

RULES OF THE GAME

Allianz 

GAELIC FOOTBALL



SOLOING

In boys and girls football, players are limited to two plays of the ball. At least one of which must be a solo action.



PICK UP

In girls football matches, the ball can be picked from the ground.

In boys football matches, the ball must be picked up using their toe.



SUBSTITUTIONS

Unlimited substitution from halfway line is permitted with referee's permission.



STEPS

A player is allowed to take a maximum of 4 steps at any time.



EQUIPMENT

It is mandatory to use a mouthguard in all boys and girls football matches and training sessions.

In all football games a size 4 O'Neill's football shall be used.



GOALKEEPERS

Goalkeepers cannot be swapped outfield unless referee is consulted.

45S

A player may take a 45 from her hands or from the ground.



PENALTIES

There are no penalties. If a foul is committed in the goal area, the referee will award a free in front of the goals and indicate where it should be taken from.

KICK-OUTS

A kick-out can be taken from the player's hands or off the ground. The goalkeeper must take all kick-outs.

FREES

After a player has committed a foul, the other team may take a free at the point where the foul was committed

Frees can be taken from the player's hands or off the ground