

GAELIC FOOTBALL & HURLING ASSOCIATION OF AUSTRALASIA



RULE BOOK

Containing
Playing Rules of
CAMOGIIE



2021

Contents

Rules of Control

The Playing Rules of Camogie Including:

Teams

Equipment

Set Play

Technical Fouls

Aggressive Fouls

Dissent

Frees

Scores

CAMOGIE PLAYING RULES

(The following should be read in conjunction with the GFHAA Rule Books, Parts 1 & 2)

CONTROL OF MATCHES

1.1 Matches shall be under the control of the Referee, four Goal Umpires and two Line Umpires. All matters affecting play shall be decided on the field of play by these officials.

THE REFEREE

1.2 Referees shall wear regulation uniform while officiating at matches.

DUTIES AND POWERS OF THE REFEREE

1.3 The referee shall enforce the Playing Rules. During the match, her/his decision on all matters connected with play shall be final, and, in each case, a decision shall be taken. Her/his decision as to time shall be final.

1.4 The Referee shall:

- (a) Decide in consultation with the Committee-in-Charge whether ground or other conditions are suitable for play;
- (b) Deal with the intrusion of unauthorised persons on to the playing pitch;
- (c) Record and report the names of players or officials interfering during the course of a match.

1.5 The Referee shall, by the commencement of the second half of a match, obtain from each team a Team List in duplicate of its players and substitutes. She/he shall sign both copies of each Team List, give one copy to the captain of the opposing team, and shall submit the other copy with her/his report to the Secretary of the Committee in charge of the fixture.

1.6 The Referee shall keep a record of the match and shall lodge with the Committee in charge a report of the match including the score and commencing and finishing time of each half. Such report shall be submitted with signed team Lists.

1.7 The Referee shall, in the event of one team failing to field, count the players of the team present and obtain a Team List for submission with her/his report.

1.8 The Referee shall:

- (a) Give a final decision on scores or wides where the Goal Umpires disagree, or where there is only one Goal Umpire or no goal umpire.
- (b) Give a final decision on side-line pucks and may over-rule the decision of a Linesperson. In the absence of a Linesperson, the Referee's decision shall be final.
The Referee may consult the Goal and Line Umpires on any matter during the course of the match.

1.9 The Referee shall extend time in each half:

- (a) For delay, deliberate or incidental, in that half. In the case of injury to a player, play may be stopped at the discretion of the Referee: such stoppages shall not exceed two minutes;
- (b) To allow for a free to be taken. A score shall result from such a free only when no player from the attacking team other than the free-taker touches the sliotar. Should the defending team commit a further foul before the Referee whistles for the end of the half, she/he shall further extend the time to allow for an additional free to be taken.

1.10 The Referee may terminate a match because of:

- (a) Persistent outside interference;
- (b) Failing light;

2.

- (c) The refusal of a player to leave the field of play when dismissed by the Referee, the team captain or official having been given a three-minute warning by the Referee;
- (d) A team or player(s) leaving the field without the Referee's permission, or refusing to continue to play, the team captain or official having been given a three-minute warning by the Referee;
- (e) Any other reason deemed by the Referee to be sufficient.

1.11 The Referee shall specify in her/his report the reason(s) for terminating a match and where applicable, include the names of offending players and officials. If a match is terminated because of failing light, it shall be refixed for full time by the Committee in charge, except where there was a deliberate delay on the part of one team, in which case the match may be awarded to its opponents. If terminated for any other reason, the decision shall rest with the Committee in charge. Players, teams and officials shall be dealt with in accordance with the relevant Rules.

1.12 The Referee may, even for a first offence, dismiss a player from the field of play should she/he deem that the player's conduct warrants such. Such player shall be dealt with by the Committee in charge in accordance with General Rules.

1.13 The Referee shall dismiss a player from the field of play in the following instances:

- (a) Where a player is adjudged by the Referee to have struck or attempted to strike an opponent, unless the Referee is satisfied that such was accidental. Such player shall be dealt with by the Committee in charge in accordance with General Rules.
 - (b) Where a player who, having already been warned once by the Referee in connection with rough and/or dangerous play, and the Referee has indicated this by showing the player a Yellow Card, commits a second offence of this nature and the Referee has indicated this by showing the player a second Yellow Card and has also indicated her dismissal by showing the player a Red Card;
 - (c) Where a player who, having already been warned once by the Referee for dissent or the use of abusive language, and the Referee has indicated this by showing the player a Yellow Card, commits a second offence of this nature, and the Referee has indicated this by showing the player a second Yellow Card and has also indicated by showing the player a Red Card.
- In instances (b) and (c) no further action shall be taken in relation to the player, and no further penalty imposed, unless General Rules are applicable.

In all instances, substitution/interchange of a dismissed player shall not be permitted.

Failure by a player to comply with Rule 2.9 (b) shall be dealt with under Rule 1.13(c) – Dissent

1.14 The Referee shall:

- (a) at the time of dismissal, ascertain and record the player's name, inform the player of the reason for such dismissal
- (b) in her/his report, give the name of any player dismissed, state the reason for such dismissal and whether or not the dismissal was for the duration of that particular match only.

Clarification: should a player receive

- 2 yellow cards for similar minor offences and 1 red card – she shall be sent off for the duration of the match
- 1 yellow for a minor offence and a straight red card for a serious offence – she shall be sent off and must be dealt with by the committee in charge of the competition
- straight red card for a serious offence – she shall be sent off and dealt with by the committee in charge

3.

- 1.15** Should the appointed Referee be unable to officiate at a match; a substitute shall be appointed by any Officer of the Committee in charge present at the match. In the absence of an Officer, a Referee may be agreed upon by the Captains of both teams, provided the person conforms with regulations governing Referees.

GOAL UMPIRES

- 1.16** There shall be two Goal Umpires at each end of the pitch, one at each goalpost. They shall not change ends during the match.

DUTIES AND POWERS OF GOAL UMPIRES

- 1.17** The Goal Umpire shall:
- (a) make decisions on scores, wides, forty-five metre frees and parallelogram infringements;
 - (b) indicate decisions to the Referee with the following signals:
 - a goal by raising a green flag;
 - a point by raising a white flag;
 - a wide by outstretched arms;
 - a forty-five metre free by standing where the sliotar crossed the end-line and raising one arm;
 - a parallelogram infringement by standing in the middle of the goal space and raising crossed flags;
 - (c) give the Referee any assistance she/he may seek in relation to play in the area;
 - (d) draw the Referee's attention to any rule infringements.

LINESPERSONS

- 1.18** There shall be one Linesperson on either side of the field of play. They may change sides at half-time.

DUTIES AND POWERS OF LINESPERSONS;

- 1.19** The Linesperson shall:
- (a) make a decision on where the sliotar crosses the side-line and which team is entitled to the consequent side-line puck;
 - (b) indicate decisions to the Referee with the following signals:
 - (i) raising a flag and pointing it in the direction in which the side-line puck is to be taken; pointing to the spot from which the side-line puck is to be taken;
 - (ii) raising the flag upright in the event of a clashed sliotar, or if unable to decide which team put the ball out of play;pointing to the spot at which the Referee should throw in the sliotar;
 - (c) give the Referee any assistance she/he may seek in relation to play;
 - (d) draw the Referee's attention to any rule infringements.
- 1.20** Goal and Line Umpires should wear regulation uniform

(PLAYING RULES)

2.1 The name of the game shall be Camogie.

TEAMS

COMPOSITION

2.2 A team shall be comprised of fifteen players (these numbers may be reduced to suit local conditions) who shall be affiliated and registered members of a State Association in accordance with the Rules. Eligibility to play in a competition shall be determined by the rules and approved bye-laws.

2.3 The team line-out shall be as follows:

A goalkeeper, three full-backs, three half-backs, two centerfield players, three half-forwards and three full- forwards.

2.4 Each team shall have at least twelve players to commence a match, but a match may be continued or finished with less than twelve players aside. (Where a State has a Bye-Law for 12-a-side competitions a team may commence and finish a game with 10 players inclusive of players injured or ordered off.)

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 to opposing team.**

TEAM LISTS

2.5 Each team shall provide the Referee with a list in duplicate of the full names of its team including substitutes/interchange players. The list shall be signed by an Official authorised by the Club. The team list shall be given to the Referee **by no later than half time of the match.** Failure to comply with this Rule shall result in a penalty as defined in General Rule being imposed on the defaulting team by the committee in charge of the competition.

SUBSTITUTION/INTERCHANGE

2.6 (a) Substitution means the replacing during a game or at half-time of any of the fifteen players of a team, other than a player dismissed from the field of play by the Referee. Only six substitutions per team shall be allowed. A substitution may only be made during a stoppage in play and on notifying, in writing, the Referee. A team which makes more than six substitutions shall forfeit the game to its opponents. Games with substitutes may have a maximum of twenty-five players togged out.

(b) For games with interchange, no more than six interchange players are permitted to be togged or inside the dugout.

(c) **Blood replacement**

A player who is bleeding or who has blood on any part of her 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 and/or other attention. She shall not be allowed to return to the field of play until the bleeding has been cleaned off and, where possible, the injured area has been covered, any blood-stained playing attire has been replaced (if available) and any blood-stained equipment has been fully cleaned. In that circumstance, a Temporary Replacement may be used if interchange is not in effect, and the following acts shall not count as substitutions

5.

- (a) 1. The use of the Temporary Replacement for a player instructed to leave the field of play
2. The return to the field of play of the injured (blood) player as a direct replacement for the Temporary Replacement
3. The return to the field of play of the injured (blood) player as a replacement for any other player if the Temporary Replacement has previously been sent off or substituted.
- (b) A maximum of six substitutions shall be allowed. A substitution is not allowed in the case of a player ordered off. **For the purpose of extra time in all formats a further maximum of six substitutes will be permitted**

2.7 For the purpose of substitution, extra time, if played, shall be considered a new game. For the period of extra time, a player dismissed from the field of play in the original game may be replaced.

UNIFORM

- 3.** Teams are required to wear distinctive colours. In all instances all members of the same team must be uniformly dressed.
Uniforms shall consist of shorts or skirt/skort/divided skirt with matching sports underwear or shorts, sports shirt with long or short sleeves, knee socks and boots.
Goalkeepers may wear full uniform but with a different distinctive shirt, full club tracksuit or the tracksuit bottoms.

EQUIPMENT

THE HURLEY

- 4.** **A)** A player may play with a hurley which is bound with a metallic substance if covered with adhesive tape, but not with a hurley deemed dangerous by the Referee. A player may not play with a hurley the bas of which exceeds 13 cm in width. With the exception of the Goalkeeper should a player, who has already been warned by the Referee, persist in playing with a hurley which does not comply with the above, she shall be dismissed from the field of play in accordance with Rule 1.13
A goalkeeper engaging in outfield roles such as free taking outside the large parallelogram: taking a sideline, 45 or a penalty is defined as set play and the 13cm restriction applies to the hurley she must use in these or similar outfield set plays

- B)** That in all camogie games and training sessions it shall be mandatory for all players to wear a helmet with facial guard.

Failure by a player to comply with Rule 2.9 (B) shall be dealt with under Rules of Dissent.

- C)** **In all Camogie games and training sessions it shall be mandatory for and the responsibility of each individual player to use and wear an approved helmet with facial guard. Such helmets shall not be modified from their original manufactured state in any circumstances.**

Penalty: If not complied with in Camogie games the Referee will firstly caution the player for dissent. If the player continues to refuse to wear an approved helmet she will be dealt with in accordance with Rule 41.9 (b) for dissent.

- D) Protective Gear**

Protective gear such as shinguards, gum shields and hand protection may be used by a player **while playing or training.**

6.

In all Camogie games, such additional protective gear shall be the player's sole responsibility except where it is deemed dangerous to others by the Referee. **Penalty: If not complied with in Camogie games the Referee will firstly caution the player for dissent. If the player continues to wear protective gear deemed dangerous by the Referee she will be dealt with in accordance with Rule 41.9(b) for dissent.**

- E) In all Camogie games and training sessions, it shall be mandatory for, and the responsibility of each individual player, not to wear jewellery of any kind while playing and/or training.

Penalty: If not complied with in Camogie games the Referee will firstly caution the player for dissent. If the player continues to be in breach of Rule 7.5 she will be dealt with in accordance with Rule 41.9 (b) for dissent.

THE SLIOTHAR

- 4.1 The weight of the sliotar shall be 90-110 grams and it shall be 21 cm in circumference (**size 4**).

THE PITCH

5. (a) The pitch shall be rectangular, from 130 metres to 145 metres long and from 80 metres to 90 metres wide. (Pitch size may be reduced for games of less than 11-a-side). The boundaries shall be marked by a distinctive line and the four corners indicated by flags/cones.
- (b) Lines indicating 13 metres, 20 metres and 45 metres from each end line, and the half way line, shall be marked. The points from where these lines join each side-line shall be indicated by flags/cones;
- (c) Equidistant from each corner on the end-lines shall stand two upright goalposts, 6.5 metres apart and a minimum of 7 metres high. There shall be a crossbar 2.5 metres from the ground joining the goalposts to form a goal space;
- (d) 3.75 metres outside each goalpost a line 4.5 metres long shall be marked at right angles to the goal-line. The ends of these lines shall be joined to form the small parallelogram, 14 metres by 4.5 metres in front of the scoring space;
- (e) 6.25 metres outside each goalpost a line 13 metres long shall be marked at right angles to the goal-line, the ends of these lines being joined by the 13 metres line to form the large parallelogram, 19 metres by 13 metres, in front of the scoring space;
- (f) A semi-circle of radius 13 metres, the centre of which is on the mid-point of the 20 metre line, shall be marked.

NETS

6. Goal-nets should be fitted to the goal space

PLAY

DURATION

- 7.1 The time for actual play shall be set by the Committee-in Charge. A half-time interval of not more than ten minutes should be allowed. Ends shall be changed at half-time.

EXTRA TIME

- 7.2 In the event of extra time being played, its duration shall be ten minutes each way, ends to be changed at half-time. A half-time interval of not more than five minutes should be allowed.

PRIOR TO COMMENCEMENT

7.3 The Referee shall count the players and toss a coin in the presence of both Captains for choice of ends. The players shall then take their respective places.

COMMENCEMENT AND RECOMMENCEMENT

7.4 The Referee shall commence or recommence play by blowing the whistle and throwing in the sliotar, i.e. rolling the sliotar along the ground between opposing players while facing them.

7.5 The Referee shall:

Commence play in each half by throwing in the sliotar on the half-way line between the four centre-field players who shall stand one behind the other on their own defensive sides of the half-way line. All other players shall remain in their respective positions at least 10 metres until an attempt to strike the sliotar has been made.

Recommence play after a stoppage by throwing in the sliotar between two players while facing the nearer side-line, except where the stoppage has occurred too near that side-line, or in the event of a clashed side-line ball the referee faces the field of play. No other player may approach within ten metres until an attempt to strike the sliotar has been made.

When play is stopped due to an injury away from play to an opposing player, the team in possession of the sliotar retains possession when play recommences by being granted an indirect free.

TERMINATION

7.6 The Referee, having allowed time for stoppages, shall terminate play by blowing the whistle at the end of the official time in each half.

THE PLAY

8.1 The sliotar is in play once it has been thrown in by the Referee, or struck by a player after the Referee has signalled to restart play.

The sliotar is out of play when:

- (a) **When a score occurs**
- (b) The Referee signals a stop;
- (c) The sliotar has passed completely over any boundary line
- (d) The sliotar has been prevented from going over a boundary line, or is touched in play, by anyone other than a player or a flag/cone
- (e) The sliotar touches any non-player on the field of play. Play is restarted by throwing in the sliotar at the place concerned or on the 20 metre line if inside the 20 metre line
- (f) If the sliotar touches any non-player on the field of play from a free puck, the free must be retaken from where the free was originally awarded

8.2 A player may:

- (a) Strike the sliotar on the ground or in the air with the hurley
- (b) Lift the sliotar off the ground with the hurley or with the feet or with a combination of hurley and foot;
- (c) Catch the sliotar with one hand;
- (d) Catch the sliotar twice
- (e) Hand-pass the sliotar with one hand;
- (f) Drop the hurley

8.

- (g) Carry the sliotar in the hand for a maximum of four consecutive steps or hold the sliotar in the hand for no longer than the time needed to take four steps
- (h) Kick the sliotar
- (i) Handpass the sliotar to score

- 8.3** A player may tackle an opponent who is in the act of playing/in possession of the sliotar by:
- (a) Blocking an aerial or ground puck;
 - (b) Play the opponents hurley with minimal force (flick) from the ground or in the air with own hurley
 - (c) Hooking an opponent's hurley with own hurley
 - (d) Playing with minimal force (tap) the underside of the bas of an opponent's hurley from beneath with own hurley while she is carrying the sliotar on it
 - (e) Shadowing the player without deliberately interfering with the hurley or body of an opponent

The referee having allowed time for stoppages, must terminate play by blowing the whistle and indicating by hand signal at the end of the official time in each half

FOUL PLAY

Technical Fouls

- 9.1** A player may not:
- (a) Pick up the sliotar from the ground with the hand;
 - (b) Touch the sliotar on the ground with the hand except when, with the sliotar in her hand, she falls to the ground and the sliotar touches the ground;
 - (c) Throw the sliotar away from her;
 - (d) Throw the sliotar up and catch it;
 - (e) Pass the sliotar from one hand to the other;
 - (f) Hop the sliotar on the hand
 - (g) Over-carry/Over-hold the sliotar
 - (h) Catch the sliotar with two hands
 - (i) Take the sliotar out of play by covering or lying on it
 - (j) Catch the sliotar more than twice
 - (k) Be prevented from playing the sliotar by being sandwiched by two or more opponents
 - (l) **Push an opponent**
 - (m) Deliberately interfere with the hurley/body of an opponent
 - (n) Retaliate, between the awarding of a free to her team and the free puck being taken
 - (o) **Chop, i.e. strike downwards on an opponent's hurley**
 - (p) **Tap an opponent's hurley other than as permitted in Rule**
 - (q) **Hold opponent's hurley or pull it from her hands**

Penalty: A free to the opposing team from where the foul occurred. If foul occurs inside the 20 metre line the free will be given on the 20 metre line closest to where the foul occurred EXCEPT for 2.21 (n) when the free puck is cancelled and the referee throws in the sliotar where the original foul occurred but not within the 20 metre line

Rough Play and Dissent

- 9.2** A player must not:
- (a) Deliberately shoulder an opponent
 - (b) Trip, catch, hold or pull down an opponent;

9.

- (c) Charge (pushing or moving into an opponent's body or failing to avoid full frontal contact with an opponent), back into or obstruct an opponent;
- (d) Reach from behind with the hurley **or around the body of an opponent which is not consistent with an attempt to play** the sliotar;
- (e) Attempt to strike an opponent with or without hurley
- (f) **Use a hurley of incorrect size**
- (g) Throw the hurley
- (h) **Challenge the authority of a referee/match official**
- (i) Engage in any form of rough play
- (j) Attempt to kick an opponent
- (k) Play without a helmet
- (l) Use the hurley to obstruct an opponent

Penalty: For a first offence, a player has her name and jersey number taken by the referee and is given a warning from the referee indicated by a yellow card. For a second offence a player has her name and jersey number taken by the referee a second yellow card is issued and is followed by a red card and the player is dismissed from the field of play. A free to the opposing team from where the foul occurred. If foul occurs inside the 20 metre line the free will be given on the 20 metre line closest to where the foul occurred.

Aggressive Fouls, Dangerous Play and Abusive Language

9.3 A player **must not:**

- (a) **Strike an opponent with the hurley**
- (b) Strike an opponent with the arm, elbow, hand, knee or head
- (c) Punch an opponent
- (d) Kick an opponent
- (e) Stomp on an opponent
- (f) Spit at an opponent **or official**
- (g) Contribute to a melee
- (h) Assault any official
- (i) Interfere with the faceguard of an opponent's helmet
- (j) Interfere with an opponent's helmet
- (k) Use abusive or threatening language or gestures to a referee, match officials, players or mentors
- (l) **Use the hurley to "dig" an opponent**

Penalty:

- (i) A player has her name and number taken by the referee and is issued with a red card and dismissed from the field of play.
- (ii) A free to the opposing team from where the foul occurred. If foul occurs inside the 20 metre line the free will be given on the 20 metre line closest to where the foul occurred

FREES

10.1 In the event of a foul by a player(s), a free puck shall be awarded to the opposing team from where the foul occurred. A free shall also be awarded in other instances as specified in these Rules. The Referee shall indicate the spot from where the free shall be taken. A free shall not be taken until the Referee has blown the whistle.

10.

Exception: In the event of a foul by a player(s) on an opponent who is in possession of/in the act of playing the sliotar, the Referee may allow play to continue if she/he considers such to be an advantage to the offended team. She/he must signal that advantage by raising an arm upright and must allow the advantage to run by maintaining her/his arm in the upright position for up to five seconds after the foul or for less time if it becomes clear that no advantage has accrued. If s/he deems no advantage to have accrued, s/he may subsequently award a free for the foul from where it occurred, or a subsequent foul if more advantageous to the offended team. The Referee must, during the next stoppage in play, apply to the offending player(s) the appropriate sanction in accordance with Rule, where s/he deems such is warranted.

10.2 For all frees, including a side-line puck, once the sliotar has been placed by the free-taker at the spot indicated by the Referee, and the whistle blown, the sliotar may not be reset except with the expressed permission of the Referee. A free must not be taken until the referee has blown the whistle. If a player deliberately delays a free the referee shall add on additional time. Persistent delays in taking the free is regarded as dissent. The player's name and jersey number will be taken by the referee and a yellow card is issued.

Penalty: A throw in by the referee where the foul occurred.

10.3 For all frees, other than the side-line puck, the sliotar may be struck:

(i) On the ground

or

(ii) Lifted and struck with the hurley.

The sliotar may not be taken in the hand or hopped on the hurley when lifted for a free.

For a side-line puck, the sliotar may be struck on the ground only. It may not be lifted.

Penalty: A throw in by the Referee where the foul occurred.

2.29 Should the free-taker fail to lift and/or strike the sliotar at the first attempt she may strike it on the ground but may not lift it again.

Penalty: A throw in by the Referee where the foul occurred.

2.30 The free-taker may not play the sliotar a second time until another player has touched it, except where the sliotar rebounds off a crossbar or upright.

Penalty: A throw in by the Referee where the foul occurred.

2.31 No player may approach within 10 metres of the free-taker until an attempt to strike the sliotar has been made, and no player may physically or verbally distract a free-taker. (A player holding her hurley upright shall not constitute an interference.)

Penalty: A free shall be awarded from a point 10 metres nearer to the offending player's goal but not within the 20 metre line of that goal.

10.4 If a foul is committed on a player after she has played the sliotar, a free shall be awarded from where the sliotar lands.

(a) Should a score have resulted; it shall be allowed.

(b) Should the sliotar have crossed the end-line, or landed within 20 metres of the end-line, the free shall be awarded from a point on the 20 metre line opposite where the sliotar landed.

(c) Should the sliotar have crossed the side-line, the free shall be awarded from the point where the sliotar crossed, or, if within 20 metres of the end line, it shall be awarded from the 20 metre line.

11.

- 10.5** Should a player from each team foul at the same time, the Referee shall throw in the sliotar between two opposing players where the foul occurred. If within the 20 metre line, the sliotar shall be thrown in on the 20 metre line at the point opposite where the foul occurred.

ADVANTAGE RULE and FREES

- 11.1** **Playing advantage:** In the event of a foul by a player(s) on an opponent who is in possession of/in the act of playing the sliotar, the Referee may allow play to continue if s/he considers such to be an immediate advantage to the offended team. S/he must signal that advantage by raising an arm upright and must allow the advantage to run by maintaining her/his arm in the upright position for up to five seconds after the foul or for less time if it becomes clear that no advantage has accrued. If s/he deems no advantage to have accrued, s/he may subsequently award a free for the foul from where it occurred, or a subsequent foul if more advantageous to the offended team. The Referee must, during the next stoppage in play, apply to the offending player(s) the appropriate sanction in accordance with Rule, where s/he deems such is warranted.

11.2 **Free Taking:**

In the event of a foul by a player(s), a free must be awarded to the opposing team from where the foul occurred. A free must also be awarded in other instances as specified in these Rules. The Referee must indicate the spot from where the free must be taken. A free must not be taken until the Referee has blown the whistle.

- 11.3** For all frees, including a side-line puck, once the sliotar has been placed by the player at the spot indicated by the Referee or line umpire, and the whistle blown, the sliotar may not be reset except with the express permission of the Referee.

Penalty: A throw in by the Referee where the foul occurred

- 11.4** For all frees, other than a side-line sliotar, the sliotar may be struck on the ground or be lifted and struck with the hurley in one continuous movement. Lifting the sliotar and then balancing it on the hurley before striking is deemed to be a foul. The sliotar may not be taken in the hand or hopped on the hurley when lifted for a free. For a side-line puck, the sliotar may be struck on the ground only. It may not be lifted.

Penalty: A throw in by the Referee where the foul occurred.

- 11.5** Should the free-taker fail to lift and/or strike the sliotar at the first attempt she may strike it on the ground but may not lift it again.

Penalty: A throw in by the Referee where the foul occurred.

- 11.6** 11.6. The free-taker may not play the sliotar a second time until another player has touched it, except where the sliotar rebounds off a crossbar or upright.

Penalty: A throw in by the Referee where the foul occurred.

- 11.7** No player may approach within 10 metres of the free-taker until an attempt to strike the sliotar has been made, and no player may physically or verbally distract a free-taker. (A player holding her hurley upright does not constitute as interference.)

12.

Penalty: A free must be awarded from a point 10 metres nearer to the offending player's goal but not within the 20 metre line of that goal.

- 11.8. If a foul is committed on a player after she has played the sliotar, a free must be awarded from where the sliotar lands.**
- a) **Should a score have resulted it must be allowed.**
 - b) **Should the sliotar have crossed the end-line, or landed within 20 metres of the end-line, the free must be awarded from a point on the 20 metre line opposite where the sliotar landed.**
 - c) **Should the sliotar have crossed the side-line, the free must be awarded from the point where the sliotar crossed, or, if within 20 metres of the end line, it must be awarded from the 20 metre line.**
- 11.9 Should a player from each team foul at the same time, the Referee must throw in the sliotar between two opposing players where the foul occurred. If within the 20 metre line, the sliotar must be thrown in on the 20 metre line at the point opposite where the foul occurred.**
- 11.10. The Referee must extend time to compensate for any deliberate delay in taking a free.**
- Penalty:** If a player deliberately delays a free, the Referee will add on additional time. Persistent delay in taking the free is regarded as dissent. The player's name and jersey number will be taken by the Referee and a yellow card is issued.
- 11.12 When a team is awarded a free and an opposing player shows dissent the Referee may move the sliotar forward 10 metres.**
- 11.13 20 Metre Free**
- (a) **Should a foul be committed on an attacking player within 20 metres of the end line and outside the large parallelogram, the free shall be awarded from a point on the 20 metre line opposite where the foul occurred:**
 - (b) **In the event of a 20 metre free, should a member of the defending team show dissent or be in breach of Rule 2.31, the free shall be awarded from a point on the 20 metre line 10 metres nearer to the centre of the goal. If within 10 metres of the centre, the free shall be taken from a point opposite the centre.**
- 11.14 Penalty Shot**
- Should a foul be committed on an attacking player within the large parallelogram, a penalty free shall be awarded from the centre point of the 20 metre line. Not more than three defending players may stand on the goal line. With the exception of the free-taker, all other players shall remain outside the 20 metre line and outside the semi-circle until the sliotar has been struck. Should a foul be committed by a defending player(s) before the sliotar is struck and a score does not result, the Referee shall allow the penalty free to be retaken.

11.15 45 Metre Free

Should a player from the defending team play the sliotar across the end-line, the Referee shall award a free to the attacking team from a point on the 45 metre line opposite to where the sliotar crossed the end-line. The last person touching the sliotar must be considered the last person playing the sliotar.

Should the sliotar strike anyone other than a player at or near the end-line, and if the Referee adjudges that in so doing the sliotar was prevented from going out of play, a wide or 45 metre free as applicable shall be awarded.

11.16 When a clashed sliothar crosses the endline it must be regarded as wide.

11.17 Sideline Puck

Should a player play the sliotar across the side-line, the Referee shall award a free ground puck to the opposing team from the point where the sliotar crossed the line. Once the sliothar has been placed by the player at the spot indicated by the referee and the whistle blown, the sliotar may not be reset except with the express permission of the referee.

11.18 When a clashed sliotar crosses the side-line the Referee shall throw in the sliotar between two opposing players at the point where the sliotar crossed the line. If within 20 meters of the end-line the sliotar shall be thrown in on the 20 metre line.

11.19 Should the sliotar strike anyone other than a player at or near the side-line, and if the Referee adjudges that in so doing the sliotar was prevented from going out of play, a free ground puck shall be awarded against the team of the player who last touched the sliotar.

A ball that strikes a sideline flag /cone or corner flag/cone shall be treated as having crossed the sideline and a free ground puck must be awarded against the team who last played the sliothar.

11.20 For a side-line puck, once the sliotar has been placed by the player at the spot indicated by the Referee or line-umpire, and the whistle blown, the sliotar may not be re-set except with the express permission of the Referee.

Penalty: If a player advances the sliotar deliberately from the place at which a side-line puck is to be taken, the side-line puck is cancelled. The Referee must throw in the sliotar where the foul occurred as per Rule 9.3 of the Playing Rules. If the breach is within the 20 metre line, the Referee must throw in the sliotar on the 20 metre line.

PUCK-OUT FROM GOAL

12.1 When the sliotar is played over the end-line, i.e., wide, by the attacking team **or from a clashed sliothar crossing the endline**, the Referee must award a puck-out from within the small parallelogram to the defending team. **A player may go outside the endline for a run-up to a puck out.**

12.2 A player taking the puck-out may strike the sliotar from her hand

12.3 Should the player taking the puck-out miss the sliotar at the first attempt she may
(i) lift and strike it

or

14.

- (ii) strike it on the ground

She may not take it into her hand a second time.

Penalty: 45 metre free to the opposing team from a point opposite to where the foul occurred.

- 12.4** A player may not puck-out the sliotar from outside the small parallelogram except after a score.

Penalty: 45 metre free to the opposing team from a point opposite to where the foul occurred.

- 12.5** The players of the opposing team shall remain outside the 20 metre line until an attempt to strike the sliotar has been made.

- 12.6** After a score the sliotar may be pucked out from the 13 metre line opposite the small parallelogram. The players of the opposing team shall remain outside the 20 metre line until an attempt to strike the sliotar has been made.

Penalty: 45 metre free to the opposing team from a point opposite to where the foul occurred.

- 12.7** The referee must extend time to compensate for any deliberate delay in pucking out the sliothar.

Penalty: If a player deliberately delays a puck- out, the Referee will add on extra time. Persistent delay in taking the puck out is regarded as dissent, the player's name and jersey number be taken by the Referee and a yellow card is issued.

SMALL PARALLELOGRAM (Square Ball)

- 13.1** Should a player of the attacking team enter the small parallelogram before the sliotar enters it during play, a free shall be given to the defending team from the edge of the small parallelogram. Should there have been a score it shall be disallowed.

Exception: Should a point have been scored from outside the small parallelogram it shall be allowed provided that the player who had entered the small parallelogram had not interfered with the defence and that the sliotar was sufficiently high to be out of reach of the defence and attack.

- 13.2** Should a player of the attacking team legally enter the small parallelogram and the sliotar is played away from that area but is returned before the attacking player has time to leave the small parallelogram, she shall be deemed not to have committed a foul. Should there have been a score it shall be allowed.

- 13.3** In the event of a free, no player of the attacking team may stand outside the end-line behind the small parallelogram.

SCORES

- 14.1** A goal is scored when the sliotar is played by either team over the goal-line between the goal posts and under the crossbar, except when carried in the hand over the goal-line by an attacking player. A goal shall be equal the three points.

- 14.2** A point is scored when the sliotar is played by either team over the crossbar and between the goalposts, except when thrown by any player.

15.

Exception: When the sliothar is played directly over the crossbar from a sideline free, the score will be worth two points, provided it is not touched in flight by any player on the attacking or defending teams.

14.3 When the sliothar is played by a team through its own goal or over the crossbar the score shall be awarded to the opposing team.

14.4 A score shall be allowed if, in the opinion of the Referee, the sliothar was prevented from crossing the goal-line by anyone other than a player.

14.5 The team with the highest score at full time shall be deemed to be the winner.

14.6 When teams finish with equal scores at full-time the match will be declared a draw

Limitations of Liability:

These Rules shall not impose on any Referee, Line Umpire, Goal Umpire, Sideline Official, Team Official or Unit any legal duty of care or legal responsibility. Such duty of care shall remain with individual players and, if relevant, parents, guardians or other persons legally responsible for them.