



Gaelic4Mothers&Others

*Club  
Information Booklet*

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## What is G4M&O?

**Gaelic4Mothers&Others is an initiative that:**

- Is run by the Ladies Gaelic Football Association to introduce mothers and other women to playing Ladies Gaelic Football.
- Sees women playing Ladies Gaelic Football in a fun, non-competitive and social environment.
- Is an opportunity for women to get their recommended weekly exercise in a fun way while meeting other mothers in the area.
- Means being a Mother is not a necessity but participants must be **25+** and not currently playing competitively with a club team.



## History

- Women in Sport initiative introduced to clubs in 2008
- Aimed at women and mothers who may not have played for a long time or who may never have played Ladies Gaelic Football
- Clubs may run the programme individually or in conjunction with other clubs in the area.
- Currently have up to 200 G4M&O Clubs set up



## Key Objectives

- Chance to be socially active within the community.
- Provide women with an opportunity to be physically active within the non competitive framework of LGFA
- Provide women with a chance to meet and interact with other women/ mothers in the community or from nearby parishes
- Serves to create a fun and social dimension to any existing Ladies Football section in a club.
- Provide women with the opportunity to play Ladies Gaelic Football recreationally.
- Give women from non LGFA backgrounds the chance to start playing Ladies Gaelic Football in a fun, non competitive and social environment.
- Provide clubs with new members who may take up volunteer roles with the club in the future.
- Create awareness of Ladies Gaelic Football in the community.





## Structure of Programme

- 1 session every week for 1 hour
- Introduce women to the basic skills of Ladies Gaelic Football through fun games and drills
- At the end of the 6 weeks the site can hold a small blitz for the group and if possible invite other Gaelic4Mothers&Others sites in for small sided non competitive games.
- Provincial & National Blitzes held throughout the year.
- It's recommended to run the 6 week programme to establish interest and hopefully continue to play/train after by registering as a G4M&O member of the association.
- If after the 6 week programme the participants want to continue with the training it is advisable that the club try to accommodate them in terms of a playing facility and access to equipment and provision of a coach
- Some of those who may not be interested in continuing may like to get involved in assisting to coach or become an administrator in the club and therefore the club should look at finding them a meaningful role. A **'Ready Steady Coach'** Programme can be organised in the club through the LGFA Office to assist with this
- After 6 weeks, it is the clubs responsibility to continue running the initiative. All players **must register** as official members of the Ladies Gaelic Football Association through their club registrar. They do not need to pay into the injury fund.



## Step by Step Guide

1. Identify the need for Gaelic4Mothers&Others in your club and obtain relevant information material from website or LGFA Office
2. Clubs should identify a **minimum** of two personnel to be involved in the G4M&O Club – one coordinator and one coach. Recommended that one of these be a female
3. Contact LGFA to register your site. Registration forms and posters can be downloaded from [www.ladiesgaelic.ie](http://www.ladiesgaelic.ie)
4. Sign the ethos form to agree that club will abide by the G4M&O ethos at all times and forward to the relevant personnel
5. Choose a suitable day and time (try not to clash with other activities in area)
6. Advertise and promote Gaelic4Mothers&Others through local schools, shops etc.
7. Send article to local newspapers with details of programme and who they can contact
8. Source footballs, bibs and cones
9. Register women on first night and ensure all participants sign form. Also provide information on insurance cover. **Remember: participants must be minimum 25 years of age and it is not a necessity to be a mother. They must not be currently playing adult club football**
10. Continue week to week organisation and any further preparation needed for additional activities (i.e. Social nights, provincial/ national blitz days etc.)
11. To continue after 6 weeks they must register as official members of the Ladies Gaelic Football Association through their club registrar. The G4M+O registration fee is €12. This could be fund raised during the 6 weeks



## Role of .....

### ..The Coordinator

- Work alongside Club PRO to promote the programme in as many ways as possible
- Explain to participants on the first night about signing disclaimers or option of personal injury cover
- Ensure all participants complete the registration form on their first night
- Bring equipment and footballs
- Ensure facilities is in order at beginning and end of each week

### ..The Club

- Provision of equipment- footballs, cones, bibs
- Select a coordinator to liaise with the Provincial and National Development Team. Include details of same on registration form.
- Source a coach - suitable to deliver coaching sessions to this group

### ..The Coach

- Be on time
- Be prepared – know the activities you are going to deliver each week
- Consult the sample drills booklet provided
- Collect footballs/equipment and set up your drills
- Ensure that the activities reflect the ability and fitness level of the participants
- Keep drills varied and plentiful
- Plenty of ball contact



## Costs

Please see below overview of costs associated with G4M&O Programme:

### 0 - 6 Weeks

- No cost associated with same from LGFA point of view

### 6 + Weeks

- Must pay 12 Euro G4M&O Registration fee through club registrar
  - Breakdown is as follows:
    - 2 Euro per player payable to the Club
    - 2 Euro per player payable to the County Board
    - 2 Euro per player payable to the Provincial Council
    - 6 Euro per player payable to Central Council

### Insurance

- Players participate at own risk or club can take out personal injury cover. See enclosed options available
- LGFA Injury Fund does **NOT** apply to G4M&O Programme

### Provincial & National Blitzes

- Entry fee will apply
- Must be registered member of LGFA





## Registration FAQ's

### **Does a Registration fee apply for the first six weeks of the programme?**

- No as stated in previous page. For the first six weeks of the programme players are not expected to pay a registration fee.
- Clubs may apply a small fee to assist with paying registration after the six weeks or with fundraising but no registration fee applies for anyone participating in the first six weeks from LGFA perspective

### **When should players commence thinking about registering with the LGFA?**

- After 6 weeks, it is the clubs decision to continue running the initiative.
- All players must register as official members of the Ladies Gaelic Football Association through their club registrar if they wish to continue participating.
- Please note, G4M&O participants cannot pay into the injury fund

### **What are the registration costs associated with the Programme?**

- See Previous Page

### **How long is the above G4M&O Player registration valid for?**

- The registration year shall be from 1st June to 31st May of the following year. However, any player that registers between 1st January and 31st May shall be deemed registered up to and including the 31st May of the following year.

### **Does paying the registration fee for G4M&O provide me with full voting rights within my club?**

- No, only full members and full playing members joining the club after 31st June shall be entitled to vote at meetings.



## Registration FAQ's

### **If I am registered already as an administrator or coach with my club, do I need to pay the €12 registration fee for G4M&O also?**

- No, if already registered with the Association then you are not required to pay the extra €12 G4M&O fee.

### **How can I pay my Registration?**

- If your club has a Ladies Football section, then you register as normal paying the appropriate fees through the club registrar.
- If your club has no ladies football section in the local GAA club then you can contact [maire.nimhaoilchiarain@lgfa.ie](mailto:maire.nimhaoilchiarain@lgfa.ie) to get a log in for your club to register through the electronic registration system. The cost to use this system for the year plus full support is €30. This will be €15 after the first year. Please note the club will also have to pay the GAA Public Liability Insurance Levy annually which is €250 and payable when logging in for the first time each year on Servasport.
- If there is no GAA or ladies club in your area then you need to contact [maire.nimhaoilchiarain@lgfa.ie](mailto:maire.nimhaoilchiarain@lgfa.ie) to discuss setting up for the registration process
- If players who do not want to register through the club that which you are attending the G4M&O programme then they can register through their home club using the same process as point 1 above with their club registrar

### **Must I renew my registration each year?**

- Yes, registration applies on an annual basis.

### **Do affiliation fees apply?**

- No, as G4M&O are not an official team or club

### **Do fees apply to Provincial and National Blitzes?**

- Yes an entry fee will apply to Provincial and National Blitzes to assist with costs of running same.



## Insurance FAQ's

### **Does the LGFA Injury fund apply to G4M&O?**

- No. G4M&O is a recreational LGFA activity and all players participating in same either play at their own risk or utilise private insurance.

### **When should players seek insurance for the programme?**

- Clubs can seek private insurance at the beginning of the programme or when players have committed themselves to being involved. It will be important that all females have signed the participant form at that start programme.
- It is the club's option if they wish to get their players to enter into the insurance policy.
- Please note it is vitally important that all participants are fully aware prior to the start of the programme the story in relation to insurance. Participants are playing at their own risk and sign a waiver to agree and understand same on their participant form. It is then their option to take out the private group insurance.

### **Do LGFA have a link with any companies that provide insurance cover for such activities?**

- Yes, currently LGFA have linked with one company **Gogans Insurance**. All details regarding these insurance companies can be obtained in the following pages

### **What other options are available?**

- All players should check with their own private health cover to see if this type of activity is covered under their policy. Other option is to source other companies similar to one provided to see if they supply similar service.
- **Please note:** If a club comes across another alternative insurance company then please email [developmentssupport@lgfa.ie](mailto:developmentssupport@lgfa.ie) as important there is a choice available.



**We have low numbers participating in G4M&O in our club and therefore cost for the group insurance is too high individually. Is there any way we get around this?**

Few options are:

- Players sign a waiver and agree to continue playing at own risk
- Club contact the insurance company to see if they can do any other rates
- Players look at their own private health insurance cover to see if sustained an injury in this activity would be covered
- Players link in with another G4M&O site nearby and joint apply to Insurance company to see if can apply for joint cover.

**Anything else we should be aware of in relation to insurance?**

- Important that the appropriate activities are carried out in all sessions so therefore selection of your coach is important. The activities must reflect the ability and fitness levels of all participants
- Ensure the facilities that you are utilising are free from any hazards that could cause potential injury. A safety check should be carried out on the facility & equipment prior to commencing the programme

**Insurance Options**

- Gaelic4Mothers&Others participants are NOT covered by LGFA injury fund but LGFA have negotiated a number of options for personal injury cover to make available to your club if required. The option of purchasing Personal Injury Cover for your participants is the responsibility of the club.



## Insurance Option

Gogan Insurances Limited

- Option of purchasing Personal Injury Cover for your participants

Participants **NOT** covered by LGFA injury fund.

Agreement made with **Gogan Insurances Limited** to cover members of this programme

### Summary

- Policy will be in name of club (clubs cannot join together)
- Cost per team starts at **€536.50** plus administration fee of **€70** per club and €16.50 legal expenses cover.
- Definition of a team is up to 20 players and 5 mentors however if more players on a team this will be catered for at an additional cost of €22.50 per player, and players can also be added mid-term at an additional cost of €22.50 per player

### Policy Benefits

• Death	€75,000
• Permanent Total Loss of Sight	€75,000
• Loss of one or more limbs	€75,000
• Permanent Total Disablement	€75,000
• Medical, Dental & Physiotherapy Expenses	€3,500
• Policy Excess	€75

### When Cover Operates

- Playing or officiating for the club in amateur matches or representative games
- Taking part in training organised by the club or representative body
- While proceeding directly to or returning directly from matches or training
- While taking part in any social activity organised by the club or representative

*Clubs may contact other insurance companies to seek cover and if successful please forward details of same to LGFA*

## Frequently Asked Questions

**Q. Do you require a list of all members of the club?**

A. The company does require a list of players. Up to 5 mentors or coaches are automatically covered per team and do not have to be named.

**Q. What is required to arrange cover?**

A. Completed application form (available from Gogans) along with a list of the registered and payment

**Q. What is the policy excess?**

A. The policy excess is €75

**Q. How do I make a claim?**

A. Claim form must be completed by the player and returned to Gogans along with the original receipts for treatment and a referee's report for injuries that occur during matches. All claims must be advised to Gogans within 60 days of the incident.

**Q. I would like to claim for an injury to my knee and the physiotherapy treatment is ongoing, can I send in the receipts that I have to date and send the rest in when the treatment is finished?**

A. Yes, you can send in the receipts that you have and we will settle this amount, then when you have the remainder of the receipts we will re-open the claim. The excess will be deducted from the initial payment made and will not be taken off again.

**Q. I would like to make a claim for an ongoing injury to my back which was caused by continuous strain, am I covered?**

A. Unfortunately in this instance cover would not be available as the policy covers you to claim up to the maximum level of cover on your policy for medical expenses caused by an accident.  
An Accident is defined as a sudden, unexpected, unusual, specific event which occurs at an identifiable time and place, but shall also include exposure resulting from a mishap to a conveyance in which the Insured Person is travelling.

## For Further Information or to acquire Insurance Cover Contact:

### **Gogan Insurances Limited**

Unit A5, Nutgrove Office Park, Rathfarnham, Dublin 14

**Tel:** 01 2990299

**Email:** [sportspa@gogans.ie](mailto:sportspa@gogans.ie)

Gogan Insurances Ltd t/a Gogans is regulated by the Central Bank of Ireland



## G4M&O Game Guidelines

### Game/Blitz 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 [developmentssupport@lgfa.ie](mailto:developmentssupport@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



## Gaelic 4 Mothers & 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 Gaelic 4 Mothers & 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

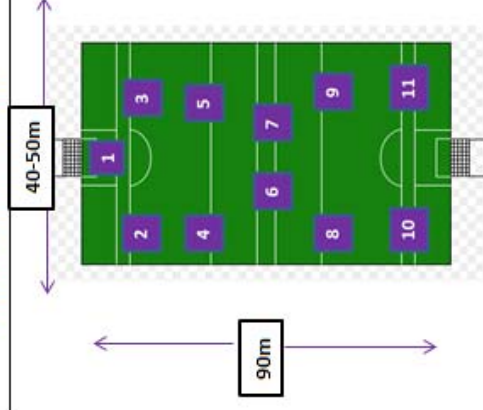
- 20 min games (10 per half)
- Min of 2 occasions

#### 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 a side:** (1 x Goal keeper, 2 x backs, 2 x mid-fielders, 2 x forwards)
- **Max 11 v 11:** jgc 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





# Fundraising

## Why Fundraise?

- Raise funds to pay for activities (e.g. Blitz days)
- To organise gear for participants (e.g. official hoodies, jerseys etc.)
- Pay for registration fee to become official members at end of six week programme so do not need to pay all at once
- Organise social outings (e.g. Weekends away, nights out etc.)

## Firstly..

- How much money do the group need to raise?
- How much time do we you have to reach target?
- Who can help with the fundraising?
- What are the best ways of raising the funds needed?

## Steps....

- Complete steps above
- Decide if you want to collect a certain amount of money each week or organise a fundraiser (s)
  - By collecting each week it is easier on participants
- Appoint designated co-ordinator to collect money
- Set up committee if organising events/ activities

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## Some Ideas.....

### 1. **Self Fundraise**

- Each participant pays a certain amount per session (eg. €2) and all money pooled until end of programme

### 2. **Quiz Night/ Night at The Races**

- Decide on entry fee and source sponsorship. Can also have a raffle on the night

### 3. **Family Fun Day**

- Organise in the club and include activities for all family members. Can have entry fee or charge per activity

### 4. **Bag Packing**

- Apply to local supermarket for the group to go bag packing for the day. Great team building also

### 5. **Fashion Show**

- Organise in conjunction with local fashion stores to arrange fashion show and charge entrance fee and source sponsors where possible

### 6. **Coffee/ Tea Party**

- Can be held on local premises or club and invite all locals to come along and have entrance fee or donations

*Your Group will have many more ideas!!*



## Promotion



- Select preferred poster format and contact the LGFA Office for emailed copy or download from [www.ladiesgaelic.ie](http://www.ladiesgaelic.ie).
- Distribute the posters in local shops, businesses, places of employment where large numbers of females may work
- Place notice in local papers, on local radio, in church/ club newsletters, websites
- Give notice to primary school children to take home to their mothers
- Place contact details for the coordinator and the venue and time of the programme on all promotional material
- Even following the start of the programme continue to promote it and many will join after 2/3 weeks.



## Testimonials

I really enjoyed coaching, especially enjoyed the women's openness to take on the activities

It brought an enthusiastic group of mothers together in the club, highlighting that our club is a place all the family can play

Great to have this opportunity for mothers, will definitely like to see it continuing for years to come



The laughing each week was like therapy

Have fun with it that's what the parents are there for

It is great to be active for an hour with like-minded women



So Let's Make it Official

**G4M&O PROGRAMME ETHOS FORM (Pg 1/2)**

**CLUB NAME:** \_\_\_\_\_  
**COUNTY:** \_\_\_\_\_  
**G4M&O CONTACT NAME:** \_\_\_\_\_  
**G4M&O PHONE NUMBER:** \_\_\_\_\_  
**G4M&O CONTACT EMAIL ADDRESS:** \_\_\_\_\_  
**DATE SITE COMMENCING:** \_\_\_\_\_

All Gaelic 4 Mothers & Others sites should familiarise themselves with the G4M&O programme ethos. All sites should read below and agree to abide by these terms at all times.

- G4M&O is a non-competitive recreational form of Ladies Gaelic Football
- G4M&O is all inclusive. It should always welcome women over the age of 25 and who currently do not play any form of competitive club football and would like to play. They cannot be a registered player with any LGFA club
- All G4M&O training sessions are fun orientated with the focus on learning the skills of our game, developing social skills and providing an opportunity for women to be physically active
- All G4M&O blitzes are about participation and not winning. There are no winners or losers at G4M&O Blitzes and no scores are recorded. Blitzes should aim to allow women to meet other G4M&O Sites while having fun playing small sided matches
- All G4M&O Clubs must seek prior approval from the National Development Officer prior to hosting G4M&O Blitzes and challenges

**Does your club agree to abide by the LGFA G4M&O ethos as outlined above?**

Yes  No

**\*\*Please fill in page 2**



### General Data Protection Regulation Guidelines (pg2/2)

- I understand the personal data on this form (“Personal Data”) will be used by the Club, Province and the LGFA for the contractual purpose of registering (or re-registering) our Gaelic4Mothers&Others club.
- I understand that the Personal Data will be retained by the Club, Province and the LGFA for such period as our Gaelic4Mothers&Others club subsists.
- I understand that I can resign my role as co-ordinator by writing to the Club, Province or the LGFA and my Personal Data will then be erased.
- I understand that my Personal Data will also be used for administrative purposes in relation to Gaelic4Mothers&Others
- I understand that if I do not provide my Personal Data the membership of our Gaelic4Mothers&Others club cannot be registered with the Province and the LGFA.

**G4M&O Contact Signature:** \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

***Other Signatures Required for Ethos***

Coach 1 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach 2 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**To be returned to:**

**Vincent.whelan@lgfa.ie** Or Ladies Gaelic Football Association,  
Croke Park, Dublin 3





Be a part of it.....







## Useful Contacts

### National Development Manager

Lyn Savage  
Croke Park  
Dublin 3

Ph: 01 8363156

### National Development Officer

Vincent Whelan  
LGFA  
Croke Park  
Dublin 3

Vincent.whelan@lgfa.ie

### Provincial Development Officers

**Connacht:** Claire Towe

Email: [gdo.connacht@lgfa.ie](mailto:gdo.connacht@lgfa.ie)

**Leinster:** Suzi Bowen

Email: [gdo.leinster@lgfa.ie](mailto:gdo.leinster@lgfa.ie)

**Munster:** Gearóid Balfry

Email: [gdo.munster@lgfa.ie](mailto:gdo.munster@lgfa.ie)

**Ulster:** Ciaran Murtagh

Email: [ciaran.murtagh@ulster.ie](mailto:ciaran.murtagh@ulster.ie)



Ladies Gaelic Football Association  
Croke Park  
Dublin 3

Phone: 01 8363156

Fax: 01 8363111

Email: [info@lgfa.ie](mailto:info@lgfa.ie)

