

RULES OF 7-A-SIDE COMPETITION 2023



1. A Club is defined as that registered with the registrar of the Ladies Gaelic Football Association.
2. Playing rules of Ladies Gaelic Football shall apply including the “square rule” and Sin Bin rule. Note where games are 15 mins or less per half, the Sin Bin time will be 3 minutes playing time.
3. **Any team who withdraws within 6-10 days of the competition will forfeit their entry fee of €200 and will be suspended from the competition for 1 year.**
4. **Any team who withdraws within 1-5 days of the competition will forfeit their entry fee of €200 and may be subject to a further fine of up to €200 and will be suspended from the competition for 2 years.**
5. **Any team who withdraws on the day of the competition, or fails to turn up, will forfeit their entry fee of €200, be subject to a further fine of €200, and will be suspended from the competition for 3 years.**
6. Teams shall be notified of their fixtures and **must register** with the competition co-ordinator located in the office in St. Sylvester’s / Naomh Mearnóg GAA clubs at **or before 9 a.m.**
All players must be present at time of registration.
7. Teams must produce their team list panel on the **Official team list form** at the time of registration. Players **must wear** number listed.
8. Teams cannot play a player outside of this panel during the course of the Competition, should they do so they will be expelled from the tournament.
9. Any team more than 10 minutes late taking the field shall forfeit the game. Teams taking the field late up to a maximum of 10 minutes shall be fined €1.50 per minute. This rule will be strictly enforced due to the tight schedule that is being operated.
10. All games, including the finals of the Championship and Shield, shall be 10 minutes per half. (See Number 12 and 13 below).
11. Teams shall be divided into groups of 5 teams in each group. The group will be run on a league basis with 3 points for a win and 1 point for a draw.

12. Each team shall play a total of 80 minutes in their group matches - 4 matches consisting of 20 minutes per game. However, in the event of a team or teams in any group failing to turn up on the day and if a standby team is not available, the remaining teams in the group shall play more than 10 minutes per half to make up the 80 minutes, so that an advantage will not be accrued by any team at the quarter-final stage.

Example = 4 teams in a group = 13 minutes per half
3 teams in a group = 20 minutes per half

13. Where Senior, Intermediate and Junior competitions have some groups not playing in Quarter-Finals these groups will play 25 minute games in their groups.
14. Should there be a group tie for first and second positions in the group, the placing shall be determined by 5 shots for points from 25m in front of goal.

Players have the option of taking the kick off the ground or from the hand. The ball has to be kicked before the player crosses the line.

Only points count. Should the teams be still tied, taking of points will continue under the sudden death procedure by using the remaining members of the panel. Should there be a tie for first, second and third positions in the group, the placings shall be determined by 5 shots for points from 25m by all 3 teams.

Shots are to be taken into goals already in use for competition.

If there is a draw at the end of normal time in the final stages there will be extra time consisting of 5 minutes a half followed by kicks as above from 25m if still a draw.

15. Each team may use as many substitutions as they wish within the panel of 12 players. Each substitute must report to the **subs co-ordinator** from the centre of the field, where they will collect **a baton** and must hand it to the player being substituted. The player being substituted must come to the side-line and exchange the baton. No player can enter the pitch with **a baton**. The baton must be physically exchanged from the player coming on to the player coming off, i.e. must be passed hand to hand rather than thrown and at the side-line.
16. Clubs **must bring 2 sets of Jerseys** of different colours – so that no two teams have identical colours.
17. Clubs **must supply** 1 Umpire and 1 Linesperson for each of their games.
18. Any player receiving 3 bookings during the competition shall be suspended for her next game.
19. Any player receiving a straight red card shall be suspended for the remainder of the tournament and may be subject to further disciplinary under CODA Rules.

20. The **referee's decision** on any question of fact and in regard to the time shall be **final**.
21. The organising committee shall have complete control of the tournament. Any decision of the committee **shall be final**.
22. Litterbins will be provided at each pitch - so please use them.
23. Port-a-loo's will be positioned around the venue for your convenience these should be used along side the facilities in the club.
24. There will be an ambulance on site, but it will be the responsibility of teams to have their **own first aid and ice**. There will be no facilities for ice or ice packs.
25. Clubs are requested to leave the dressing rooms clean and tidy when they are finished using them.
26. The presentation will take place immediately after the finals.
27. Naomh Mearnóg and St Sylvester's have invested a lot of money and time in the upkeep and maintenance of their club pitches and facilities. The Ladies Gaelic Football Association are indebted to them for the use of their fine facilities and for hosting our sevens each year. We request that you respect their facilities and keep dressing rooms, pitches etc tidy.
28. Tea, coffee, hot food and shop facilities are on site on the day.
29. All clubs are requested to support our All Ireland Finals in Croke Park on the following day, 13th of August.

TG4 Junior All Ireland Final @ 11.45am

TG4 Intermediate All Ireland Final @ 1.45pm

TG4 Senior All Ireland Final @ 4.00pm