

Cumann Lúthchleas Gael

Comhairle Uladh

**ÓG SPÓRT**



Rules & Regulations

for Provincial Competitions

**RULES**

**1.** The age limits are: over 13 and under 15 years of age on January

1st of the year of the competition.

**2.** Teams will consist of a panel of 10 players; 7 a side team plus 3

substitutes (there is no limit of times you can make substitutions

but the player being substituted must have left the field at a

designated area before the substitute enters).

**3.** Teams participating in the competition must be registered on an

official registration form (names can not be amended once the

form has been submitted). The panel of 10 players who

commence the competition must complete the competition.

**5.** Only a player acting as a goalkeeper and wearing a distinctive

jersey is entitled to the privilege of a goalkeeper.

**6.** Games will consist of 2 periods of 8 minutes with an interval of 3

minutes (In the knock-out stages if the game finishes in a draw

then there will be a further 2 periods of 4 minutes (If still level

then next score wins after game restarts).

**7.** In the Group stages: 2 pts for a win; 1pt for a draw

**8.** The group winners and the best runner up will be the teams with

the most points when group games are completed. In the event

that 2 or more teams finish on equal points then the group

winners and best runner up will be decided as follows:

**A)** Best overall scoring difference.

**B)** Best score for.

**C)** Highest number of Points scored.

**9.** Size 5 Footballs must be used.

**10.**The normal rules of football will apply with the following

exceptions:

**A)** All kick-outs to be taken from the hands no more than

5 metres from the posts.

**B)** There will be no square balls.

**C)** There are no penalties—All fouls occurring within 13 metres

of the end-line shall be taken from a point 13metres from the

end-line directly in line with the point where the offence

occurred.

**D)** 45’s are taken from the ground.

**11.** The width of the pitch should be 50 metres and the length of the

pitch is from one sideline to the other.

**12.** Discipline:

**A)** A player dismissed for 2 yellow card offences will not be

eligible to play for the remainder of the game but will be

eligible to play in following games. A player dismissed for

the second time in the competition having received 2 yellow

cards cannot play in the rest of the competition and will be

dealt with under the normal GAA disciplinary procedures.

**B)** A player dismissed following a straight red card offence

cannot play in the rest of the competition and will be dealt

with under the normal GAA disciplinary procedures.

**13.** Disputes must be made in writing within 15 minutes of the

completion of the game to the co-ordinator.