

An Cumann Camógaíochta



Rialacha Imeartha

Playing Rules

15 A-SIDE CAMOGIE

20.1 The name of the game shall be Camógaíocht.

Teams Composition

20.2 A team shall be comprised of fifteen players who shall be affiliated and registered members of Cumann Camógaíochta na nGael in accordance with the Rules. Eligibility to play in a competition shall be determined by the rules and approved bye-laws.

20.3 The team line-out shall be as follows:

A goalkeeper, three full-backs, three half-backs, two centrefield players, three half-forwards and three full- forwards.

20.4 Each team shall have at least twelve players to commence a match, but a match may be continued or finished with less than twelve players aside. A team may be complimented during a stoppage in play on players notifying, in writing, the Referee.

Team Lists

20.5 Each team shall provide the Referee with a list in duplicate on Form C.C.2 (either hand written or electronically generated) of the full names in Irish and English of its players and substitutes. The list shall be signed by an Official authorised by the Club/Board/Council. The team list shall be given to the Referee by the commencement of the second half of the match. Failure to comply with this Rule shall result in a fine being imposed on the defaulting team by the committee in charge of the competition.

Substitution

20.6

- a. Substitution means the replacing during a game or at half-time of any of the fifteen players of a team, other than a player dismissed from the field of play by the Referee. Only five substitutions per team shall be allowed. A substitution may only be made during a stoppage in play and on notifying, in writing, the Referee. A team which makes more than five substitutions shall forfeit the game to its opponents.
- b. Blood replacement

A player who is bleeding or who has blood on any part of her body, playing attire or playing equipment, as a result of an injury sustained during play, shall on the instruction of the Referee, immediately leave the field of play to receive medical and/or other attention. She shall not be allowed to return to the field of play until the bleeding has been cleaned off and, where possible, the injured area has been covered, any blood-stained playing attire has been replaced and any blood-stained equipment has been fully cleaned. In that circumstance, a Temporary Replacement may be used, and the following acts shall not count as substitutions under Rule 20.6 a. of An Treoraí Oifigiúil.

1. The use of the Temporary Replacement for a player instructed to leave the field of play
 2. The return to the field of play of the injured (blood) player as a direct replacement for the Temporary Replacement
 3. The return to the field of play of the injured (blood) player as a replacement for any other player if the Temporary Replacement has previously been sent off or substituted.
- c. A maximum of five substitutions shall be allowed. A substitution is not allowed in the case of a player ordered off.

20.7 For the purpose of substitution, extra time, if played, shall be considered a new game. For the period of extra time, a player dismissed from the field of play in the original game may be replaced.

Uniform

20.8

- Teams are required to wear distinctive colours. In all instances all members of the same team must be uniformly dressed.
- Uniforms, which shall be of Irish manufactured if possible, shall consist of: skirt/skort/divided skirt with matching sports underwear, sports shirt with long or short sleeves, knee socks and boots.
- Goalkeepers may wear full uniform, full club/college/county/provincial tracksuit or the tracksuit bottoms with uniform jersey.
- The crest of Cumann Camógaíochta na nGael shall be displayed on the uniform jersey and skirt/skort/divided skirt.

EQUIPMENT

The Camán

20.9

- a. A player may play with a camán which is bound with a metallic substance if covered with adhesive tape, but not with a camán deemed dangerous by the Referee. A player may not play with a camán the bas of which exceeds 13 cm in width with the exception of the Goalkeeper
Should a player, who has already been warned by the Referee, persist in playing with a camán which does not comply with the above, she shall be dismissed from the field of play in accordance with Rule 19.14 c.
- b. In all Camogie games and training sessions it is mandatory for **all** players to wear **an approved, i.e. NSAI Standard IS 355, helmet with facial guard. If not complied with in camogie games the referee will firstly caution the player for dissent. If the player continues to refuse to wear a helmet she will be dealt with in accordance with Rule 19.14 c for dissent.**

The Sliotar

20.10 The weight of the sliotar shall be 90-110 grams and it shall be 21 cm in circumference.

20.11.

- a. The pitch shall be rectangular, from 130 metres to 145 metres long and from 80 metres to 90 metres wide.
The boundaries shall be marked by a distinctive line and the four corners indicated by flags.
- b. Lines indicating 13 metres, 20 metres and 45 metres from each end line, and the half way line, shall be marked. The points from where these lines join each side-line shall be indicated by flags;
- c. Equidistant from each corner on the end-lines shall stand two upright goalposts, 6.5 metres apart and a minimum of 7 metres high. There shall be a crossbar 2.5 metres from the ground joining the goalposts to form a goal space;
- d. 3.75 metres outside each goalpost a line 4.5 metres long shall be marked at right angles to the goal-line. The ends of these lines shall be joined to

form the small parallelogram, 14 metres by 4.5 metres in front of the scoring space;

- e. 6.25 metres outside each goalpost a line 13 metres long shall be marked at right angles to the goal-line, the ends of these lines being joined by the 13 metres line to form the large parallelogram, 19 metres by 13 metres, in front of the scoring space;
- f. A semi-circle of radius 13 metres, the centre of which is on the mid-point of the 20 metre line, shall be marked.

Nets

20.12. Goal-nets should be fitted to the goal space where possible.

Play Duration

20.13. The time for actual play shall be sixty minutes. A half-time interval of not more than ten minutes should be allowed. Ends shall be changed at half-time.

Extra Time

20.14. In the event of extra time being played, its duration shall be ten minutes each way, ends to be changed at half-time. A half-time interval of not more than five minutes should be allowed.

Prior to Commencement

20.15. The Referee shall count the players and toss a coin in the presence of both Captains for choice of ends. The players shall then take their respective places.

Commencement and Recommencement

20.16. The Referee shall commence or recommence play by blowing the whistle and throwing in the sliotar, i.e. rolling the sliotar along the ground between opposing players while facing them.

20.17. The Referee shall:

- a. Commence play in each half by throwing in the sliotar on the half-way line between the four centre-field players who shall stand one behind the other on their own defensive sides of the half-way line. All other players shall remain in their respective positions behind the 65 metre lines until an attempt to strike the sliotar has been made.
- b. Recommence play after a stoppage by throwing in the sliotar between two players while facing the nearer side-line, except where the stoppage has occurred too near that side-line, or in the event of a clashed side-line

ball. No other player may approach within ten metres until an attempt to strike the sliotar has been made.

Termination

20.18. The Referee, having allowed time for stoppages, shall terminate play by blowing the whistle at the end of the official time in each half.

The Play

20.19. The sliotar is in play once it has been thrown in by the Referee, or struck by a player after the Referee has signalled to restart play.

The sliotar remains in play until:

- a. The Referee signals a stop;
- b. The sliotar has passed completely over any boundary line, or is touched in play by anyone other than a player;
- c. The sliotar has been prevented from going over a boundary line, or is touched in play, by anyone other than a player.

20.20. A player may:

- a. Strike the sliotar on the ground or in the air with the camán;
- b. Lift the sliotar off the ground with the camán or with the feet or with a combination of camán and foot;
- c. A player may catch the sliotar, play it on her camán and bring it back into her hand once. A player who has not caught the sliotar may play it from the camán into her hand twice;
- d. Catch the sliotar with one hand;
- e. Strike or hand-pass the sliotar with one hand;
- f. Turn while holding the sliotar;
- g. Take four steps while holding the sliotar;
- h. Kick the sliotar.

20.21. A player may tackle an opponent who is in the act of playing/in possession of the sliotar by:

- a. Blocking an aerial or ground puck;
- b. Flicking the opponent's camán from the ground or in the air with own camán;
- c. Hooking an opponent's camán with own camán;
- d. Tapping the bas of an opponent's camán from beneath with own camán while she is carrying the sliotar on it.

20.22. A player may not:

- a. Pick up the sliotar from the ground with the hand;
- b. Touch the sliotar on the ground with the hand except when, with the sliotar in her hand, she falls to the ground and the sliotar touches the ground;
- c. Throw the sliotar away from her;
- d. Throw the sliotar up and catch it;
- e. Pass the sliotar from one hand to the other;
- f. Hop the sliotar on the hand;
- g. Hold the sliotar longer than is necessary to play it away from her.

Penalty: A free to the opposing team from where the foul occurred.

20.23. A player may not:

- a. Shoulder, push, trip, catch, hold or pull down an opponent;
- b. Charge, back into or obstruct an opponent;
- c. Reach from behind with the camán over another player for the purpose of getting the sliotar;
- d. "dig" an opponent with the camán;
- e. Chop, i.e. strike downwards on an opponent's camán;
- f. Hold opponent's camán or pull it from her hands;
- g. Use the camán in a dangerous manner;
- h. Throw the camán;
- i. Tap opponent's camán other than as permitted in Rule 20.21 (d).

Penalty: A free to the opposing team from where the foul occurred.

20.24. A player may not strike an opponent.

Penalty:

- i. Dismissal of the player from the field of play in accordance with Rule 19.14. a. unless the Referee is satisfied that it was accidental;
- ii. A free to the opposing team from where the foul occurred;
- iii. If accidental and play has been stopped, a throw in where the incident occurred.

20.25. A player may not:

- a. Engage in any form of rough or dangerous play;
- b. Show dissent with any decisions;
- c. Use abusive language.

Penalty:

- i. A warning to the offending player for a first offence of this nature, and, in accordance with Rule 19.14.b. and .c. dismissal from the field of play for the remainder of the match for a second offence;
- ii. A free to the opposing team from where the foul occurred;
- iii. Should a free already have been awarded, it shall, in the case of dissent, be awarded from a point 10 metres nearer to the offending player's goal but not within the 20 metre line of that goal.

Frees

20.26. In the event of a foul by a player(s), a free puck shall be awarded to the opposing team from where the foul occurred. A free shall also be awarded in other instances as specified in these Rules. The Referee shall indicate the spot from where the free shall be taken. A free shall not be taken until the Referee has blown the whistle.

Exception:

In the event of a foul by a player(s) on an opponent who is in possession of/in the act of playing the sliotar, the Referee may allow play to continue if she/he considers such to be an advantage to the offended team. The Referee shall indicate that advantage has been allowed by raising one hand above her/his head. Having allowed play to continue, the Referee may not subsequently award a free for that foul. The Referee shall, during the next stoppage in play, apply to the offending player(s) the appropriate sanction in accordance with Rule, where she/he deems such is warranted.

20.27. For all frees, including a side-line puck, once the sliotar has been placed by the free-taker at the spot indicated by the Referee, and the whistle blown, the sliotar may not be reset except with the expressed permission of the Referee.

Penalty: A throw in by the referee where the foul occurred.

20.28. For all frees, other than the side-line puck, the sliotar may be struck:

I. On the ground

or

II. Lifted and struck with the camán.

The sliotar may not be taken in the hand or hopped on the camán when lifted for a free.

For a side-line puck, the sliotar may be struck on the ground only. It may not be lifted.

Penalty: A throw in by the Referee where the foul occurred.

20.29. Should the free-taker fail to lift and/or strike the sliotar at the first attempt she may strike it on the ground but may not lift it again.

Penalty: A throw in by the Referee where the foul occurred.

20.30. The free-taker may not play the sliotar a second time until another player has touched it, except where the sliotar rebounds off a crossbar or upright.

Penalty: A throw in by the Referee where the foul occurred.

20.31. No player may approach within 10 metres of the free-taker until an attempt to strike the sliotar has been made, and no player may physically or verbally distract a free-taker. (A player holding her camán upright shall not constitute an interference.)

Penalty: A free shall be awarded from a point 10 metres nearer to the offending player's goal but not within the 20 metre line of that goal.

20.32. If a foul is committed on a player after she has played the sliotar, a free shall be awarded from where the sliotar lands.

a. Should a score have resulted, it shall be allowed.

b. Should the sliotar have crossed the end-line, or landed within 20 metres of the end-line, the free shall be awarded from a point on the 20 metre line opposite where the sliotar landed.

c. Should the sliotar have crossed the side-line, the free shall be awarded from the point where the sliotar crossed, or, if within 20 metres of the end line, it shall be awarded from the 20 metre line.

20.33. Should a player from each team foul at the same time, the Referee shall throw in the sliotar between two opposing players where the foul occurred. If within the 20 metre line, the sliotar shall be thrown in on the 20 metre line at the point opposite where the foul occurred.

20 Metre Free

20.34.

- a. Should a foul be committed on an attacking player within 20 metres of the end line and outside the large parallelogram, the free shall be awarded from a point on the 20 metre line opposite where the foul occurred:
- b. In the event of a 20 metre free, should a member of the defending team show dissent or be in breach of Rule 20.31, the free shall be awarded from a point on the 20 metre line 10 metres nearer to the centre of the goal. If within 10 metres of the centre, the free shall be taken from a point opposite the centre.

Penalty Free

20.35 Should a foul be committed on an attacking player within the large parallelogram, a penalty free shall be awarded from the centre point of the 20 metre line. Not more than three defending players may stand on the goal line. With the exception of the free-taker, all other players shall remain outside the 20 metre line and outside the semi-circle until the sliotar has been struck.

Should a foul be committed by a defending player(s) before the sliotar is struck and a score does not result, the Referee shall allow the penalty free to be retaken

45 Metre Free

20.36. Should a player from the defending team play the sliotar across the end-line, the Referee shall award a free to the attacking team from a point on the 45 metre line opposite to where the sliotar crossed the end-line. The last person touching the sliotar shall be considered the last person playing the sliotar.

20.37. Should the sliotar strike anyone other than a player at or near the end-line, and if the Referee adjudges that in so doing the sliotar was prevented from going out of play, a wide or 45 metre free as applicable shall be awarded.

Side-Line Puck

- 20.38. Should a player play the sliotar across the side-line, the Referee shall award a free ground puck to the opposing team from the point where the sliotar crossed the line.
- 20.39. When a clashed sliotar crosses the side-line the Referee shall throw in the sliotar between two opposing players at the point where the sliotar crossed the line. If within 20 meters of the end-line the sliotar shall be thrown in on the 20 metre line.
- 20.40. Should the sliotar strike anyone other than a player at or near the side-line, and if the Referee adjudges that in so doing the sliotar was prevented from going out of play, a free ground puck shall be awarded against the team of the player who last touched the sliotar.

Puck-Out from Goal

- 20.41. When the sliotar is played over the end-line, i.e., wide, by the attacking team, the Referee shall award a puck-out from within the small parallelogram to the defending team. When a clashed sliotar crosses the end-line it shall be regarded as wide.
- 20.42. A player taking the puck-out may:
- I. strike the sliotar from her hand
 - or
 - II. strike the sliotar on the ground;
 - III. strike the sliotar more than once before any other player touches it.
- 20.43. Should the player taking the puck-out miss the sliotar at the first attempt she may
- I. lift and strike it
 - or
 - II. strike it on the ground
- She may not take it into her hand a second time.
- Penalty:** 45 metre free to the opposing team from a point opposite to where the foul occurred.
- 20.44. A player may not puck-out the sliotar from outside the small parallelogram except after a score.
- Penalty:** 45 metre free to the opposing team from a point opposite to where the foul occurred.
- 20.45. The players of the opposing team shall remain outside the 20 metre line until an attempt to strike the sliotar has been made.

20.46. After a score the sliotar may be pucked out from the 13 metre line opposite the small parallelogram. The players of the opposing team shall remain outside the 20 metre line until an attempt to strike the sliotar has been made.

20.47. The referee shall extend time to compensate for any deliberate delay in pucking out the sliotar.

Small Parallelogram

20.48. Should a player of the attacking team enter the small parallelogram before the sliotar enters it during play, a free shall be given to the defending team from the edge of the small parallelogram.

Should there have been a score it shall be disallowed.

Exception:

Should a point have been scored from outside the small parallelogram it shall be allowed provided that the player who had entered the small parallelogram had not interfered with the defence and that the sliotar was sufficiently high to be out of reach of the defence and attack.

20.49. Should a player of the attacking team legally enter the small parallelogram and the sliotar is played away from that area but is returned before the attacking player has time to leave the small parallelogram, she shall be deemed not to have committed a foul.

Should there have been a score it shall be allowed.

20.50. In the event of a free, no player of the attacking team may stand outside the end-line behind the small parallelogram.

Scores

20.51. A goal is scored when the sliotar is played by either team over the goal-line between the goal posts and under the crossbar, except when carried in the hand over the goal-line by an attacking player. A goal shall be equal the three points.

20.52. A point is scored when the sliotar is played by either team over the crossbar and between the goalposts, except when thrown by any player.

20.53. Should the sliotar be played through its own goal or points space by a team, the score shall be awarded to the opposing team.

20.54. A score shall be allowed if, in the opinion of the Referee, the sliotar was prevented from crossing the goal-line by anyone other than a player.

20.55. The team with the highest score at full time shall be deemed to be the winner.

Juveniles, County Boards and Provincial Councils

21.1. Where competitions for juveniles (14 years of age and under) are concerned, County Boards and Provincial Councils may adapt the Playing Rules in relation to team composition, dimensions of pitch, duration of match, size, weight and material of sliotar. In inclement weather, Juvenile players may wear matching tracksuit bottoms in addition to their uniform. Such adaptations shall be permitted only if:

- a. approved by Annual Convention;
- b. included in County or Provincial Bye-laws;
- c. ratified by Ardchomhairle.

The Pitch

20.11.

- a. The pitch shall be rectangular, from 95 metres to 110 metres long and from 60 - 80 metres wide. The boundaries shall be marked by a distinctive line and the four corners indicated by flags.
 - i. For all Inter-County, Inter-Provincial and All-Ireland Club Championship matches, maximum pitch measurements,
 - ii. i.e., 110 x 80 metres shall be used;
- b. Lines indicating 15 metres and 30 metres from each end-line, and the half-way line, shall be marked. The points where these lines join each side-line shall be indicated by flags;
- c. Equidistant from each corner on the end-lines shall stand two upright goalposts, 4.5 metres apart and 6 metres high. There shall be a crossbar 2 metres from the ground joining the goalposts to form a goal space;
- d. 2 metres outside each goal post a line 4 metres long shall be marked at right angles to the goal-line. The end of these lines shall be joined to form a parallelogram 8.5 metres x 4 metres in front of the scoring space.

Commencement and Recommencement

20.17. The referee shall:

- a. commence play by throwing in the sliotar between two opposing centre-field players;
- b. recommence play after a stoppage by throwing in the sliotar between two opposing players while facing the nearer side-line, except where the stoppage has occurred too near that side-line, or in the event of a clashed side-line ball.

Frees

20.25. A player may not:

- a. engage in any form of rough or dangerous play;
- b. show dissent with decisions;
- c. use abusive language.

Penalty:

- i. a warning to the offending player for a first offence of this nature, and in accordance with Rule 19.14 (b) and (c), dismissal from the field of play for the remainder of the match for a second offence;
 - ii. a free to the opposing team from where the foul occurred;
 - iii. should a free already have been awarded, it shall, in the case of dissent, be awarded from a point 10 metres nearer to the offending player's goal but not within the 15 metre line of that goal.
- 20.31. No player may approach within 10 metres of the free-taker until an attempt to strike the sliotar has been made, and no player may physically or verbally distract a free-taker. A player holding her camán upright shall not constitute an interference.
- Penalty:** The free shall be awarded from a point 10 metres nearer to the offending player's goal but not within the 15 metre line of that goal.
- 20.32 If a foul is committed on a player after she has played the sliotar, a free shall be awarded from where the sliotar lands. Should a score have resulted, it shall be allowed. Should the sliotar have crossed the end-line or have landed within 15 meters of the end line, the free shall be awarded from a point on the 15 metre line opposite to where the sliotar landed. Should the sliotar have crossed the side-line, the free shall be awarded from the point where the sliotar crossed, or, if within 15 metres of the end-line, it shall be awarded from the 15 metre line.
- 20.33 Should a player from each team foul at the same time, the Referee shall throw in the sliotar between two opposing players where the foul occurred. If within the 15 metre line, the sliotar shall be thrown in on the 15 metre at a point opposite where the foul occurred.
- 20.34 Should a foul be committed on an attacking player within 15 metres of the end-line, the free shall be awarded from a point on the 15 metre line opposite to where the foul occurred.
- 20.35 In the event of a 15 metre free, should a member of the defending team show dissent or be in breach of Rule 20.31, the free shall be awarded from a point on the 15 metre line 10 metres nearer to the centre of the goal. If within 10 metres of the centre, the free shall be taken from a point opposite the centre.
- 20.36 Should a player from the defending team play the sliotar across the end-line the Referee shall award a free to the attacking team from a point on the 30 metre line

opposite to where the sliotar crossed the end-line. The last person touching the sliotar shall be considered the last person playing the sliotar.

20.37 Should the sliotar strike anyone other than a player at or near the end-line, and if the Referee adjudges that in so doing the sliotar was prevented from going out of play, a wide or 30 metre free as applicable shall be awarded.

20.39 When a clashed sliotar crosses the side-line the Referee shall throw in the sliotar between two opposing players at the point where the sliotar crossed. If within 15 metres of the end-line the sliotar shall be thrown in on the 15 metre line.

Puck-Out from Goal

20.41. When the sliotar is played over the end-line, i.e., wide, by the attacking team the Referee shall award a puck-out from within the parallelogram to the defending team. When a clashed sliotar crossed the end-line it shall be regarded as wide.

20.43 Should the player taking the puck-out miss the sliotar at the first attempt she may:

I. lift it and strike it;

or

II. strike it on the ground;

She may not take it into her hand a second time,

Penalty: 30 metre free to the opposing team from a point opposite to where the foul occurred.

20.44. A player may not puck-out the sliotar from outside the parallelogram, except after a score.

Penalty: 30 metre free to the opposing team from a point opposite to where the foul occurred.

20.45. The players of the opposing team shall remain outside the 15 metre line until an attempt to strike the sliotar has been made.

20.46. After a score the sliotar may be pucked out from the 15 metre line opposite the parallelogram. The players of the opposing team shall remain outside the 30 metre line until an attempt to strike the sliotar has been made.

Parallelogram

20.49. Should a player of the attacking team legally enter the parallelogram and the sliotar is played away from that area but is returned before the attacking player has time to leave the parallelogram, she may be deemed not to have committed a foul. Should there have been a score it shall be allowed.