

**Stirling University Ladies Gaelic Football Club**  
**Safety Regulations**



**1. The Game**

- a) Ladies Gaelic Football is a non-contact game. The rules of the Ladies Gaelic Football Association, which prohibit physical contact and rough play, should be enforced.
- b) Field of Play:  
Ladies Gaelic Football is played on a full size GAA pitch.
  - i) Length - 130m minimum and 145m maximum.
  - ii) Width - 80m minimum and 90m maximum.
- c) The dimensions of the field of play scoring space and the duration of the game may be reduced by the organising committee for competitions less than a 15-a-side
- d) A size 4 football is used in all Ladies Gaelic Football competitions.
- e) GOALPOSTS:
  - i) shall be at the centre of each end line, which shall have a height of not less than 7m above ground level, and be 6.5m apart. The inside edge of the end line shall be at a tangent to the front edge of the base of the goalposts
  - ii) A CROSSBAR shall be fixed to the goalposts at a uniform height of 2.5m above the ground. The crossbar shall have a rectangular or circular cross section. When rectangular, it shall have a depth of 140mm + 10mm and a width not less than 50mm. When circular, it shall have a uniform diameter of 125mm + 5mm.
- e) GOALNETS shall be securely fixed to the back of the crossbar and the back of each goalpost. The roof of the net shall be supported for a horizontal distance of not less than 900mm, at crossbar height, by a metal net support fixed to the back of the goalposts. The mesh of the net shall have a diagonal length not exceeding 150mm for football.

**2. Player**

- a) A player who may be pregnant, suffering from concussion etc. should not play Ladies Gaelic Football. However should she play, she shall do so entirely at her own risk, and the Ladies Gaelic Football Association cannot be held responsible for any consequences that may arise.

**3. Players Attire and Equipment**

- a) The attire for playing Ladies Gaelic Football is jersey, shorts, socks and boots. Players cannot wear jewellery, ear rings, hair slides or other items that may cause injury whilst playing Ladies Gaelic Football

- b) Club teams shall wear their registered distinctive colours in inter-club competitions.  
Where there is a similarity of colours, the teams shall change to their alternative registered colour(s).
- c) In all games, the goalkeeper shall wear a jersey which is distinctive from his own team's and the opposing team's colours.
- d) Bicycle shorts are prohibited except with doctor's certificate and must be the same colour as the shorts

#### **4. Teams**

- a) Teams shall consist of 15 players a side unless deemed otherwise by the organizing body.
- b) Each player's jersey number must correspond to that player's name on their Team List which is to be given to the Referee before the game commences.

#### **5. Blood Rule**

- a) A player who is bleeding has blood on her body or playing attire, as a result of an injury sustained during play, shall, on the instructions of the referee, immediately leave the field of play to receive medical attention. She shall not return to the field of play until the bleeding has stopped, all blood cleaned off and the blood stained attire cleaned or replaced.
- b) The injured area should be covered where possible. The injured player may be replaced by a Blood Substitute who shall notify the referee in writing, that she is a Blood Substitute.
- c) The Blood Substitute shall NOT count as a substitute allowed under the normal substitution rules, if or when the injured player returns to the field, as a Direct Replacement for the player who replaced her.
- d) Where the injured player returns to the field of play as a replacement for any other player, apart from the Blood Substitute that directly replaced her, her team shall be deemed to have used a Normal Substitution.
- e) When the player who had the Blood injury is ready to resume playing, she shall present herself to the referee during stoppage in play. The referee should ensure that the bleeding has stopped, the attire is replaced or cleaned and that the Blood Substitute has left the field. Where the injured player resumes with a different numbered jersey, the referee should note the new number.

#### **6. The Referee**

- a) Report the names of any players who get injured and the nature of the injury.

- b) The referee shall take serious regard of personal fouls and in the case of rough or dangerous play shall caution or send off the player depending on the seriousness of the offence.