2.2**

For the player taking the puck-out and having missed a stroke, to take the ball into his hand a second time before striking.

- 4.27 To be inside own 20m line when one's own team is taking a puck-out except as provided in Rule 2.6.
- 4.28 For another player on the same team to play the ball before it has travelled 13m.
- 4.29 To waste time by delaying own puck-out
- PENALTY FOR ABOVE FOULS –**
- (i) Cancel puck-out**
- (ii) Throw in the ball on defenders 20m line opposite the scoring space**

- 4.30 For a player(s) from each team to foul simultaneously.
- PENALTY – Throw in the ball where the foul(s) occurred except as provided under Exception (v) of Rule 2.2**

- 4.31 To deliberately go outside the boundary lines to gain an unfair advantage except as provided by Rule 1.10 **Penalty: Free puck from where the foul occurred**

- 4.32 To interfere with the goalposts to distract opponents or to gain an advantage
- PENALTY FOR THE ABOVE FOULS (except 4.31) –**
- Caution offender(s); order off for second Cautionable offence**

- 4.33 When a team commits a Technical Foul, the referee may allow the play to continue if he considers it to be to the advantage of the opposing team. Once he/she allows play to continue they may not subsequently award a free for that foul. They shall apply any relevant disciplinary action. The referee shall signal that advantage is being played by raising his/her extended arm upright

- 4.34 Deliberately advancing the ball from the point from which a free kick is to be taken. In these instances the referee will throw-in the ball where the original free occurred.

RULE 5 – AGGRESSIVE FOULS

- 5.1** To strike or attempt to strike an opponent with a hurley, head, arm, elbow, hand or knee
- 5.2** To strike or attempt to strike an opponent with a hurley, with minimal force
- 5.3** To strike an opponent with a hurley, either with force or causing injury
- 5.4** To attempt to strike an opponent with a hurley, with force
- 5.5** To kick or attempt to kick an opponent with minimal force
- 5.6** To kick an opponent, either with force or causing injury
- 5.7** To attempt to kick an opponent, with force
- 5.8** To stamp on an opponent
- 5.9** To behave in any way which is dangerous to an opponent
- 5.10** To inflict injury recklessly on an opponent by means other than those stated above
- 5.11** To spit at an opponent
- 5.12** To contribute to a melee
- 5.13** To strike, attempt to strike, to interfere with, to threaten, or to use abusive language or conduct to a match official.
- 5.14** To assault an opposing Team Official
PENALTY FOR THE ABOVE FOULS-
(i) Order offender(s) off
(ii) Free puck from where foul occurred except as provided under Exceptions of Rule 2.2
- 5.15** To commit any of the fouls listed in Rule 5.1 to 5.12 inclusive against a team mate
PENALTY FOR THE ABOVE FOULS -
(i) Order offender(s) off
(ii) Throw in the ball where foul occurred, except as provided under Exception (v) of Rule 2.2
- 5.16** To commit any of the fouls listed in Rule 5.1 to Rule 5.12 inclusive on an opponent, on the field, prior to the start of the game or at half time.
PENALTY – Offender shall be treated as sent off and shall not participate (or further participate) in the game and cannot be substituted/replaced.
- 5.17** To pull down an opponent.
- 5.18** To trip an opponent by hand foot or hurley.

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- 5.19** To jump at an opponent.
- 5.20** To threaten or to use abusive or provocative language or gestures to an opponent.
- 5.21** To engage in any form of rough play.
- 5.22** To make a pull with the hurley from behind and around the body of an opponent that is not consistent with an attempt to play the ball.
- 5.23** To use of the hurley in a careless manner
- 5.24** To throw a hurley in a manner which constitutes a danger to another player(s).
- 5.25** To pull with the hurley before the ball arrives.
PENALTY FOR ABOVE FOULS –
(i) Caution offender; order off for second cautionable foul.
(ii) If play has been stopped for the foul, a free puck from where play was stopped, except as provided under Exceptions of Rule 2.2
- 5.26** To pull or take hold of a face guard or any other part of an opponent's helmet.
- 5.27** To attempt to achieve an advantage by feigning a foul or injury.
PENALTY FOR ABOVE FOULS –
(i) Caution offender; order off for second cautionable foul.
(ii) If play has been stopped for the foul, a free puck from where play was stopped, except as provided under Exceptions of Rule 2.2
- 5.28** To threaten or use abusive or provocative language or gestures to a team mate
PENALTY FOR ABOVE FOUL –
(i) Caution offender; order off for second cautionable foul.
(ii) If play has been stopped for the foul, a free puck from where play was stopped, except as provided under Exception (v) of Rule 2.2
- 5.29 (a)** To push an opponent or hold an opponent with the hand(s) or hurley.
- (b)** To hold an opponent's hurley or pull it from his hands.
- 5.30 (a)** To charge an opponent in the back or to the front.
- (b)** To charge an opponent unless:
(i) He is in possession of the ball, or
(ii) He is playing the ball, or
(iii) Both players are moving in the direction of the ball to play it.
- (c)** To charge an opponent for the purpose of giving a team mate an advantage.
- (d)** To charge the goalkeeper in his small rectangle.
- (e)** A player in possession of the ball to charge an opponent.

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- 5.31** To use the hurley to obstruct or hold an opponent.
- 5.32** To Strike an opponent's hurley unless both players are in the act of striking the ball.
PENALTY FOR ABOVE FOULS –
(i) Free puck from where foul occurred, except as provided under Exceptions of Rule 2.2
(ii) Caution the offender for committing any of the above fouls a second time: order off for further repetition or for other cautionable foul
- 5.33** For a player to retaliate between the award of a free to his team and the free puck being taken.
PENALTY –
(i) Cancel free puck
(ii) Throw in the ball where the original foul occurred except as provided under Exception (v) of Rule 2.2
(iii) Apply any other relevant penalty of Rule 5.
- 5.34** For a player(s) from each team to foul simultaneously.
PENALTY -
(i) Throw in the ball where the original foul occurred except as provided under Exception (v) of Rule 2.2
(ii) Apply any other relevant penalty of Rule 5.
- 5.35** When an Aggressive Foul is drawn to the referee's attention by an umpire or linesperson, the referee may apply the appropriate penalty as per Rule 5 and shall restart play as per Rule 2.
- 5.36** When a team commits an Aggressive Foul, the referee may allow the play to continue if they consider it to be to the advantage of the opposing team. The referee shall signal that advantage is being played by raising his/her extended arm upright. Once he/she allows play to continue they may not subsequently award a free for that foul. They shall apply any relevant penalty.

RULE 6 – DISSENT

- 6.1** To challenge the authority of a match official.
PENALTY – Caution the offender; order off for second cautionable offence
- 6.2** For a player failing to comply with a referee's instruction to wear a helmet with a facial guard
PENALTY – Caution the offender; order off if he persists
- 6.3** 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
- 6.4** To show dissent with the referee's decision to award a free puck to the opposing team
PENALTY – The free puck already awarded shall be taken 13m more advantageous than the place of original free puck, up to the opponents 20m line.
- 6.5 (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) refuse to comply, terminate the game
- 6.6** A team or player(s) leaving the field without the referees permission or refusing to continue playing.
PROCEDURE – as in Rule 6.5
Any player willing to continue shall give his name to the referee.



The Playing Rules of Men's Football

The Rules of Men's 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 cone/flag marking the boundary line
 - (j) the ball has been prevented from going over any boundary line or is touched in play by anyone other than a player
 - (k) If the ball strikes the referee, a throw in shall be given but if it strikes the referee from a free the free shall be retaken

- 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 doing so
- (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 with 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 hands – toe-tapped
- (c) bounced once and once after each toe-tap

Definition: For a player to play the ball against the ground with their hand(s) and back into their hands twice again except the basketball bounce, per se, is not a foul. A double bounce is not effected until the ball is caught on completion of the second bounce

- (d) the ball may be changed from hand to hand once, with the original holding hand maintaining contact until the change is completed.
- (e) played away with the (a) fist (b) the open hand(s) fist provided there is a definite underhand striking action.

Handpass (Definition)

Football

When in possession, the ball may be played away with

- (i) the fist
or
- (ii) an open hand – in which instance there shall be a definite underhand striking action. The striking hand shall not be in contact with the ball before delivering the strike. When both hands are involved, the ball may be struck off a holding hand by the other hand or released from the holding hand and struck with the other hand. When one hand is involved, the ball may be released from the holding hand and struck with the same hand.
The releasing of the ball, when used, is considered an integral part of the fisted/open Handpass.

2.

(f) tossed for a kick, a toe-tap or a pass with the hand(s)

The ball may be knocked from an opponent's hands 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 Players may tackle an opponent for the ball.

1.7 Provided that he has at least one foot on the ground a player may make a shoulder-to-shoulder challenge on an opponent –

(a) who is in possession of the ball or

(b) when both players are moving in the direction of the ball to play it.

When he is in 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 keeper 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, sideline kick or kick-out a player may go outside the boundary lines, but otherwise players shall remain in the field of play.

1.10 A player may hold up his hand(s) 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 puck or throw-in where the foul(s) occurred.
- Exceptions:**
- (i) In the case of fouls by defending players within the rectangles, the following shall apply:
A penalty puck shall be awarded for an Aggressive Foul within the large rectangle. The penalty kick shall be taken from the centre point of the 13m line. A free kick from the centre of the 13m line shall be awarded for a Technical Foul within the large rectangle.
 - (ii) A free kick awarded for a foul by a defending player inside his 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 where the foul occurred being retained, the rule shall apply in the following circumstances as outlined:-
 - (a) If the ball lands over the endline, a free 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 shall be given shall be given from the 13m line opposite the place where the ball crossed the line.
 - (iv) Where otherwise specified in the penalties listed in Rule 4, Sections 14, 15, 16, 17, 18, 19, 27, 28, 29, 30 and Rule 6.2
 - (v) When play is restarted by throwing in the ball after a foul(s) between the endline and 20m line, the throw-in shall be given from the 20m line opposite where the foul(s) occurred.
All players, except the player taking the free kick (excluding penalties) shall be 13m From where the free kick is being taken, except those two contesting the throw-in, shall be 13m from where the throw-in is awarded.
 - (vi) 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 directly infield from the foul(s) occurred
- 2.3** A penalty kick shall be taken from the ground from a point of the 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 goal-line but may not advance from the goal-line until the ball has been kicked. If a defending player(s) fouls before the ball is struck and a goal does not result, the referee may allow the penalty puck 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 hand(s) or 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. **3/11**

4.

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) All kick outs shall be taken from the 13m line in front of the scoring space. All players except the goalkeeper and the player taking the kick out (if other than the goalkeeper) shall be outside the 20m line. All other players shall be 13m from the ball until it has been kicked.

The player taking the kick-out may kick the ball more than once before another player touches it but may not take the ball into his hand(s). 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 arc until the ball has been kicked.

All players shall be outside the 20m line until the ball has been struck except the goalkeeper and the player taking the kick-out if other than the goalkeeper. If an attacking player offends he shall be penalised by a free being awarded opposite to where he stood.

If a defending player offends, a throw-in ball shall be awarded on the 20m line opposite to where he stood. The ball shall travel 13m before being played by another player of the defending team.

(b) After a score the kickout shall be taken from the ground on the 13m line in front of the scoring space. All players except the goalkeeper and the player taking the kick-out (if other than the goalkeeper) shall be outside the 20m line. All other players shall be 13m from the ball until it is kicked.

(c) The player taking the kickout after the ball goes wide or a score shall have the option of using a tee approved by the Australasian/State Committee.

2.8 When the ball is played over the endline by the team defending that end a free kick shall be awarded to the opposing team on the 45m line directly opposite where the ball crossed the endline.

Exception

When a clashed ball crosses the endline it shall be regarded as a wide ball.

2.9 When a team plays the ball over the sideline a free kick from the hands shall be awarded to the opposing team from outside the boundary line from the place where the ball crossed the sideline.

(i) Linesperson may notify the referee of a breach of this rule

(ii) **Penalty** for breach of this rule is: (a) Cancel sideline kick (b) Throw in the ball 13m from 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 in from the sideline. A ball that strikes an endline/sideline cone or flag or corner cone or flag shall be treated as having crossed the sideline. A player on the team award the sideline kick shall place the ball on the line at the spot indicated by the linesperson. 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 is struck or thrown in. If a player from either side stands or moves nearer than 13m to the ball before it is actually struck, the opposing team shall be awarded a free from a point 13m more advantageous.

5.

Penalty:

If a player taking a sideline kick plays the ball a second time before another player has touched it shall be a throw-in ball where the offence occurred.

- 2.10** If a ball touches any non-player during play, play is restarted by throwing in the ball at the place concerned, but if the ball strikes any non-player from a free kick, the play shall be retaken.

Exceptions

- (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.

- 2.11** 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 puck to that Team from the position at which the play was stopped, unless the play was stopped inside the opponents 20m line in which case the free shall be awarded from the 20m line opposite the point where the play was stopped. A score may not be made directly from such free.
- (ii) If neither Team is in possession when the play is stopped, a throw-in shall be made from the position where the play was stopped, subject to the provisions in Exceptions (v) of Rule 2.2.

Penalty – for “scoring” from such a free

- (iii) **Cancel free kick/puck**
- (iv) **Throw-in ball where the foul occurred, except as provided for under Exception (v)* of Rule 2.2**

* (The New Section (v) re throw-ins being made 13m infield is referred to above).

RULE 3 – SCORES

- 3.1** A **goal** is scored when the ball is played by either team between the goalposts and under the crossbar by any team.
A **point** is scored when the ball is played by either team between the goalposts and over the crossbar.
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 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 hand(s) 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 they consider 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 a definite 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 when the player falls or is knocked down and the ball in his hand touches the ground
- 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 goalposts
- 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
- Exceptions**
- (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 the player shall be deemed not to have committed an offence provided he does not play the ball or interfere with the defence.
- (ii) When a point is scored from outside the small rectangle and the ball is sufficiently high to be out of reach of defence and attack, 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 to be less than 13m from the ball before it is kicked.
- (b)** For a player on the team awarded a sideline kick to be less than 13m from the ball before it is kicked.
- (c)** For a player on the team awarded a penalty puck to be inside the 20m line or the arc before the ball is kicked.

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- 4.12 For a player attacking a goal to carry the ball over opponents' goal line.
- 4.13 For a player on the team attacking a goal who is in possession of the ball to score a goal with his hand(s).
- 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 after a wide
PENALTY – Free kick from the 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 three defending players on the goal-line, to be inside the 20m line or the arc before the kick is taken.
- (b) For the goalkeeper defending a penalty on the goal-line to move nearer than 13m before the kick is taken.
PENALTY – If a goal is not scored, the referee shall allow the penalty kick to be retaken
- 4.17 (a) For an opposing player to be nearer than 13m to the ball before a free kick or sideline kick is taken
PENALTY – Free kick 13m more advantageous than the place of original kick – up to opponents' 13m line
- 4.18 To delay an opponent taking a free kick or sideline kick by kicking or hitting the ball away, not releasing the ball to the opposition or by deliberately not moving back to allow the kick to be taken.
- 4.19 To interfere with a player taking a free 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. (Should this occur when an attacking team is awarded a 13m free in front of their opponents goal, a penalty shall be awarded.)
Exception
A player holding his hands upright shall not constitute interference.
PENALTY – 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 after a score
PENALTY – Free kick 13m more advantageous than the place of original kick-out
- 4.21 To reset the ball for a free/penalty/sideline puck without the referees permission after the whistle has been blown for the free/penalty/sideline puck to be taken.
- 4.22 To play the ball again after taking a free/penalty/sideline puck before another player has played it unless the ball rebounds off a crossbar or goalposts.
- 4.23 To make a divot for the purpose of teeing up the ball for a free kick or sideline kick. **3/11**

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- 4.24 To advance the ball deliberately from the place at which a free kick or sideline kick is to be taken
- 4.25 To waste time by delaying 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(s) occurred, except as provided under Exception (v) of Rule 2.2
- 4.26 To use a kicking tee illegally
PENALTY
(i) Disallow any resultant score
(ii) Throw in the ball where the foul(s) occurred, except as provided under Exception (v) 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 own team is taking a kick-out except as provided in Rule 2.7.
- 4.29 For another player on the same team taking the kick-out after a wide to play the ball before it has travelled 13m.
- 4.30 For a player on the team taking the kick-out after a score, 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
PENALTY FOR ABOVE FOULS –
(i) Cancel kick-out
(ii) Throw in the ball on defenders 20m line opposite the scoring space
- 4.32 To take the kick-out after a wide from outside the 13m
- 4.33 To take the kick-out after a score from outside the 13m line
PENALTY FOR ABOVE FOULS –
(i) Cancel kick-out
(ii) Throw in the ball on defenders 20m line opposite the scoring space
- 4.34 For a player(s) from each team to foul simultaneously.
PENALTY – Throw in the ball where the foul(s) occurred except as provided under Exception (v) of Rule 2.2
- 4.35 To go outside the boundary lines to gain an unfair advantage except as provided by Rule 1.9 **Penalty: Free puck from where the foul occurred**
- 4.36 To interfere with the goalposts to distract opponents or to gain an advantage
PENALTY FOR THE ABOVE FOULS (except 4.35) –
Caution offender(s); order off for second Cautionable offence

9.

- 4.37** When a team commits a Technical Foul, the referee may allow the play to continue if he considers it to be to the advantage of the opposing team. The referee shall signal that advantage is being played by raising his/her extended arm upright. Once he/she allows play to continue they may not subsequently award a free for that foul. They shall apply any relevant disciplinary action.

RULE 5 – AGGRESSIVE FOULS

- 5.1** To strike or attempt to strike an opponent with a hurley, head, arm, elbow, hand or knee
- 5.2** To kick or attempt to kick an opponent, with minimal force
- 5.3** To kick an opponent, with force or causing injury
- 5.4** To attempt to kick an opponent, with force
- 5.5** To stamp on an opponent
- 5.6** To behave in any way which is dangerous to an opponent
- 5.7** To inflict injury recklessly on an opponent by means other than those above
- 5.8** To spit at an opponent
- 5.9** To contribute to a melee
- 5.10** To strike, attempt to strike, to interfere with, to threaten, or to use abusive language or conduct to a match official.
- 5.11** To assault an opposing Team Official
PENALTY FOR THE ABOVE FOULS-
(i) Order offender(s) off
(ii) Free kick from where foul occurred except as provided under Exceptions of Rule 2.2
- 5.12** To commit any of the fouls listed in Rule 5.1 to 5.10 inclusive against a team mate
PENALTY FOR THE ABOVE FOULS-
(i) Order offender(s) off
(ii) Throw in the ball where foul occurred, except as provided under Exception (v) of Rule 2.2
- 5.13** To commit any of the fouls listed in Rule 5.1 to Rule 5.4 inclusive on an opponent, on the field, prior to the start of the game or at half time.
PENALTY – Offender shall be treated as sent off and shall not participate (or further participate) in the game and cannot be substituted/replaced.
- 5.14** To pull down an opponent.
- 5.15** To trip an opponent by hand(s) or foot.

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- 5.16** To jump at an opponent
- 5.17** To threaten or to use abusive or provocative language or gestures to an opponent.
- 5.18** To block or attempt to block with the boot when an opponent is kicking the ball from the hand(s)
- 5.19** To prevent or attempt to prevent an opponent from lifting or kicking the ball from the ground by striking an opponents hand, arm, foot or leg with the boot
- 5.20** To engage in any other form of rough play.
PENALTY FOR ABOVE FOULS –
(i) Caution offender; order off for second cautionable foul.
(ii) Free kick from where foul occurred except as provided under Exceptions of Rule
- 5.21** To attempt to achieve an advantage by feigning a foul or injury.
PENALTY FOR ABOVE FOULS –
(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
- 5.22** To threaten or use abusive or provocative language or gestures to a team mate
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 Exception (v) of Rule 2.2
- 5.23** To push an opponent or hold an opponent with the hand(s).
- 5.24** To bring the fist in or around the body of an opponent for the purpose of dispossessing him of the ball.
- 5.25 (a)** To charge an opponent in the back or to the front.
- (b)** To charge an opponent unless:
(i) He is in possession of the ball, or
(ii) He is playing the ball, or
(iii) Both players are moving in the direction of the ball to play it.
- (c)** To charge an opponent for the purpose of giving a team mate an advantage.
- (d)** To charge the goalkeeper in his small rectangle.
- (e)** For a player in possession of the ball to charge an opponent.
PENALTY FOR ABOVE FOULS –
(i) Free kick from where foul occurred, except as provided under Exceptions of Rule 2.2
(ii) Caution the offender for committing any of the above fouls a second time: order off for further repetition or for other cautionable foul

11.

5.26 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 Exception (v) of Rule 2.2**
- (iii) Apply any other relevant penalty of Rule 5.**

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

PENALTY -

- (i) Throw in the ball where the original foul occurred except as provided under Exception (v) of Rule 2.2**
- (ii) Apply any other relevant penalty of Rule 5.**

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

5.29 When a team commits an Aggressive Foul, the referee may allow the play to continue if he considers it to be to the advantage of the opposing team. The referee shall signal that advantage is being played by raising his/her extended arm upright. Once he/she allows play to continue they may not subsequently award a free for that foul. He shall apply any relevant penalty.

RULE 6 – DISSENT

- 6.1** To challenge the authority of a match official.
PENALTY – Caution the offender; order off for second cautionable offence
- 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
- To show dissent with the referee’s decision to award a free puck to the opposing team
PENALTY – The free kick already awarded shall be taken 13m more advantageous than the place of original free kick, up to the opponents 13m line.
- 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) refuse to comply, terminate the game
- 6.5** A team or player(s) leaving the field without the referees permission or refusing to continue playing.
PROCEDURE – as in Rule 6.4
Any player willing to continue shall give his name to the referee.



The Playing Rules of Women's Football

The Rules of Women's Football

Players who are pregnant, in consultation with their medical practitioner take sole responsibility for the decision whether or not to participate in Women's Gaelic Football.

Further information regarding this issue can be found in the Association's "Pregnancy & Sport Policy" which can be viewed on the Association's website www.gaelicfootball.com.au

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 cone/flag marking the boundary line
 - (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. A player may pick the ball off the ground with the toe or hand(s) provided she is in a standing position
- Exceptions:**
- (a) 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 doing so
 - (b) A player while on the ground may play the ball away from her but cannot take it into her possession
 - (c) The ball may not be lifted off the ground with the knees
- 1.3** If the ball strikes the referee, 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. If it strikes the referee from a free the free shall be retaken
- 1.4** When the ball is not on the ground it may be played with any part of the body.
- 1.5** 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 hands – toe-tapped
 - (c) bounced once and once after each toe-tap
- Definition:** For a player to play the ball against the ground with their hand(s) and back into their hands twice again except the basketball bounce, per se, is not a foul. A double bounce is not effected until the ball is caught on completion of the second bounce
- (d) the ball may be changed from hand to hand once, with the original holding hand maintaining contact until the change is completed.
 - (e) struck with the open hand or fist provided there is a definite underhand striking action.
 - (f) tossed for a kick, a toe-tap or a pass with the hand(s)
- The ball may be knocked from an opponent's hands by flicking it with the open hand.
- Exceptions**
- (a) A player holding the ball into her body cannot be tackled. Any attempt to do so will result in a free to her and her team
 - (b) All deliberate body contact is forbidden but shadowing an opponent and blocking the delivery of a ball by an opponent shall be allowed
- 1.6** When the ball has not been caught it may be bounced more than once in succession
- 1.7** Players may tackle an opponent for the ball in accordance with Rule 1.4 above.

2.

Exception:

A player may not kick the ball as an opponent is about to pick it up or take it into her possession

- 1.8** When she is in the small rectangle, the goalkeeper may not be charged but she may be challenged for possession of the ball and her kick or pass may be blocked. Incidental contact with the keeper while playing the ball is permitted.
- 1.9** A goalkeeper may move along her goal-line when a penalty kick is being taken
- 1.10** For a run-up to a free kick, sideline kick or kick-out a player may go outside the boundary lines, but otherwise players shall remain in the field of play.
- 1.11** A player may hold up her hand(s) to intercept a free kick.
- 1.11** “Showing the Ball” or “Turning Twice” with the ball is **not** an offence providing it is done within the four step rule.
- 1.13** Where a referee stops play to deal with an injured player(s), the team in possession of the ball at the time the referee stopped play shall retain possession on the restart. Play is restarted by the ball being kicked (not hand-balled) by the team that had possession, however that team cannot score directly from the kick ball and all players must be 13m from the ball when play is resumed.

Where none of the teams had possession of the ball when the referee stopped play, play is resumed with a throw in between one player from both teams.

Penalty – for “scoring” from such a free

Cancel free kick/puck

Throw-in ball where the foul occurred, except as provided for under Exception (v)* of Rule 2.2

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 throw-in where the foul(s) occurred.

Exceptions:

- (i) In the case of fouls by defending players within the rectangles, the following shall apply:
A penalty kick shall be awarded for any foul within the small rectangle and for an Aggressive Foul within the large rectangle. The penalty kick shall be taken from the centre point of the 11m line. A free kick from the centre of the 13m line shall be awarded for a Technical Foul within the large rectangle.
- (ii) Where an attacking player in the large parallelogram has her hands on the ball and her 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.
- (iii) It is only the player wearing the distinctive jersey who enjoys the rights and privileges of the goalkeeper
- (iv) A free kick awarded for a foul by a defending player inside her 13m line but outside the large rectangle shall be taken from the 13m line opposite where the foul occurred.
- (v) When a player is fouled immediately after she 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 where the foul occurred being retained, the rule shall apply in the following circumstances as outlined:-
 - (a) If the ball lands over the endline, a free 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 shall be given shall be given from the 13m line opposite the place where the ball crossed the line.
- (vi) Where otherwise specified in the penalties listed in Rule 4, Sections 14, 15, 16, 17, 18, 19, 27, 28, 29, 30 and Rule 6.2
- (vii) When play is restarted by throwing in the ball after a foul(s) between the endline and 20m line, the throw-in shall be given from the 20m line opposite where the foul(s) occurred.
All players, except the player taking the free kick (excluding penalties) shall be 13m from where the free kick is being taken, except those two contesting the throw-in shall be 13m from where the throw-in is awarded.
- (viii) 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 directly infield from the foul(s) occurred

2.3 A penalty kick shall be taken from the ground at the centre 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 shall not cross the 20m line or the arc until the ball has been struck.

4.

The goalkeeper may move along her goal-line but may not advance from the goal-line until the ball has been kicked. If a defending player(s) fouls before the ball is struck and a goal does not result, the referee may 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 hand(s) or the ground. A player having indicated her option to the referee shall not be permitted to change her 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
Exception A penalty kick and a free kick awarded to a team from their opponents' 13m line.

2.7 (a) When a ball is played over the endline by the team attacking that end, play is restarted by a kick-out and the ball may be kicked from the hand(s) or off the ground. All kick outs shall be taken from the 13m line in front of the scoring space. All players except the goalkeeper and the player taking the kick out (if other than the goalkeeper) shall be outside the 20m line. All other players shall be 13m from the ball until it has been kicked.

The player taking the kick-out may kick the ball more than once before another player touches it but may not take the ball into her hand(s). If the goalkeeper is not taking the kick-out she shall stay in the small rectangle and all other players except the player taking the kick-out shall be outside the 20m line until the ball has been kicked.

All players shall be outside the 20m line until the ball has been struck except the goalkeeper and the player taking the kick-out if other than the goalkeeper. If an attacking player offends she shall be penalised by a free being awarded from the 20m line opposite to where she stood. If a defending player offends; a throw-in ball shall be awarded on the 20m line opposite to where she stood. The ball shall travel 13m before being played by another player of the defending team.

(b) After a score the kickout shall be kicked from the hand(s) or taken from the ground on the 20m line in front of the scoring space. All players except the goalkeeper and the player taking the kick-out (if other than the goalkeeper) shall be outside the 20m line. All other players shall be 13m from the ball until it is kicked.

(c) The player taking the kickout from the ground after the ball goes wide or a score shall have the option of using a tee approved by the Australasian/State Committee.

2.8 When the ball is played over the endline by the team defending that end a free kick shall be awarded to the opposing team on the 45m line directly opposite where the ball crossed the endline. A player may kick the ball from the hand(s) or from the ground.

Exception

When a clashed ball crosses the endline it shall be regarded as a wide ball.

2.9 When a team plays the ball over the sideline a free kick from the hands shall be awarded to the opposing team from outside the boundary line from the place where the ball crossed the sideline.

(j) Linesperson may notify the referee of a breach of this rule

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(ii) **Penalty** for breach of this rule is: (a) Cancel sideline kick (b) Throw in the ball 13m in from the sideline

If opposing players play the ball simultaneously over the sideline or if the officials are not sure who played the ball last, the referee shall throw in the ball between one player from each team 13m in from the sideline. A ball that strikes an endline/sideline cone or flag or corner cone or flag shall be treated as having crossed the sideline. A player on the team awarded the sideline kick shall place the ball on the line at the spot indicated by the linesperson. 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 is struck or thrown in. If a player from either side stands or moves nearer than 13m to the ball before it is actually struck, the opposing team shall be awarded a free from a point 13m more advantageous.

If a player taking a sideline kick plays the ball a second time before another player has touched it, it shall be a throw-in ball where the offence occurred.

2.10

If a ball touches any non-player during play, play is restarted by throwing in the ball at the place concerned, but if the ball strikes any non-player from a free kick, the play shall be retaken.

Exceptions

(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 by either team between the goalposts and under the crossbar by any team.
A **point** is scored when the ball is played by either team between the goalposts and over the crossbar.
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 who is in possession of the ball may not score;
(i) by carrying the ball over her opponents goal line
(ii) a goal with her hand(s) except as provided in Rule 1.2 Exception (ii)
(iii) a point with her 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 they consider would have resulted had a part not been displaced.
- 3.4** If a defending player plays the ball through her own scoring space in any manner this shall count as a score.
- 3.5** A ball carried or thrown over the goal line by an attacking player is not a goal.
- 3.6** A point is allowed where an **attacking player(s)** is/are inside the small rectangle and the ball goes over the bar , providing that the attacking player(s) did not interfere with the defence and that the ball was out of the reach of all players.

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 a definite striking action
- 4.3** To lift the ball off the ground when not in a standing position or with the knees
- 4.4** To lie on the ball
- 4.5** Bringing the ball into her possession whilst on the ground
- 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 goalposts
- 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
Exceptions
 (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 the player she shall be deemed not to have committed an offence provided she does not play the ball or interfere with the defence.
 (ii) When a point is scored from outside the small rectangle and the ball is sufficiently high to be out of reach of defence and attack, 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 to be less than 13m from the ball before it is kicked.
(b) For a player on the team awarded a sideline kick to be less than 13m from the ball before it is kicked.
(c) For a player on the team awarded a penalty puck to be inside the 20m line or the arc before the ball is kicked.

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- 4.12** For a player attacking a goal to carry the ball over opponents' goal line.
- 4.13** For a player on the team attacking a goal who is in possession of the ball to score a goal with her hand(s).

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 after a wide
PENALTY – Free kick from the 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 when the free kick is being taken on the 13m line in front of the scoring space.
PENALTY – Penalty kick
- 4.16 (a)** For a player on the team defending a penalty kick, with the exception of the goalkeeper on the goal-line, to be inside the 20m line or the arc before the kick is taken.
- (b)** For the goalkeeper defending a penalty on the goal-line to move nearer than 13m before the kick is taken.
PENALTY – If a goal is not scored, the referee shall allow the penalty puck to be retaken
- 4.17 (a)** For an opposing player to be nearer than 13m to the ball before a free kick or sideline kick is taken
PENALTY – Free kick 13m more advantageous than the place of original kick – up to opponents' 13m line
- 4.18** To delay an opponent taking a free kick or sideline kick by kicking or hitting the ball away, not releasing the ball to the opposition or by deliberately not moving back to allow the kick to be taken.
- 4.19** To interfere with a player taking a free 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. (Should this occur when an attacking team is awarded a 13m free in front of their opponents goal, a penalty shall be awarded.)
Exception
A player holding her hands upright shall not constitute interference.
PENALTY – A Free kick 13m more advantageous than the place of original kick – up to opponents' 13m line (If offence does not occur when a 13m free in front of their opponents' goal has been awarded).
- 4.20** For an opposing player to be less than 13m from the ball before a kick-out after a score
PENALTY – Free kick 13m more advantageous than the place of original kick-out
- 4.21** To reset the ball for a free/penalty/sideline kick without the referees permission after the whistle has been blown for the free/penalty/sideline puck to be taken.
- 4.22** To play the ball again after taking a free/penalty/sideline kick before another player has played it unless the ball rebounds off a crossbar or goalposts.

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- 4.23 To make a divot for the purpose of teeing up the ball for a free kick or sideline kick.
- 4.24 To advance the ball deliberately from the place at which a free kick or sideline kick is to be taken
- 4.25 To waste time by delaying 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(s) occurred, except as provided under Exception (v) of Rule 2.2
- 4.26 To use a kicking tee illegally
PENALTY
(i) Disallow any resultant score
(ii) Throw in the ball where the foul(s) occurred, except as provided under Exception (v) of Rule 2.2
- 4.27 For a player taking a kick-out to take the ball into her hand(s) again after kicking it, before another player has played it.
- 4.28 To be inside own 20m line when one's own team is taking a kick-out except as provided in Rule 2.7.
- 4.29 For another player on the same team taking the kick-out after a wide to play the ball before it has travelled 13m.
- 4.30 For a player on the team taking the kick-out after a score, 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
PENALTY FOR ABOVE FOULS –
(i) Cancel kick-out
(ii) Throw in the ball on defenders 20m line opposite the scoring space
- 4.32 To take the kick-out after a wide from outside the 13m line
- 4.33 To take the kick-out after a score from outside the 13m line
PENALTY FOR ABOVE FOULS –
(i) Cancel kick-out
(ii) Throw in the ball on defenders 20m line opposite the scoring space
- 4.34 For a player(s) from each team to foul simultaneously.
PENALTY – Throw in the ball where the foul(s) occurred except as provided under Exception (v) of Rule 2.2
- 4.35 To go outside the boundary lines to gain an unfair advantage except as provided by Rule 1.9

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4.36 To interfere with the goalposts to distract opponents or to gain an advantage

**PENALTY FOR THE ABOVE FOULS –
Caution offender(s); order off for second Cautionable offence**

4.37 Deliberately advancing the ball from the point from which a free kick is to be taken. In these instances the referee will throw-in the ball where the original free occurred.

4.39 When a team commits a Technical Foul, the referee may allow the play to continue if he/she considers it to be to the advantage of the opposing team. Once he/she allows play to continue they may not subsequently award a free for that foul. They shall apply any relevant disciplinary action.

RULE 5 – AGGRESSIVE FOULS

- 5.1 To strike or attempt to strike an opponent or colleague with a head, arm, elbow, hand or knee
- 5.2 To kick or attempt to kick an opponent or colleague with minimal force
- 5.3 To kick an opponent, with force or causing injury
- 5.4 To attempt to kick an opponent, with force
- 5.5 To stamp on an opponent or colleague
- 5.6 Deliberate charging of an opponent or colleague
- 5.7 Deliberate frontal shoulder charge on an opponent
- 5.8 Deliberate high tackle
- 5.9 Spitting at an opponent or colleague
- 5.10 Deliberate pulling of an opponent or colleagues hair
- 5.11 Biting an opponent or colleague
- 5.12 To behave in any other way which is dangerous to an opponent or colleague
- 5.13 To contribute to a melee
- 5.14 To strike, attempt to strike, to interfere with, to threaten, or to use abusive language or conduct to a match official.
PENALTY FOR THE ABOVE FOULS-
(i) Order offender(s) off
(ii) Free kick from where foul occurred except as provided under Exceptions of Rule 2.2
- 5.15 To commit any of the fouls listed in Rule 5.1 to 5.14 inclusive against a team mate
PENALTY FOR THE ABOVE FOULS-
(i) Order offender(s) off
(ii) Throw in the ball where foul occurred, except as provided under Exception (v) of Rule 2.2
- 5.16 To commit any of the fouls listed in Rule 5.1 to Rule 5.14 inclusive on an opponent, on the field, prior to the start of the game or at half time.
PENALTY – Offender shall be treated as sent off and shall not participate (or further participate) in the game and cannot be substituted/replaced.
- 5.17 To pull down an opponent.

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

PENALTY FOR ABOVE FOULS –

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

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

PENALTY FOR ABOVE FOULS –

- (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**

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

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 Exception (v) of Rule 2.2**

- 5.26 To push an opponent or hold an opponent with the hand(s).
 - 5.27 To bring the fist in or around the body of an opponent for the purpose of dispossessing her of the ball.
 - 5.28 Diving on the ball as another player is picking it up
 - 5.29 Player in possession of the ball leading with her elbow.
 - 5.30 Pushing off a player in the chest
 - 5.31 Chopping down on the arms of an opponent
 - 5.32 (a) To charge an opponent for the purpose of giving a team mate an advantage.
 - (b) To charge the goalkeeper in her small rectangle.
- PENALTY FOR ABOVE FOULS –**
- (i) Free kick from where foul occurred, except as provided under Exceptions of Rule 2.2**
 - (ii) Caution the offender for committing any of the above fouls a second time: order off for further repetition or for other cautionable foul**

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5.33 For a player to retaliate between the award of a free kick to her 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 Exception (v) of Rule 2.2

(iii) Apply any other relevant penalty of Rule 5.

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

PENALTY -

(i) Throw in the ball where the original foul occurred except as provided under Exception (v) 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 linesperson, the referee may apply the appropriate penalty as per Rule 5 and shall restart play as per Rule 2.

5.36 When a team commits an Aggressive Foul, the referee may allow the play to continue if he/she considers it to be to the advantage of the opposing team. The referee shall signal that advantage is being played by raising his/her extended arm upright. Once he/she allows play to continue they may not subsequently award a free for that foul. He/she shall apply any relevant penalty.

RULE 6 – DISSENT

- 6.1** To challenge the authority of a match official.
PENALTY – Caution the offender; order off for second cautionable offence
- 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 free kick, up to the opponents 13m line.
- 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) refuse 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 her name to the referee.

