

Gaelic4Mothers Leinster Blitz Day 2011

Guidelines

Registration

- Registration will commence at **12.30 pm** where you will receive your fixtures for the day.
- We encourage teams to come as early as possible to ease the pressure on dressing rooms.
- Please ensure that all your teams are early as a late start to the day will disrupt all fixtures

Dressing Rooms

- **Four** dressing rooms will be available on the day but will be shared by other teams
- The Ladies Gaelic Football Association is not responsible for any personal belongings. So therefore, all players/teams will be responsible for their own gear and personal belongings on the day so please ask players to leave all personal belongings on the Bus or with a team mentor. Some Counties are bringing small tents to store all their bags, etc so this may be an option.

Games

- Games will commence at **1PM SHARP**. Aim to finish around **5pm**. This is dependant on how efficient we get through games.
- In the interest of Fairplay for all teams, we ask clubs to please ensure that Teams are kept to a panel of 12 players. It would be very unfair for some teams to have a line of substitutes when the max allowed is 3 subs per team.
- Also in the interest of Fairplay, we ask all Counties with more than 1 team to please ensure all teams are of **equal** abilities.
- Check in with your Pitch Co-ordinator immediately to ensure that games can start on time
- Games will be **9** a side
- Each team will receive minimum **four** games on the day
- Each game is **10** minutes in duration. (**No Half Time**)
- Unlimited substitutions
- **NO Scores** will be taken. Please inform your mentors of this to avoid unnecessary pressure from the sidelines.
- NOTE: Teams must have warm ups etc complete prior to their next game. Games will start on the times allocated
- No swapping of players between panels for clubs with two teams
- Some teams may have games back to back however extra time between these games will be allocated to ensure adequate recovery

Food

- **NOTE:** All teams are responsible for their own food on the day so therefore ensure all players bring plenty supply for the day
- A tuck shop will be on site where light refreshments will be available to purchase.
- All Clubs are asked to remind players that they should remember to bring their own water and water bottles to ensure the players remain hydrated throughout the Blitz.

NOTE:

We would also ask all clubs to remind their players and mentors that this is a **FUN** Blitz, based on a **FUN** and recreational initiative. We want to ensure the theme of **FUN**, enjoyment and a bit of craic runs throughout the whole day and that everyone has a positive experience of what possibly may be their first ever Ladies Gaelic Football match.

Without turning negative, I ask you all to please ensure that all games are played in the spirit of fairplay and we do not let competitiveness ruin the day for any team or player. All referees will be meeting on the morning and I will be asking them all not to tolerate any over-competitiveness from either players or mentors!