



Game Guidelines

Philosophy of Gaelic4Mothers&Others games is to promote full participation with emphasis on non-competitive and social atmosphere. Every participant should get the opportunity to develop their skills in a fun and safe environment.

If you are considering holding a Gaelic4Mothers&Others Game and/or Blitz in your club or County here are a few things to think about:

- Notification of all games and blitzes should be sent to Aisling Doonan (National Games Development officer) at aisling.doonan@lgfa.ie . The purpose of this is for the LGFA office to have a record of all blitzes played during the year.

Reminder:

- The primary aim of a Gaelic4Mothers&Others games/blitz is to give clubs the opportunity to socialise with other teams and to try out their skills in a fun environment. The aim of your game/blitz should be to facilitate this socialising and feel good atmosphere for other teams.
- Gaelic4Mothers&Others is a strictly recreational and non-competitive initiative. It is therefore imperative that Games/Blitz Days are run with the right ethos. To ensure this, there should be no finals played and no medals or trophies should be presented. (an exception to this would be if a club presented a FUN award, i.e. 'Most Entertaining Team' or 'Best Team Song.')
- Clubs may be visited by a member of the LGFA Development Team to ensure the ethos of G4M&O is being adhered to at all times
- Games should be no more than 11-a-side, should **not** be played on full size pitches, and should be no longer than 20 minutes a half (Single game).
- Referees should be fully aware of the Gaelic4Mothers&Others ethos and ensure that all games are played in a non-competitive and safe manner.
- As Games/Blitz Days are a social event you should consider if you want to provide entertainment or a post game/blitz event. Teams may want to carry on their activities later in the evening, could your club facilitate this?
- The key factor in Gaelic4Mothers&Others Blitz Days is that they are held in a fun and inclusive environment. Every participant regardless of ability or experience should feel welcome on the day.

How to Organise:

Use modified pitch, playing rules and equipment that are appropriate to the group and ability level of those participating. (see template overleaf)

These playing rules are not set in stone – there is no reason why the rules cannot be modified to meet the varying needs and abilities that coaches and players meet ‘on the ground’.

Gaelic4Mothers&Others Game Guidelines

Aim:

To allow all participants opportunity to develop their skills and team play in a safe and controlled environment.

The following modified rules are applicable to Gaelic4Mothers&Others:

- Play to commence with throw in at centre
- Goalkeeper may advance 10m for kick out
- 2 touch rule (2 solos or 1 hop &1 solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- No 45's (ball is deemed wide if goes over end line)
- 3 Points for over the bar, 1 point for under the cross bar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponents player who is nearest side-line to take from her hands
- No physical contact or aggressive tackling (NO slapping/pawing at ball when player has ball in possession, Tackle ONLY when player goes to release ball i.e solo, bounce, hand pass, kick ball)
- **Follow the ethos of the programme**
- **Referees decision is final**

Organising

Equipment:

- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 4 Gaelic football

Time:

Single game:

- Max 40-50 min games
- 20-25 per half or 12.5min quarters

Blitz

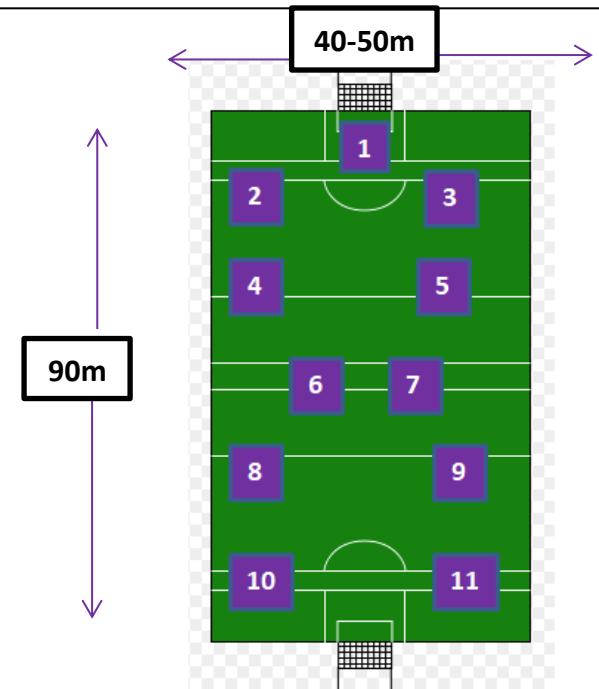
- 20 min games (10 per half)
- Min of 2 occasions

Pitch size

- 7-a-side: 45m x 30m
- 9-a-side: 65m x 40m
- 11-a-side: 90m x 40-50m

Playing the Game

- **Min 7 aside:** (1 x Goal keeper, 2 x backs, 2 x mid-fielders, 2 x forwards)
- **Max 11 v 11:** inc goal keeper (see below)
- Players should rotate positions
- Unlimited subs if applicable
- **Players should get equal playing time (no subs were possible)**



Sample pitch lay-outs for Mini Blitz

