

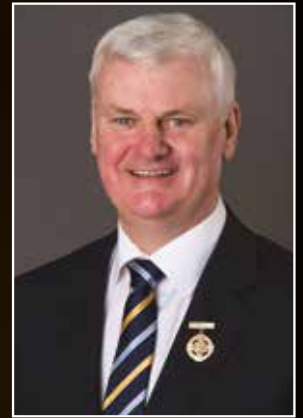


Referee Handbook



Referee Handbook

Réamfhocal Ón Uachtarán



Tá áthas an domhain orm fáilte a cur romhaibh don seoladh oifigiúla seo agus guím comhghairdeas ar gach duine atá páirteac sa tionscadal seo.

I warmly welcome this opportunity to be associated with an initiative that enhances the preparation and performance of our Referee team.

The record numbers of children who attend the Kellogg's Cúl Camps every year is proof positive that our Games have never been more popular than they are now.

We can all take a measure of pride in this and we can say that the top players and the top teams play a key role in driving this new level.

But it would not be possible without the contribution from our Referees and Match Officials and it is impossible to overlook their importance.

The fitness of the modern GAA player and the speed at which our Games are played has never been greater. This in turns places a requirement on our Match Officials to be able to keep up with this pace change.

The evolving nature of the sport and in particular Gaelic football also places a demand upon Referees in adjudicating a game that is moving faster while still housing an important level of acceptable physical competition for possession.

The willingness of our Referees to meet these challenges and to strive to get better is inspirational.

We cannot have games without Referees and I would like to acknowledge and give credit to the body of work that takes place constantly over the course of the year to ensure that our Match Officials are the best they can possibly be.

I've no doubt but that, just like playing, to perform at the top as a Referee requires a lifestyle choice that encompasses preparation on and off the field.

We are well served by the body of people who are willing to step up and offer themselves as Referees and Match Officials and I would like to congratulate Sean Walsh and the National Referee Development Committee and the Referee team in Croke Park for this important addition to the GAA library and trust it will be well received by our Referees.

The Give Respect, Get Respect campaign has been a success and will continue. In the meantime you have my unwavering respect and support and again, the thanks of the Association is due to all of our Referees and Match Officials at club and county level who enable our Games to thrive.

Rath Dé ar an obair,

Aogán Ó Fearghail

Aogán Ó Fearghail
Uachtarán
Cumann Lúthchleas Gael



Chairman's Message

Tá an-athás orm, mar Cathaoirleach Coiste Náisiúnta Forbartha na Réiteoirí, an Lámhleabhar Réiteora seo a cuir in aithne.

Referees the length and breadth of the country make an extremely significant contribution to our games, extending from Under 12 all the way up to the All Ireland finals played in Páirc an Chrócaigh in September. This contribution is a year-round commitment and ensures that thousands of games are played annually at all levels, and should always be recognised and acknowledged.

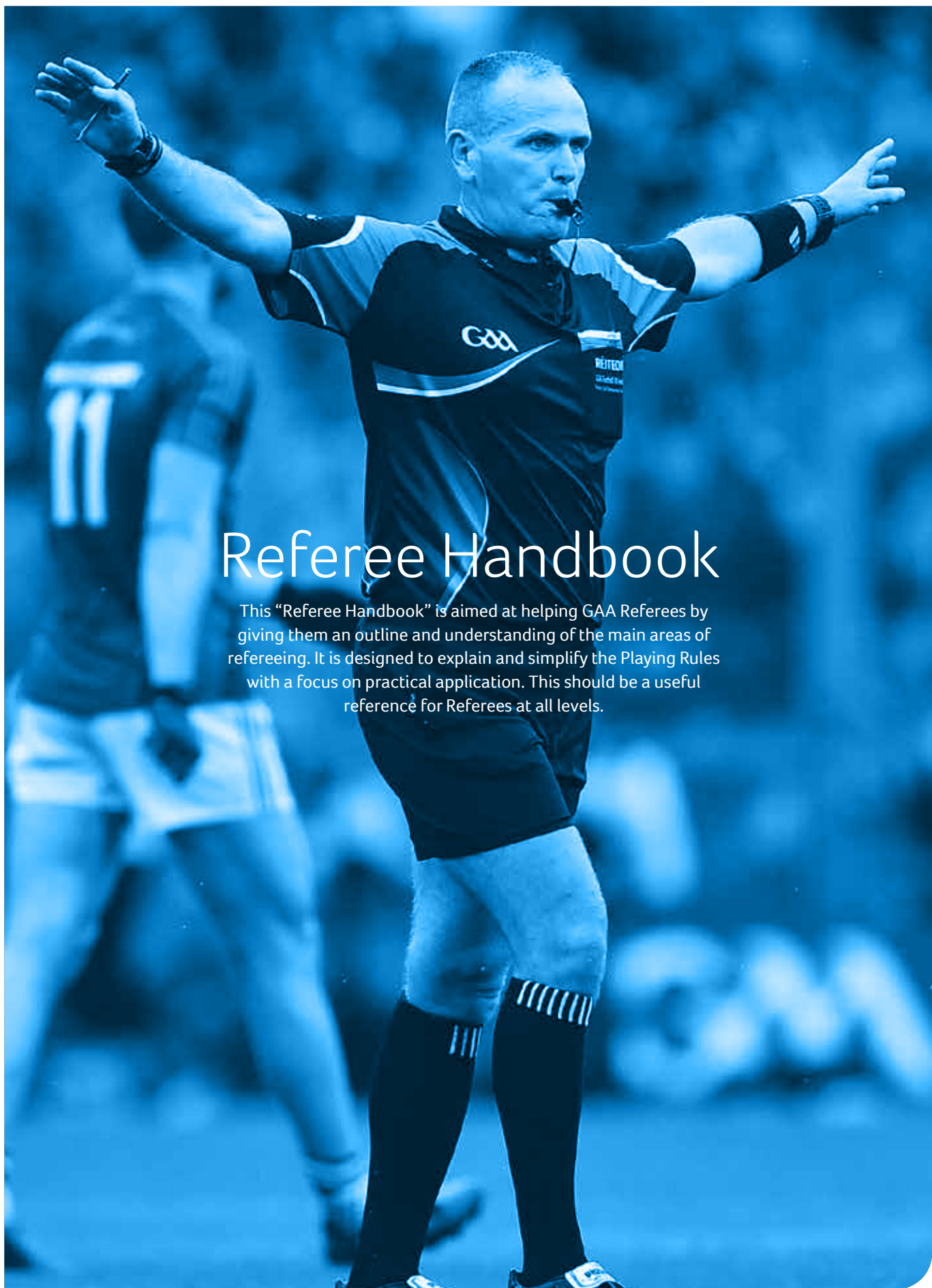


I hope that this Referee Handbook will prove to be a useful resource for Referees at all levels; it is designed to be easy to read and simple to use. I would expect that our Referees will go to it for guidance on certain topics and, on each occasion pick up something new. Of course it does not replace the Rulebook, but should be used as a tool to help Referees deal with particular circumstances. Over the lifetime of the National Referee Development Committee a number of initiatives have been worked on to support our referees - a new Training programme for New and In-Service Referees has been devised and updated in 2016; the Referee Advisor programme at all levels has been reviewed and updated and, of course, ongoing Seminars and Fitness Training of National Referees continues at pace. This Handbook adds to the work being done at all levels of our Association.

Finally I wish to thank all who have worked on this production, particularly National Match Officials Manager, Patrick Doherty, whose commitment to the project has seen it come to fruition today. Thanks also to Uachtarán, Aogán Ó Fearghail and Ard Stiúrthóir, Páraic Ó Dufaigh for their continuing support to Referees and their work.

A handwritten signature in black ink that reads "Seán Breathnach".

Seán Breathnach
Cathaoirleach
Coiste Náisiúnta Forbartha na Réiteoirí



Referee Handbook

This “Referee Handbook” is aimed at helping GAA Referees by giving them an outline and understanding of the main areas of refereeing. It is designed to explain and simplify the Playing Rules with a focus on practical application. This should be a useful reference for Referees at all levels.



This Handbook is also available on-line at: learning.gaa.ie/Referee/GAARefereeHandbook

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Principles of Refereeing

Fitness

Fitness is a fundamental requirement for refereeing. Fitness is essential for:

- **Keeping up with play.**
- **Making quality and correct decisions.**
- **Maintaining concentration for the full duration of the game.**

Fitness training, which should combine speed and endurance, should reflect the level at which the Referee is operating.

Knowledge of the Rules

The Referee must have a thorough knowledge and understanding of the Rules of the Game. Rule Books should be distributed each year from County Boards are also available on-line at www.gaa.ie/the-gaa/rules-regulations/ Attendance at In-Service Seminars and other meetings organised by the County Referee Administrator is essential for continued development and in order to improve consistency of rule application.

Respect and Communication

Good communication and being respectful towards players are fundamental traits for the top referee. Poor communication and lack of respect often leads to players becoming confused and frustrated, and the referee losing control. Referees should endeavour to communicate their decisions in a clear and concise fashion.

Consistency

Taking Knowledge of the Rules as a given then lack of, or perceived lack of consistency in their application is an area that frustrates players, members of team management, officials and supporters. Lack of consistency will lead to problems in maintaining control so it is very important that referees are clear in applying the rules as consistently as possible.

PRINCIPLES OF REFEREEING

Fitness

Rules Knowledge

Respect and Communication

Consistency



For a copy of the rule book, please go to www.gaa.ie/the-rules/rules-regulations



Preparation

A correct and organised approach is very important to deliver on the principles of refereeing as previously outlined. This is achieved through having a thorough preparation regime which allows the referee deal with anything that arises without fuss.

Before the game

- **Check your kit. Have a checklist:**
 - Jersey, Shorts, Socks, Boots
 - Whistle
 - Referee's Wallet including Yellow and Red Cards
 - Match Insert
 - Pencils
 - Stop-watch
 - Coin
- Arrive at the ground at least one hour before throw-in, taking into account possible traffic problems.
- Check that the pitch is playable and properly marked.
- Brief Umpires and Linesmen regarding their duties, powers and responsibilities.
- Arrive on the pitch together, fifteen minutes before the starting time of the game.
- Record the time that each team takes the field.
- Receive duplicate lists of players, sign them in Irish and give one copy to the opposing captains before the game.
- Toss a coin for choice of ends.
- Ensure you are warmed-up and focused come throw-in.
- Start the game at the appointed time.
- Be courteous and respectful to all players and officials.

During the game

- Referee the game in accordance with the Playing Rules.
- Record the score, taking particular care that each score is attributed to the correct team.
- Manage time correctly, ensuring that the watch is stopped for incidental and deliberate delays.
- Remain alert, even during a break in play.
- Consult with other match officials when necessary.
- Demonstrate decisions clearly and confidently.
- Be courteous and respectful to all players and officials.

After the game

- Complete a light cool-down to help avoid stiffness and injury.
- Be courteous and respectful to all players and officials.
- Complete and return the Referee's Report to the Committee-in-charge within 24 hours of the game.
- Clarify the report as may be required by the Committee-in-charge.
- Do not make any comment on disciplinary issues or follow-on Committee decisions.



Referee Ethics and Behaviour

Integrity

Principle

Referees are required to be honest, impartial and objective in carrying out their duties as specified in The Official Guide-Part 2 containing playing rules of hurling and football.

Referees should:

- Conduct themselves in a proper manner at all times and carry out their duties to the best of their ability.
- Seek advice from colleagues, mentors and Referee Advisors in order to improve performance.
- Display knowledge and training that reflect the body of the standards delivered.
- Not seek payment of expenses above those agreed or in conflict with GAA provisions.
- Keep appointments, honour referee commitments, notice of availability or in the case of non-availability to notify, in a timely manner and where appropriate, the relevant secretary to enable the making of alternative arrangements.
- Not exploit any relationship to further own interest or solicit appointments as a Referee.
- Not engage in behaviour, verbal or otherwise that would lead to the damaging of the standing of any Referee.
- Not communicate with the media relating to any refereeing matters arising from any game.

Respect

Principle

Referees must respect the rights and dignity of all participants, officials and spectators of our sport. The GAA Respect Initiative aims to promote positive behaviour and to ensure that an enriching environment is provided for the promotion and development of Gaelic Games. This includes respect for and from all participants on and around the field.

Referees should:

- Treat everybody with courtesy and respect.
- Protect players and coaches from acts by deed, word or gesture of a racist, sectarian or anti-inclusion/diversity nature, and ensure that reporting to the committee-in-charge is done when such does take place.
- Refrain from placing a hand on the person of a player for any reason.
- When involved with underage players adhere to the code of behaviour relative to them.

When Officiating at Games, Referees should:

- Apply the playing rules on an impartial and consistent basis.
- Act with integrity and objectivity in all games.
- Communicate decisions to players and team officials in an effective and constructive manner.
- Deal with dissent firmly and fairly.
- Work as a team with other match officials.
- Maintain composure regardless of the circumstances.
- Stand back from and observe melee-type incidents. Do not physically intervene in such altercations.
- Deal firmly and fairly with team management personnel when criticism from them is unacceptable.
- Avail of Advisor Reports and other supports to improve performance.
- Uphold and implement the Give Respect-Get Respect initiative at all levels.





Ability and Competence

Principle

Referees must achieve and maintain the competencies required in their roles as Referees and for the games at which they will officiate.

Referees should:

- Undertake continuous development of skills and knowledge.
- Continue to improve knowledge, fitness and consistency in the application of the rules.
- Accept the principles outlined in this section of the Referee Handbook.
- Understand level of competence and the need to improve competence to officiate at higher levels.
- Support the ongoing development of Referees.
- Not referee when unfit due to physical, medical or other reason.
- Seek help from experienced personnel and Referee Advisors when dealing with difficulties which limits performance as referees.

Responsibility

Principle

The GAA and the rules of the game confer powers, duties and authority on Referees. Referees carry responsibility to themselves and to the Gaelic Athletic Association.

Referees should:

- Be aware of their responsibilities to players and teams and carry out their duties to the best of their ability.
- Carry out duties in a responsible and respectful manner.
- Apply the playing rules on an impartial and consistent basis.
- Act with integrity and objectivity in all games.
- Complete and submit match reports in a timely manner and within the timeframe specified by the relevant Competitions Control Committee.
- Be confident and appropriately attired in referee's official gear when entering the field of play.
- Accept decisions of disciplinary bodies and refrain from making inappropriate comment on any such decisions.



Referee Pathway

Introduction

The National Referee Development Committee have set down a number of criteria that should be reached to consider the nomination of a Referee from County to Provincial Level and from Provincial to National Level.

County to Province

Referees to be considered for promotion to a Provincial panel shall be nominated by the County Referee Administrator, in conjunction with the County Referees' Administration Committee and County Secretary. Provincial Referees' Administration Committees shall consider these nominees prior to the commencement of the Playing season on an annual basis.

To be considered for inclusion on a Provincial panel Referees should:

- **Have officiated at a minimum of three Senior Championship games in the county (including at least one at Quarter-Final or later stage).**
- **Have completed the Club Referee Training course.**
- **Have completed the In-Service Training course in year of nomination.**
- **Have completed Fitness Tests and Rules Tests as organised in the County.**
- **Supply all Advisor Reports that are available within the County.**

Province to National

Referees to be considered for promotion to the National panel shall be nominated by the Provincial Referee Administrator, in conjunction with the Provincial Referees' Administration Committee and Provincial Secretary. The National Referees' Development Committee shall consider these nominees prior to the commencement of the Playing season on an annual basis.

To be considered for inclusion on the National panel Referees should:

- **Have officiated at a Provincial Minor, Under 21A or Senior Club Semi Final or Final.**
- **Have completed the Club Referee Training course.**
- **Have completed the In-Service Training course in year of nomination.**
- **Supply details of all major games refereed within the Province.**
- **Have completed Fitness Tests and Rules Tests as organised in the Province.**
- **Supply all Advisor Reports that are available for games in the two years prior to nomination.**



Team-work, Positioning and Signalling

Team-work

Working well with Umpires and Linesmen is an integral part of a Referee being successful. It is important that the Referee has a solid, committed team of Umpires who fully understand their role and the expectations that the Referee has of them.

Powers and Duties of Umpires

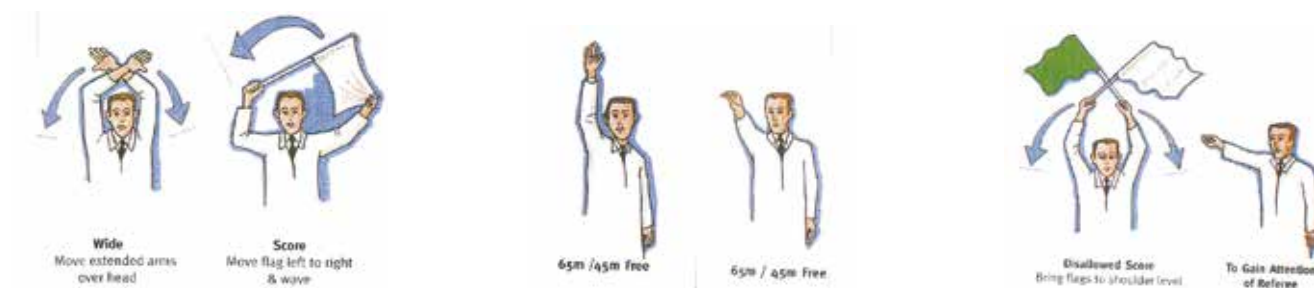
One of the Powers of the Referee is to consult with Umpires and/or Linesmen concerning infringements of the Playing Rules.

The Powers of the Umpires are to decide if a score is made, or if the ball has crossed the endline for a wide, or a 45m (F) or 65m (H) free.

The Duties of the Umpires:

- **To signal their decisions.**
- **To bring to the notice of the referee, during a break in play, any instances of foul play not noticed by the Referee.**

Umpire signals:



Responsibility of Umpires

In addition to the Powers and Duties set out in rule it is the responsibility of the Umpires to carry out any duties as requested by the referee. These often include, but are not limited to:

- **Keeping the score of the game to act as a double-check for the Referee.**
- **Assisting the referee by keeping a check on time and incidental or deliberate delays.**
- **Watching the quarter of the pitch in front of the umpire for “off-the-ball” fouls.**
- **In instances of melees watching the players from one team to check for foul play.**



Umpire Training Video is available at learning.gaa.ie/Referee/Umpires





Duties of Linesmen

One of the Powers of the Referee is to consult with Umpires and/or Linesmen concerning infringements of the Playing Rules.

The Duties of the Linesmen:

- To signal the place and direction of a lineball. If the ball is played over the sideline by opposing players simultaneously or the linesman is unsure which team played the ball last the linesman shall so signal and the Referee shall then throw-in the ball between one player of each team 13m in from the sideline.
- The Linesmen, where neutral shall control the Substitution Zone
- To bring to the notice of the referee, during a break in play, any instances of foul play not noticed by the Referee.

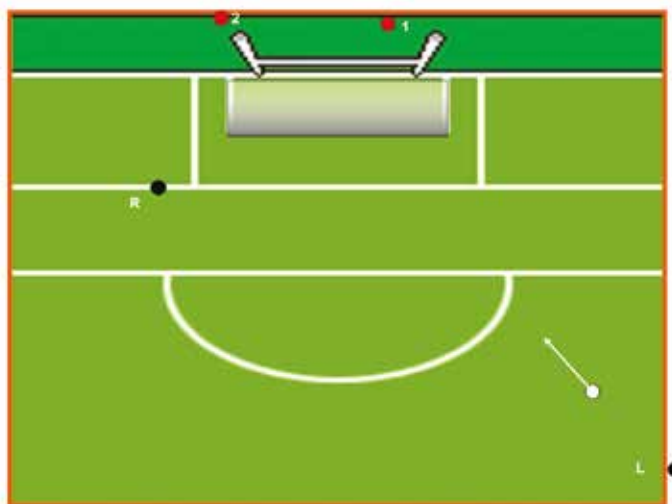
Positioning

The following are guidelines for Referees in relation to positioning:

- **General Play:** The Referee should move parallel to the play giving a side-on view.
- **Kick-outs/Puck-outs:** The Referee should take up a position “off-centre” ready to move towards the area where the ball is dropping. Caution needs to be exercised in relation to a short kick-out or puck-out.
- **Free kicks/pucks likely to reach the rectangles:** The Referee should take up an “off-centre” position between the 13m line and the small rectangle opposite to the free-taker. This gives the opportunity to adjudicate on fouls in the rectangle, “square balls” and whether the ball has crossed the goal-line or not.

Referee Positioning – Free Kicks/Pucks

Ball coming in from angle – Free Kick/Puck



Signalling

The following are guidelines for Referees in relation to signalling:



Direction of Free



Penalty



Overcarrying
(Circular Motion of hands)



Temporary Sub (Blood)



Throw-In (Football)
(Upward movement of Hands)



Throw-in (Hurling)
(Forward movement of Hand)

Players/Substitutes

Number of Players

- A team shall consist of 15 players
- A team may commence a game with 13 players but shall have 15 inclusive of players ordered off by the start of the second half.

N.B. IN THE EVENT OF A TEAM NOT HAVING 15 PLAYERS AT THE START OF THE SECOND HALF THE GAME SHALL CONTINUE.

Official Team List

- Before all games, the Referee shall be given a list of names, in duplicate and in Irish. The Referee shall:
 - Sign the Team Lists (in Irish) and give one to the opposing Team Captain;
 - Include the other list with his Referee's Report.
- In Inter-County games the players shall be numbered from 1-24 (26 in Senior).

Substitutions

- Maximum number of substitutions permitted is Six (Football) and Five (Hurling).
- Temporary Substitutions are also permitted as provided for in the Blood Injuries Rule.
- Substitution permitted in football for a player ordered off for a Cynical Infraction (Black Card), subject to a maximum of three and provided that the player has not been previously cautioned (Yellow Card).
- Substitutions may be made at a break in play.

Extra Time

- Any fifteen players may start Extra Time (In Inter County the players must be from the Official Team List) except that a player ordered off in Normal Time (Black or Red) is not permitted to play in Extra Time. However, he may be replaced.
- Three substitutions are permitted during the playing of Extra Time.
- Temporary Substitutions are also permitted as provided for in the Blood Injuries Rule.
- The overall number of Substitutions permitted under the Black Card rule is three, including Extra Time.
- A Caution (Yellow Card) issued during Normal Time shall not carry over into Extra Time.
- A Player who is suspended for a particular game may not participate in Extra Time.



Commencing Play

Football

Toss

The Referee shall toss a coin between the two captains for choice of ends.

Positions

Two players from each side shall contest the throw-in, standing on their defensive side of the half-way line before the ball is thrown-in. All other players shall be in their positions behind the 45m line.

Throw In

The Referee throws the ball over the heads of the players.

Prior to throwing in the ball the Referee must ensure that the players are in their positions.

Hurling

Toss

The Referee shall toss a coin between the two captains for choice of ends.

Positions

Two players from each side shall contest the throw-in, standing on their defensive side of the half-way line before the ball is thrown-in. All other players shall be in their positions behind the 65m line.

Throw In

The Referee throws the ball along the ground between the players.

Prior to throwing in the ball the Referee must ensure that the players are in their positions.



Time

- Playing time shall consist of two halves of 30 minutes each (Senior Inter-County – 35 minutes per half).
- Playing time shall be extended by the referee for incidental or deliberate delays*, by stopping the watch for each such delay.
- Time shall be extended to allow a free kick/puck awarded before time had expired to be taken.
- Where Extra Time is played it shall consist of two halves of ten minutes each.

*Examples of incidental delays:

- Play stopped due to injury.
- Melee.
- Delay due to dealing with a Disciplinary issue.
- Consultation with other Match Officials.
- Time taken for the making of substitutions (20 secs approx. per sub).
- Delay due to Hawkeye being called for in games in Páirc an Chrócaigh and Semple Stadium.

*Examples of deliberate delays:

- Excessive time taken in making substitutions.
- A player with a blood injury refusing to leave the field when asked to do so.

Delay Time:	Extend Time	Throw-in
Incidental	✓	✗
Deliberate	✓	✗
To delay taking a free, sideline or Kick/Puck out	✗	✓
To delay an opponent taking a free or sideline	✗	✗



Consultation

Consultation between Match Officials

- Consultation between Match Officials may take place concerning infringements of the Playing Rules.
- Consultation between Match Officials may take place to establish matters of fact, which shall include consultation in relation to the validity of a score.

It is advised that the following procedure for consultation be followed.

- Remove all players from the vicinity of the consultation so it can proceed in a calm manner not affected by players.
- If in the case of a consultation in relation to a score, the consultation should occur at the green flag goal post.
- Consultation with Umpires should involve both Umpires at a particular end.
- When receiving information from another Match Official ensure that the information gathered is direct and factual, e.g. No. 15 struck No. 2 with the hand.
- All other Match Officials who had view of the incident should have an opportunity to speak.
- Following discussion and receipt of the information the Referee makes the final decision.



For more information including video examples, please go to learning.gaa.ie/Referee/Consultation



Advantage

Football and Hurling

When the referee has adjudicated that a foul has been committed (either Technical or Aggressive) he may allow play to continue if he considers it to be to the advantage of the offended team.

He may allow this advantage to run for up to five seconds after the foul or for less time if it is clear that no advantage has accrued.

Whether or not a free kick/puck is awarded the referee shall apply any other relevant Disciplinary Action.

Signal

Advantage is signalled by the referee raising an arm upright and maintaining in an upright position for the period of the advantage.

Recall

If no advantage accrues then the referee shall award a free for the foul from where it occurred. For the avoidance of doubt a free kick/puck shall be awarded even if the fouled player/team has a shot at goal which is saved or goes wide.

Foul Subsequent to Advantage Award

If, during the advantage period, a foul is committed by a player of the team which was originally fouled then the advantage is cancelled and a free kick/puck awarded for the “second” foul.

If, during the advantage period, another foul is committed against the team which received the original advantage, then a free kick/puck will be awarded for the “second” foul if it is considered more advantageous than the original.

GOOD ADVANTAGE

Be confident

Be consistent

Signal essential

Five second recall



For more information including video examples, please go to learning.gaa.ie/Referee/Advantage



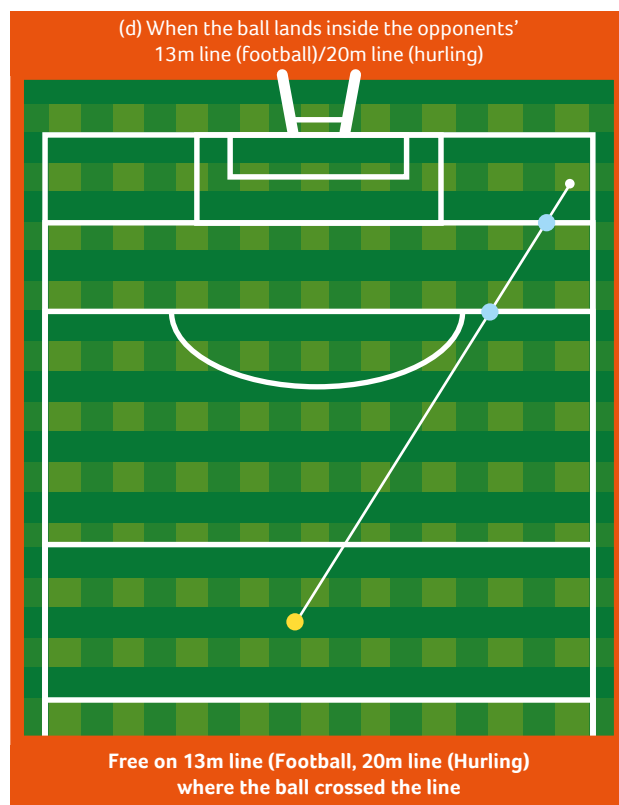
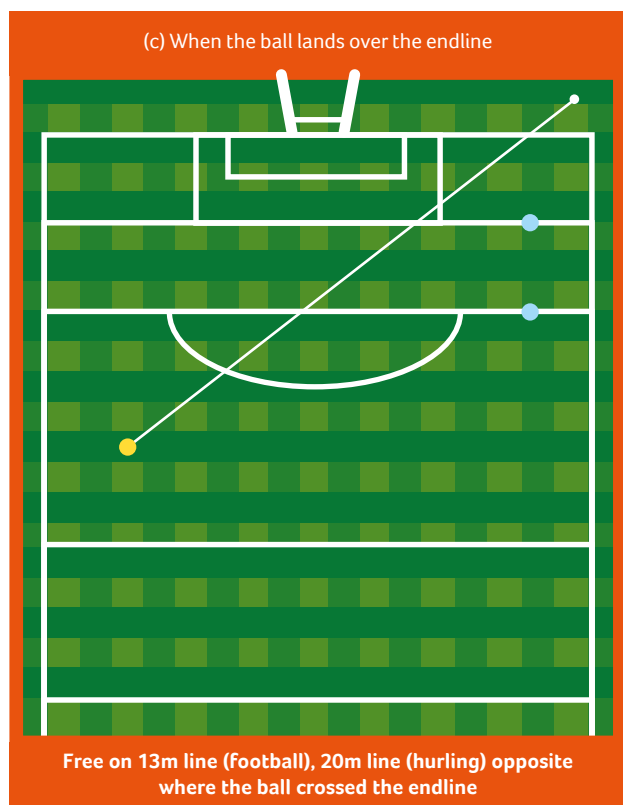
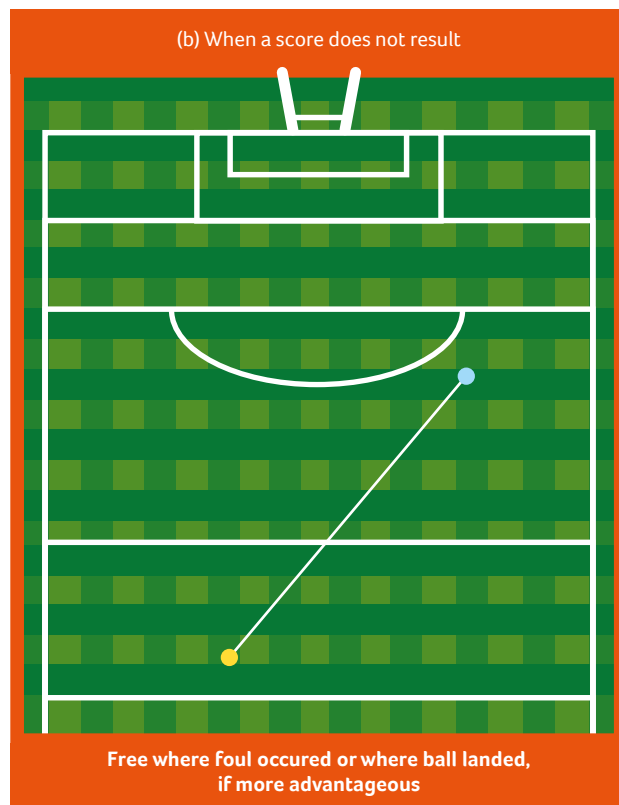
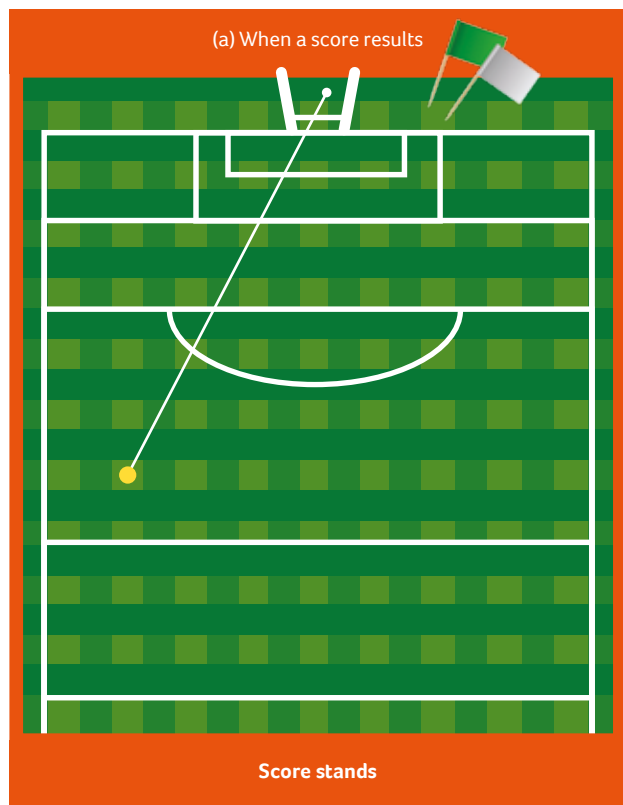
Late Fouls

If a player is fouled immediately after he plays the ball away the following shall apply:

- (a) if a score results the score shall stand,
- (b) a free shall be awarded from where the foul occurred, or, if more advantageous from where the ball lands,
- (c) if the ball lands over the endline a free shall be awarded on the 13m line (Football) or 20m line (Hurling) opposite the place where the ball crosses the endline,
- (d) if the ball lands inside the 20m line (Hurling) or 13m line (Football) the free shall be awarded on the 20m line (Hurling) or 13m line (Football) at the point where the ball crossed the line.

LATE FOULS

What is the award when a player is fouled immediately after he plays the ball away?



Injuries

Blood Injury

A player who is bleeding or who has blood on any part of his 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 attention. In this instance a Temporary Substitute may be used.

Player refusing to go off

A player who refuses to leave the field under the blood rule - the following should occur:

- **Instruct the player to leave the field;**
- **Caution the player if he refuses;**
- **Order off if he continues to refuse.**

Temporary substitute

A player leaving the field under the Blood Injuries rule may be replaced by a Temporary Substitute. The following shall not count as substitutions in accordance with rule:

- **The use of a Temporary Substitute for a player instructed to leave the field as a result of bleeding.**
- **The return of the injured player as a direct replacement for the Temporary Sub.**
- **The return of the injured player as a replacement for any other player if the Temporary Sub has previously been sent off or substituted.**

Equipment

The injured player shall not return to the field of play until the bleeding has stopped, and all blood has been cleaned off the player and his playing equipment and gear.





Other Injury

Generally play is not stopped for injury. Play should only be stopped to allow a seriously injured player to be treated on the field of play or to be removed from the field.

Stopping play

In instances where a player is clearly injured and being attended to by Medical Personnel, the referee should stop play when play is near to ensure the safety of the player and the Medical personnel.

Restarting play

When play is stopped to allow treatment to an injured player it shall resume as follows:

- (a) A Free kick/puck (from which the team may not score) is awarded to the team in possession at the point at which play was stopped.
- (b) A throw-in if neither team was in possession.

Concussion

What is it?

A concussion is a brain injury that is associated with a temporary loss of brain function. The injury must be taken seriously to protect the long term welfare of all players. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth.

Signs and Symptoms

Most concussion injuries occur without a loss of consciousness and so it is important to recognise the other signs and symptoms of concussion. Some symptoms develop immediately while others may appear gradually over time. Presence of any one or more of the following signs and symptoms may suggest a concussion:

- **Loss of consciousness**
- **Seizure or convulsion**
- **Balance problems**
- **Nausea or vomiting**
- **Drowsiness**
- **More emotional**
- **Irritability**
- **Sadness**
- **Fatigue or low energy**
- **Nervous or anxious**
- **“Don’t feel right”**
- **Difficulty remembering**
- **Headache**
- **Dizziness**
- **Confusion**
- **Feeling slowed down**
- **“Pressure in head”**
- **Blurred vision**
- **Sensitivity to light**
- **Amnesia**
- **Feeling like “in a fog”**
- **Neck pain**
- **Sensitivity to noise**
- **Difficulty concentrating**

Dangers

A person’s brain needs time to heal after a concussion. When a player’s brain is still healing, it is more likely to receive another concussion. Repeat concussions can increase the time it takes to recover and in rare cases, repeat concussions in young players can result in brain swelling or permanent damage to the brain. They can even be fatal.



Key Points

It is important to note that:

- **Diagnosis of concussion is a clinical judgement for a doctor.**
- **Players sometimes aren't sure what they're feeling and sometimes hide signs.**
- **Concussion is an evolving injury – signs and symptoms can evolve over a number of minutes, hours or days.**
- **Any player suspected of having sustained a concussion, should be immediately removed from the field and should not return to play on the same day.**
- **Where a team doctor is present, he must advise the person in charge of the team of this and the player must not be allowed to continue his participation in the game.**
- **A referee cannot remove a player if he suspects a concussion. However he should ask a medic to assess a player who has displayed signs of the injury. In a case where no medic is present, the referee should advise the person in charge to remove the player.**
- **Even if a player has been medically assessed, the referee should ask the medic to re-assess the player if he notices any signs of concussion. **Signs and symptoms often evolve over a period of minutes or hours.****

ACTION PLAN FOR REFEREES

Recognise signs and symptoms

Request medic to remove and assess player*

Restart play

Report as a head injury

*Where no medic present, advise person in charge of the team to remove player and refer to a doctor



Equipment

MANDATORY**FOOTBALL** Each player to use a mouth guard**HURLING** Each player to wear a helmet with a facial guard

It is important that when a Referee sees that a helmet has been obviously tampered with, e.g. bars removed, that he insist that the player change the helmet to one which has not been tampered with.

Failure to comply with the Referee's instruction results in a Caution (Yellow Card) and Ordering Off if player persists.

Untampered**Tampered**

Aggressive Fouls – Carding Procedure

A card (Yellow, Black (Football only) or Red) shall only be issued when the Referee deems the foul in question to be deliberate and not accidental.

An accidental foul shall result in a free only award.

- When a player is being issued with a card of any colour the Referee must note the identity of the player and the infraction committed.
- When issuing a Yellow or Black Card the Referee must check his notebook to ensure that the player has not already been cautioned during the game, as a second Yellow or a Yellow followed by a Black results in the player receiving a Red and being sent off.

Football Disciplinary System Summary



Player ordered off and NOT replaced by substitute



Player sent off and replaced by substitute



Player cautioned (warned and name taken)



Player sent off and NOT replaced by substitute



Player sent off and NOT replaced by substitute

Hurling Disciplinary System Summary



Player ordered off and NOT replaced by substitute



Player cautioned (warned and name taken)



Player sent off and NOT replaced by substitute

SANCTIONS RELATING TO ILLEGAL CHARGE/COLLISION DETERMINED BY THE FOLLOWING CRITERIA

- If contact is made to an opponent's head
- If opponent has no opportunity to protect himself
- If contact/impact is excessive or causes injury
- If the elbow/forearm/hurley is part of the contact
- If the player making contact had a realistic alternative by way of challenging opponent
- The direction and distance covered by the player who makes contact

Football

Situation	Free	Note			
Push an opponent	✓	✗	✗	✗	✗
Charge the Goalkeeper in the small rectangle	✓	✗	✗	✗	✗
A player in possession of the ball to charge an opponent	✓	✗	✗	✗	✗
Hold an opponent with the hand(s)	✓	✓	✗	✗	✗
Use the fist on or around the body of an opponent for the purpose of dispossessing him of the ball	✓	✓	✗	✗	✗
Charge an opponent to the back or front	✓	✓	✗	✗	✗
Charge an opponent: (i) Who is not in possession, or (ii) Who is in the act of kicking, or (iii) If both players are not moving in the direction of the ball to play it.	✓	✓	✗	✗	✗
Charge an opponent for the purpose of giving an advantage to a team-mate	✓	✓	✗	✗	✗
Block or attempt to block with the boot when an opponent is kicking the ball from the hand(s)	✓	✗	✓	✗	✗
Prevent or attempt to prevent an opponent from lifting or kicking the ball off the ground by striking an opponent's hand, arm, foot or leg with the boot	✓	✗	✓	✗	✗
Engage in any other form of rough play	✓	✗	✓	✗	✗
Attempt to achieve an advantage by feigning a foul or injury	✓	✗	✓	✗	✗
Deliberately pull down an opponent	✓	✗	✗	✓	✗
Deliberately trip an opponent with hand(s), arm, leg or foot	✓	✗	✗	✓	✗
Deliberately collide with an opponent after he has played the ball away or for the purpose of taking him out of the movement of play	✓	✗	✗	✓	✗
Remonstrate in an aggressive manner with a Match Official	✓	✗	✗	✓	✗
Threaten or use abusive or provocative language or gestures to an opponent or team-mate	✓	✗	✗	✓	✗
Strike or attempt to strike with arm, elbow, hand or knee	✓	✗	✗	✗	✓
Kick or attempt to kick	✓	✗	✗	✗	✓
Behave in any way which is dangerous to an opponent	✓	✗	✗	✗	✓
Spit at an opponent	✓	✗	✗	✗	✓
Contribute to a melee	✓	✗	✗	✗	✓
Use abusive or threatening language, threatening behaviour or physical interference with a Match Official	✓	✗	✗	✗	✓
Strike or attempt to strike with the head	✓	✗	✗	✗	✓
Stamp on a player	✓	✗	✗	✗	✓
Inflict an injury recklessly	✓	✗	✗	✗	✓
Assault an opposing Team Official	✓	✗	✗	✗	✓
Act by deed, word or gesture of a racist, sectarian or anti-inclusion/diversity nature	✓	✗	✗	✗	✓



For more information including video examples, please go to learning.gaa.ie/Referee/AggressiveFouls

Hurling

Situation	Free	Note		
Push an opponent	✓	✗	✗	✗
Hold an opponent's hurley or pull it from his hands	✓	✗	✗	✗
Charge the Goalkeeper in the small rectangle	✓	✗	✗	✗
A player in possession of the ball to charge an opponent	✓	✗	✗	✗
Use the hurley to obstruct an opponent	✓	✗	✗	✗
Strike an opponent's hurley unless both players are in the act of playing the ball	✓	✗	✗	✗
Hold an opponent with the hand(s)	✓	✓	✗	✗
Charge an opponent to the back or front	✓	✓	✗	✗
Charge an opponent unless: (i) he is in possession, or (ii) he is playing the ball, or (iii) both players are not moving in the direction of the ball to play it.	✓	✓	✗	✗
Charge an opponent for the purpose of giving an advantage to a team-mate	✓	✓	✗	✗
Pull down an opponent	✓	✗	✓	✗
Trip an opponent with hand(s), arm, leg foot or hurley	✓	✗	✓	✗
Threaten or use abusive or provocative language or gestures to an opponent or team-mate	✓	✗	✓	✗
Make a "pull" with the hurey from behind and around the body of an opponent that is not consistent with an attempt to play the ball	✓	✗	✓	✗
Use the hurley in a careless manner	✓	✗	✓	✗
Throw the hurley in a manner which constitutes a danger to another player(s)	✓	✗	✓	✗
Engage in any other form of rough play	✓	✗	✓	✗
Attempt to achieve an advantage by feigning a foul or injury	✓	✗	✓	✗
Strike or attempt to strike with arm, elbow, hand, knee or hurley	✓	✗	✗	✓
Kick or attempt to kick	✓	✗	✗	✓
Behave in any way which is dangerous to an opponent, including pulling on or taking hold of an opponent's helmet or faceguard	✓	✗	✗	✓
Spit at an opponent	✓	✗	✗	✓
Contribute to a melee	✓	✗	✗	✓
Use abusive or threatening language, threatening behaviour or physical interference with a Match Official	✓	✗	✗	✓
Strike or attempt to strike with the head	✓	✗	✗	✓
Stamp on a player	✓	✗	✗	✓
Inflict an injury recklessly	✓	✗	✗	✓
Assault an opposing Team Official	✓	✗	✗	✓
Act by deed, word or gesture of a racist, sectarian or anti-inclusion/diversity nature	✓	✗	✗	✓

Penalty

Football

A Penalty is awarded for:

- **A Technical or Aggressive Foul inside the small rectangle.**
- **An Aggressive Foul inside the large rectangle.**

The penalty kick shall be taken from the ground at a point 11m from the centre of the goal-line.

The goalkeeper may move along his line but may not move forward until the ball is kicked. All other players must be outside the 20m line and the arc until the ball is kicked.

For a Technical Foul outside the small rectangle but inside the large rectangle a free kick from the centre of the 13m line is awarded.

Hurling

A Penalty is awarded for:

- **An Aggressive Foul inside the small rectangle.**
- **An Aggressive Foul inside the large rectangle.**

The penalty shall be struck from a point on or outside the 20m line, at the centre of the line. One player shall stand on the goal-line and shall not move forward until the ball is struck. All other players shall be outside the 20m line and the arc and shall not cross the 20m line or the arc until the ball has been struck.

For a Technical Foul inside the large or small rectangle a free puck from the centre of the 20m line is awarded, with up to five defending players permitted to stand on the goal-line, who shall not move forward until the ball is struck. All other players shall be outside the 20m line and the arc and shall not cross the 20m line or the arc until the ball has been struck.



For more information including video examples, please go to learning.gaa.ie/Referee/Penalty



13 Metre Penalty

Football

A Free Kick 13m more advantageous than place of the original kick shall be awarded in the following circumstances:

For an opposing player:

- (a) to be nearer than 13m to the ball before a free/sideline kick is taken.
- (b) to delay an opponent taking a free/sideline kick.
- (c) to interfere with a player taking a free/sideline kick.
- (d) to be less than 13m from the ball before a kick-out.
- (e) to block or attempt to block, within 13m, a free kick awarded for a “Mark”.
- (f) to impede a player taking a free kick, awarded for a “Mark”.

A Free Kick already awarded shall be taken 13m more advantageous than place of the original kick when a player:

shows dissent with the award of a free kick.

Hurling

A Free Puck 13m more advantageous than place of the original puck shall be awarded in the following circumstances:

For an opposing player:

- (a) to be nearer than 20m to the ball before a free puck is taken, or to be nearer than 13m to the ball before a sideline puck is taken.
- (b) to delay an opponent taking a free/sideline puck.
- (c) to interfere with a player taking a free/sideline puck.

A Free Puck already awarded shall be taken 13m more advantageous than place of the original puck when a player:

shows dissent with the award of a free puck to the opposing team.

A Free Puck from the defenders’ 20m line shall be awarded when a player:

is inside opponents’ 20m line before a puck-out is taken.



For more information including video examples, please go to learning.gaa.ie/Referee/13mPenalty



Throw-In

Football

A Free/Sideline Kick or Kick-out shall be cancelled and a Throw-In ball awarded in the following circumstances:

FREE KICK (Throw-in not inside the 20m line or within 13m of the sideline)	(a) to reset the ball for a free kick/penalty from the ground, without the referee's permission after the whistle has been blown for the kick to be taken. (b) to play the ball again after taking a free kick/penalty before another player has touched it, unless the ball rebounds off the goal-post or crossbar. (c) to make a divot for the purpose of teeing up the ball for a free kick. (d) to advance the ball deliberately from the place at which a free kick is to be taken. (e) to waste time by delaying the taking of a free kick awarded to own team. (f) to use a kicking tee illegally. (g) for a player from both teams to foul simultaneously. (h) for a player to retaliate between the award of a free to his team and the free kick being taken. (i) To delay for more than five seconds when taking a free-kick awarded for a "Mark".
SIDELINE KICK (Throw-in 13m in from the sideline, not inside the 20m line)	(a) to play the ball again after taking a sideline kick before another player has touched it, unless the ball rebounds off the goal-post or crossbar. (b) to advance the ball deliberately from the place at which a sideline kick is to be taken. (c) to take a sideline kick from a position not outside the boundary line. (d) to waste time by delaying the taking of a sideline kick awarded to own team.
KICK-OUT (Throw-in on 20m line in front of the scoring space)	(a) for a player taking a kick-out to take the ball into his hand(s) before another player has played it. (b) to be inside the 20m line when one's team is taking a kick-out. (c) for another player on the team taking a kick-out to play the ball before it has travelled 13m. (d) for a player on the team taking the kick-out, other than the player taking the kick, to be less than 13m from the ball when it is kicked. (e) to waste time by delaying own kick-out. (f) to take a kick-out other than from the 13m line within the large rectangle.

Throw-in between one player on each side.

Hurling

A Free/Sideline Puck or Puck-out shall be cancelled and a Throw-In ball awarded in the following circumstances:

FREE PUCK (Throw-in not inside the 20m line or within 13m of the sideline)	(a) to reset the ball for a free/penalty puck, without the referee's permission after the whistle has been blown for the puck to be taken. (b) to play the ball again after taking a free/penalty puck before another player has touched it, unless the ball rebounds off the goal-post or crossbar. (c) to foul a free puck by making a second attempt to lift the ball with the hurley. (d) to make a divot for the purpose of teeing up the ball for a free puck. (e) to advance the ball deliberately from the place at which a free puck is to be taken. (f) to waste time by delaying the taking of a free puck awarded to own team. (g) for a player from both teams to foul simultaneously. (h) for a player to retaliate between the award of a free to his team and the free puck being taken.
SIDELINE PUCK (Throw-in 13m in from the sideline, not inside the 20m line)	(a) to reset the ball for a sideline puck, without the referee's permission after the whistle has been blown for the puck to be taken. (b) to play the ball again after taking a sideline puck before another player has touched it, unless the ball rebounds off the goal-post or crossbar. (c) to attempt to lift the ball with the hurley at a sideline puck. (d) to make a divot for the purpose of teeing up the ball for a sideline puck. (e) to advance the ball deliberately from the place at which a sideline puck is to be taken. (g) to waste time by delaying the taking of a sideline puck awarded to own team.
PUCK-OUT (Throw-in on 20m line in front of the scoring space)	(a) for a player taking a puck-out, and having missed a stroke, to take the ball into his hand(s) a second time before striking. (b) to be inside the 20m line when one's team is taking a puck-out. (c) for another player on the team taking a puck-out to play the ball before it has travelled 13m. (d) to waste time by delaying own puck-out. (e) to take the puck-out from outside the small rectangle.

Throw-in between one player on each side.



For more information including video examples, please go to learning.gaa.ie/Referee/Throwin

Dissent

Situation	Advance the ball 13m	Caution (Yellow Card)	Order Off and Replace (Black Card-Football only)	Order Off (Red Card)
Show Dissent to the referee's decision to award a free kick/puck to the opposing team	✓	✗	✗	✗
Challenge the authority of a Match Official	✗	✓	✗	✗
Remonstrate in an aggressive manner with a Match Official (Football only)	✗	✗	✓	✗
Abusive language to a Match Official	✗	✗	✗	✓
Minor physical interference with a Match Official	✗	✗	✗	✓
Threatening language to a Match Official	✗	✗	✗	✓
Threatening or abusive conduct towards a Match Official	✗	✗	✗	✓
Strike, or attempt to strike, or any type of assault on a Match Official	✗	✗	✗	✓



“Square Ball”

A player may enter the opponents' small rectangle:

DURING PLAY (FOOTBALL)	After the final play of the ball into the small rectangle
SET PLAY (FOOTBALL)	After the ball enters the small rectangle
HURLING	After the ball enters the small rectangle

- (i) If an attacking player legally enters the small rectangle, and the ball is played from it but returned before the attacking player has time to leave, a foul is not committed if he does not play the ball or interfere with the defence.
- (ii) When a point is scored and the ball is sufficiently high to be out of reach of the players and so long as the player in the small rectangle has not interfered with the defence then the point scored should be allowed.



For more information including video examples, please go to learning.gaa.ie/Referee/SquareBall



The “Mark”

Football

A “Mark” shall be awarded to a player who catches the ball cleanly from a kick-out without it touching the ground, on or past the 45m line nearest the Kick-out point.

The player shall have the option of Playing on or Taking a free kick from the hand.

- **The Referee blows the whistle to award the “Mark”.**
- **To indicate that he wishes to take the Free kick the player must obviously stop playing.**
- **Both feet of the catcher must be on or past the 45m line when he catches the ball or on landing.**
- **The catcher has five seconds to take the free kick and the kick may not be blocked or the kicker interfered with within 13m.**
- **If he delays longer than five seconds then the ball is thrown in.**
- **If the kick is blocked within 13m or the kicker interfered with then a free kick 13m more advantageous is awarded.**
- **When the player awarded the “Mark” plays on he may not be challenged for four steps or until he makes one play of the ball.**
- **If the player who is awarded the “Mark” is challenged within the four steps or before one play then a free-kick is awarded from the place of the illegal challenge.**
- **If a player is injured in making the “Mark”, then the kick can be taken by any player on his team, but he may not score from the kick.**



For more information including video examples, please go to learning.gaa.ie/Referee/TheMark



Boundary Lines

When a player deliberately goes outside a Boundary Line:

DURING PLAY	Free kick/puck from where the foul occurred
SIDELINE KICK	Kick shall be taken from outside the boundary line
RUN-UP TO KICK-OUT, FREE KICK (FOOTBALL)	Player may go outside boundary line
RUN-UP TO PUCK-OUT, FREE PUCK, SIDELINE PUCK (HURLING)	Player may go outside boundary line



Non-Player

When the ball touches any non-player:

DURING PLAY	Throw-in at the place concerned
FREE KICK/PUCK	Free shall be retaken
PREVENTED FROM CROSSING A BOUNDARY LINE (INCLUDING GOAL LINE) (OTHER THAN REFEREE)	Ball treated as having crossed boundary line (including goal line) and appropriate award made



Premature Termination of a Game

Reason

The referee should terminate a game when;

- (i) A player refuses to leave the field of play when ordered off,
- (ii) A player rejoins the game having been ordered off,
- (iii) A team or player(s) leaves the field without the Referee's permission or refuses to continue playing.

Procedure

- (i) Give a three minute warning to the player(s) involved, the team captain or the official in charge of the team,
- (ii) If the player(s) refuses to comply, terminate the game,
- (iii) In the case of (iii) above any player willing to continue shall give his name to the Referee.



Hawkeye – Point Detection System

The Hawkeye Point Detection System is available for matches played in Croke Park and Semple Stadium. The Referee or an umpire can initiate the Hawkeye Review for any close calls where there is an element of doubt.

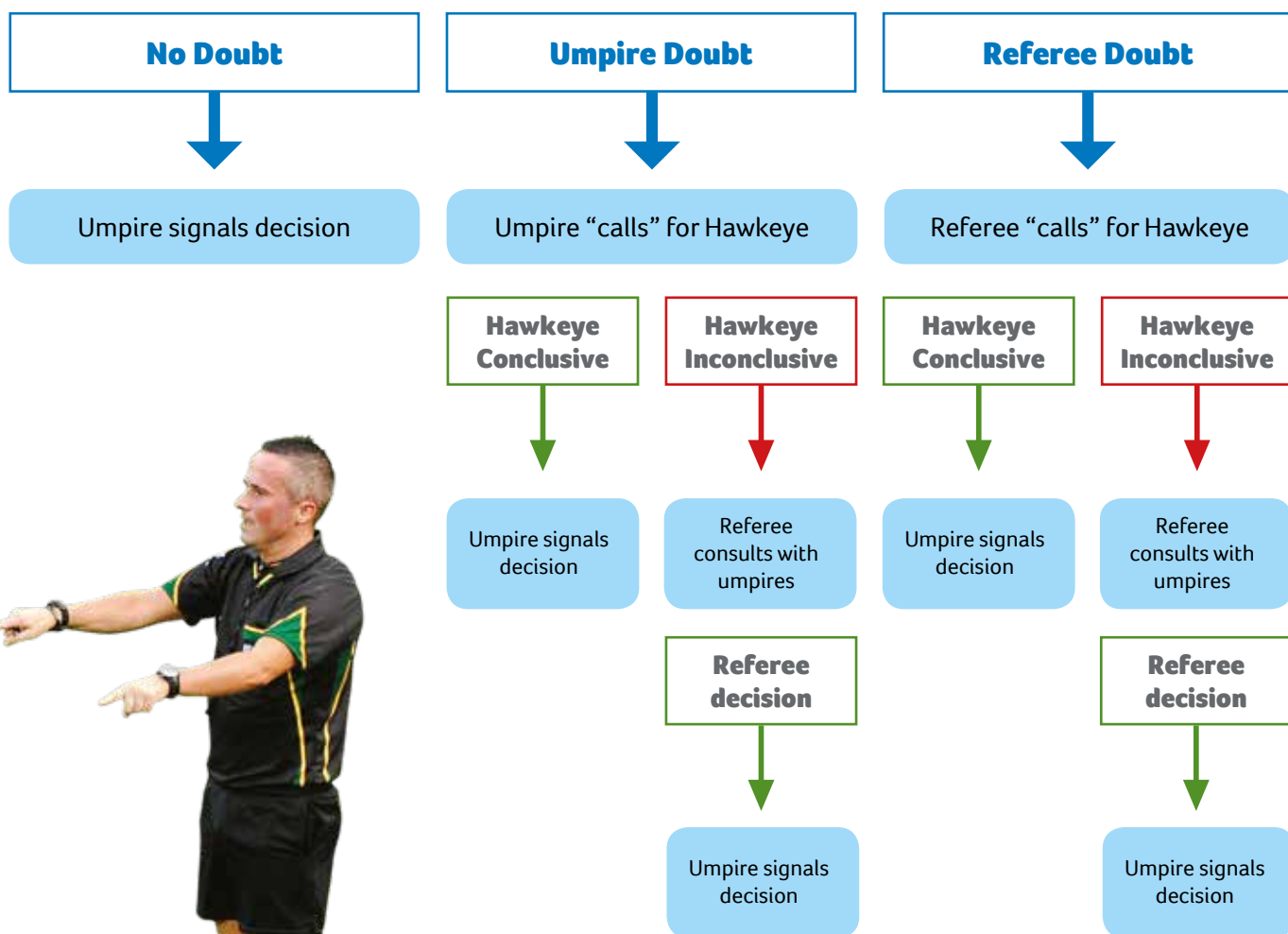
In the case of an umpire initiating the process, the umpire will call for the review process by signalling a square in the air towards the Referee. The Referee will do the same. The Hawkeye Review Official acknowledges that the review is underway and output is then to the Big Screen and directly to the Referee from the Review Official.

Where the Referee and Umpires have made an error the Hawkeye Review Official will interrupt, ask the Referee to stop play and initiate a Hawkeye Review.

The flow chart below best describes the process:

HAWKEYE PROTOCOL

Point scoring attempt



Following Review the game restarts with a kick/puck out or 45 (Football)/65 (Hurling), as normal.

The ABC of Report Writing



Cumann Lúthchleas Gael

Páirc an Chrócaigh, Baile Átha Cliath 3. Fón: 01-8658600

Foirm Oifigiúil Tuarascála an Réiteora

Referee's Official Report Form

Ainm:

Seoladh:

A Chara,
You are hereby notified that you have been appointed by
Coiste Náisiunta Roghnaithe Na Réiteoir to referee:

Ionad:

Comortas:

: V

Dáta:

You will receive a SMS message at requesting you to text the score of this match. Please reply to this message ASAP after the match in the exact format: H G-PP A G-PP
An t-éimle arís: H G-PP A G-PP

You are requested to:

- (a) Be on the pitch ten minutes before starting time.
- (b) Arrange for Match Umpires.
- (c) Complete this form and return it (together with team lists) within three days of the match or, if requested, within 24 hours of the match.
- (d) Any report which contains a disciplinary issue must be faxed to 01-8658600 no later than midday the following day.
- (e) In the event of being unable to act please notify Páirc an Chrócaigh immediately.

This information will normally be completed when you receive notification of the fixture from the Committee-in-Charge.
If it is not then please insert your own name and address
in Irish.

Again this information will normally be completed when you receive notification of the fixture from the Committee-in-Charge.
If it is not then please insert:
Venue }
Competition } **All in**
Teams in Opposition } **Irish**
Date and Time }
Please pay particular attention to correcting any change in venue, date or start time.

Cúntas an Réiteora

Please record the time at which both teams took the field, as well as the actual starting and finishing times.

_____ took the field at: _____
_____ took the field at: _____
Match started at: _____ Match ended at: _____

You must record the full names of your two linesmen, as well as the four umpires on duty.

Linesmen: _____ and _____
Goal Umpires: _____ and _____
and _____ and _____

Please give the final scoreline in the game.

Final Score: _____
Goals: _____ Points: _____
Goals: _____ Points: _____

The referee must record details of all substitutions including temporary substitutions and substitutions in extra time

Ionadaithe - Substitutes

Imreoiri		Contae/Club
1.	For	
2.	For	
3.	For	
4.	For	
5.	For	
1.	For	
2.	For	
3.	For	
4.	For	
5.	For	

**Imreoiri Gorthaithe (Injured Players)
Nature of Injury**

Record the full name of players injured, their club and county and the nature of their injury.

Additional Comments

Please record any other details which upon which you should comment, e.g. Breaches of Match Regulations, Unauthorised Incursions, Abuse of Match Officials by Team Officials etc

Include comment on any of the listed questions.

1. If there was any delay in starting what was the cause?

2. Was a match programme provided? (Please check prior to the game)

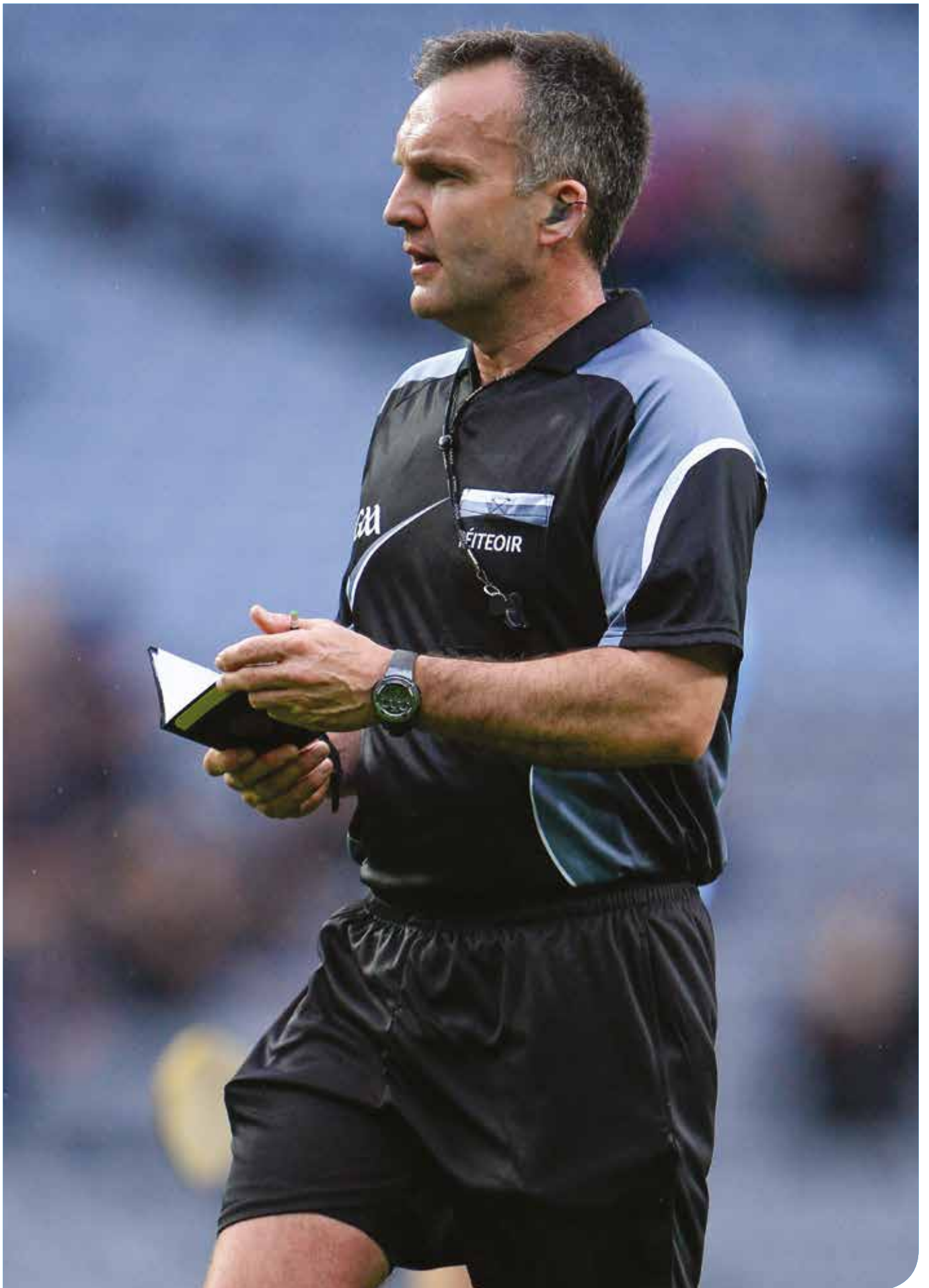
3. Were players' jerseys numbered in accordance with number on programme?

4. Were linesmen properly attired? (If not please give details)

5. Was the pitch properly marked?

6. Was the grass cut short enough?

Give brief comments on stewarding, encroachment onto the pitch by officials, or any other matter on presentation which you feel should be highlighted:



GAA Injury Benefit Fund

The GAA Injury Benefit Fund provides cover for Referees, Linesmen and Umpires injured whilst officiating at an official game.

It is important to note that the Injury Benefit Fund is not an Insurance Scheme, and that it provides cover for otherwise unrecoverable losses up to the benefit limits.

More information is available from Club and County Secretaries or online at:



gaa.ie/mm//Document/MyGAA/ClubAdministrators/12/19/64/ClubManualInsuranceGAAInjuryBenefitFund_English.pdf



Pre-Season Training

The following is a Pre-Season Training Programme (Three sessions per week for Six weeks):

DAY 1

Warm up for 10-15 min and end each session with a 5-7 min cool down

WEEK 1 (1200 METRES)

6 x 80 m in 20 sec with 20 sec recovery/jog 4 min/

5 x 80 m in 20 sec with 20 sec recovery/jog 4 min

4 x 80 m in 20 sec with 20 sec recovery/jog 6 min

WEEK 2 (1280 METRES)

7 x 80 m in 20 sec with 20 sec recovery/jog 4 min/

5 x 80 m in 20 sec with 20 sec recovery/jog 4 min

4 x 80 m in 20 sec with 20 sec recovery/jog 6 min

WEEK 3 (1360 METRES)

8 x 80 m in 20 sec with 20 sec recovery/jog 4 min/

5 x 80 m in 20 sec with 20 sec recovery/jog 4 min

4 x 80 m in 20 sec with 20 sec recovery/jog 6 min

WEEK 4 (1440 METRES)

8 x 80 m in 20 sec with 20 sec recovery/jog 4 min/

5 x 80 m in 20 sec with 20 sec recovery/jog 4 min

5 x 80 m in 20 sec with 20 sec recovery/jog 6 min

WEEK 5 (1680 METRES)

9 x 80 m in 20 sec with 20 sec recovery/jog 4 min/

6 x 80 m in 20 sec with 20 sec recovery/jog 4 min

6 x 80 m in 20 sec with 20 sec recovery/jog 6 min

WEEK 6 (1760 METRES)

10 x 80 m in 20 sec with 20 sec recovery/jog 4 min/

6 x 80 m in 20 sec with 20 sec recovery/jog 4 min

6 x 80 m in 20 sec with 20 sec recovery/jog 6 min

DAY 2

WEEK 1 20 min steady run

WEEK 2 20 min steady run

WEEK 3 25 min steady run

WEEK 4 25 min steady run

WEEK 5 30 min steady run

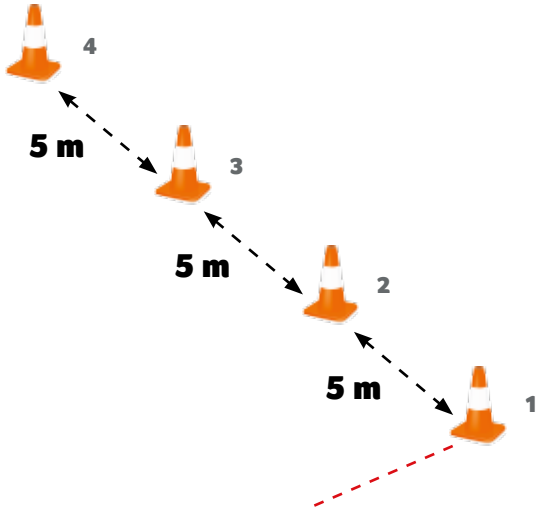
WEEK 6 30 min steady run



DAY 3

Warm up for 10-15 min and end each session with 5-7 min cool down

WEEK 1 & 2 DAY 3



Week 1 Day 3

3 x 5 x 30 metres (450 metres)

- Run forwards from 1 to 3 (10 m)
- Run backwards from 3 to 2 (5 m)
- Run forward to 3 (5 m)
- Turn and run forwards back to 1 (10 m)

Repeat 5 times and take a 30 sec to 1 min rest between each run. After you have completed 5 runs take a 5 min rest. Repeat 2 more times for a total of 3 sets (15 runs).

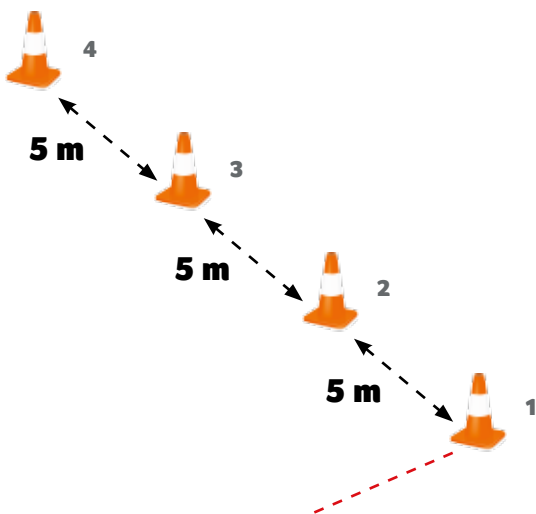
Week 2 Day 3

3 x 5 x 35 metres (525 metres)

- Run forwards from 1 to 2 (5 m)
- Run backwards from 2 to 1 (5 m)
- Run forward to 3 (10 m)
- Run backwards to 2 (5 m)
- Forward to 4 (10 m)

Repeat 5 times and take a 30 sec to 1 min rest between each run. After you have completed 5 runs take a 5 min rest. Repeat 2 more times for a total of 3 sets (15 runs).

WEEK 3 & 4 DAY 3



Week 3 Day 3

3 x 5 x 40 metres (600 metres)

- Run forwards from 1 to 4 (15 m)
- Run backwards from 4 to 3 (5 m)
- Run forward to 4 (5 m)
- Turn and run forwards back to 1 (15 m)

Repeat 5 times and take a 30 sec to 1 min rest between each run. After you have completed 5 runs take a 5 min rest. Repeat 2 more times for a total of 3 sets (15 runs).

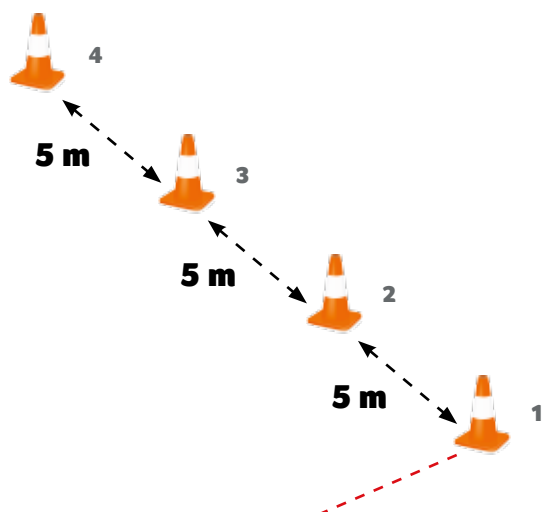
Week 4 Day 3

3 x 5 x 50 metres (750 metres)

- Run forwards from 1 to 4 (15 m)
- Run backwards from 4 to 3 (5 m)
- Run forward to 4 (5 m)
- Turn and run forwards to 2 (10 m)
- Run backwards to 3 (5 m)
- Forward to 1 (10 m)

Repeat 5 times and take a 30 sec to 1 min rest between each run. After you have completed 5 runs take a 5 min rest. Repeat 2 more times for a total of 3 sets (15 runs).

WEEK 5 & 6 DAY 3

**Week 5 Day 3**

3 x 5 x 55 metres (825 metres)

- Run forwards from 1 to 4 (15 m)
- Run backwards from 4 to 3 (5 m)
- Run forward to 4 (5 m)
- Turn and run forward from 4 to 1 (15 m)
- Run backwards from 1 to 3 (10 m)
- Run forwards from 3 to 2 (5 m)

Repeat 5 times and take a 30 sec to 1 min rest between each run. After you have completed 5 runs take a 5 min rest. Repeat 2 more times for a total of 3 sets (15 runs).

Week 6 Day 3

3 x 5 x 60 metres (900 metres)

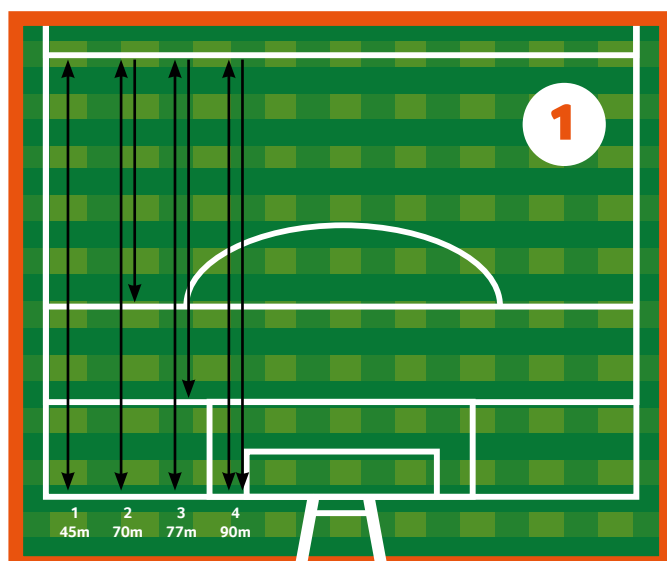
- Run forwards from 1 to 4 (15 m)
- Run backwards from 4 to 2 (10 m)
- Run forward to 4 (10 m)
- Turn and run forwards to 2 (10 m)
- Run backwards to 3 (5 m)
- Forward to 1 (10 m)

Repeat 5 times and take a 30 sec to 1 min rest between each run. After you have completed 5 runs take a 5 min rest. Repeat 2 more times for a total of 3 sets (15 runs).



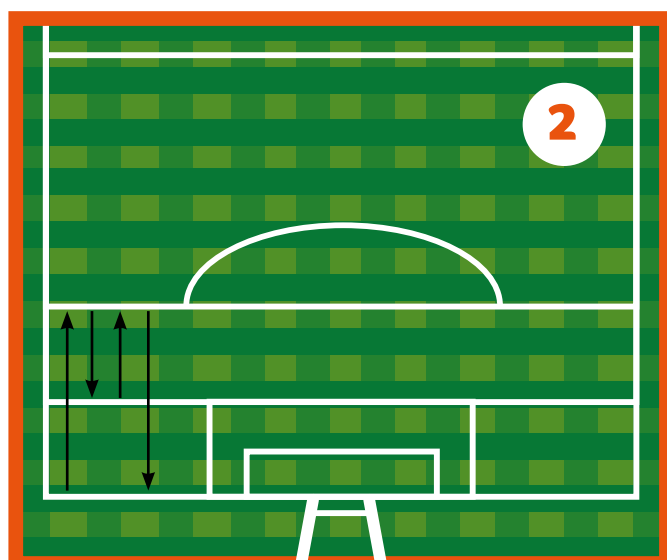
Training Sessions

The following are recommended In-Season Training sessions:



1. Sprint to 45m (1 min rec) - 45m
2. Sprint to 45m, then turn and sprint back to 20m line (90 sec rec) - 70m
3. Sprint to 45m, then turn and sprint back to 13m line (2 min rec) - 77m
4. Sprint to 45m, then turn and sprint back to end line (2.5 min rec) - 90m

Repeat 3 times for total sprint distance of 846m

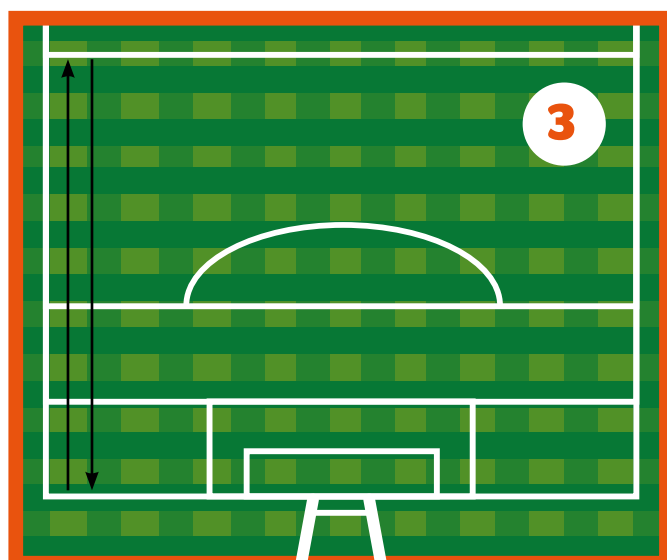


Sprint forward to 20m line, immediately sprint backwards to 13m line, then forward to 20m line and then turn and run forward 20m to the start line (54 metres)

Repeat 5 times for total sprint distance of 270m

Recovery between runs is 30 sec, 45 sec, 60 sec and 75 sec

5 min recovery between sets



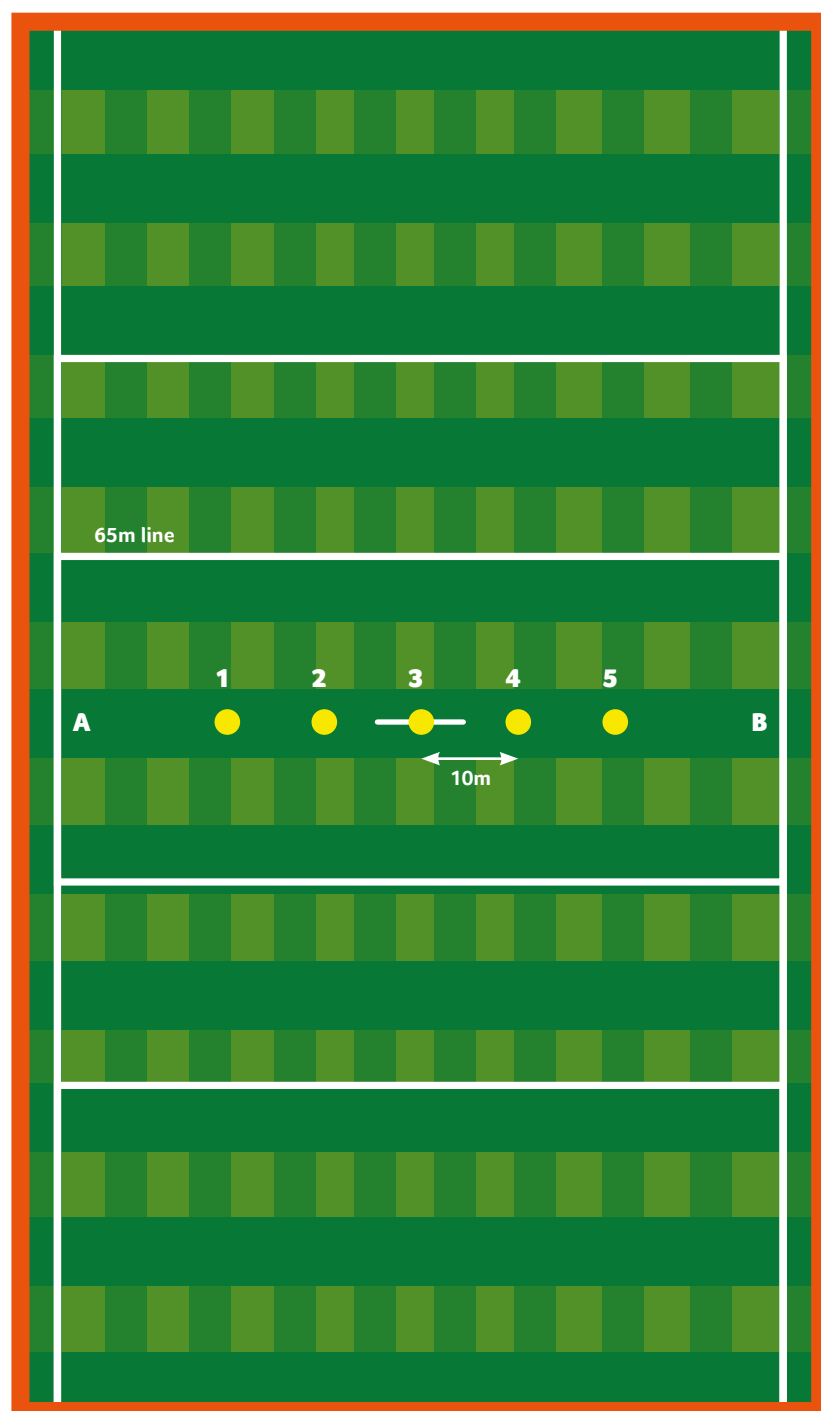
Sprint to 45m, take 15 sec rest and sprint 45m back to start line. Take a 15 sec rest and sprint back to 45m line - 6 consecutive runs in total

You should run 6 x 45 with 15 sec rest between each sprint (total distance = 270m)

This is tough, but put in the effort!

Warm Up Exercises

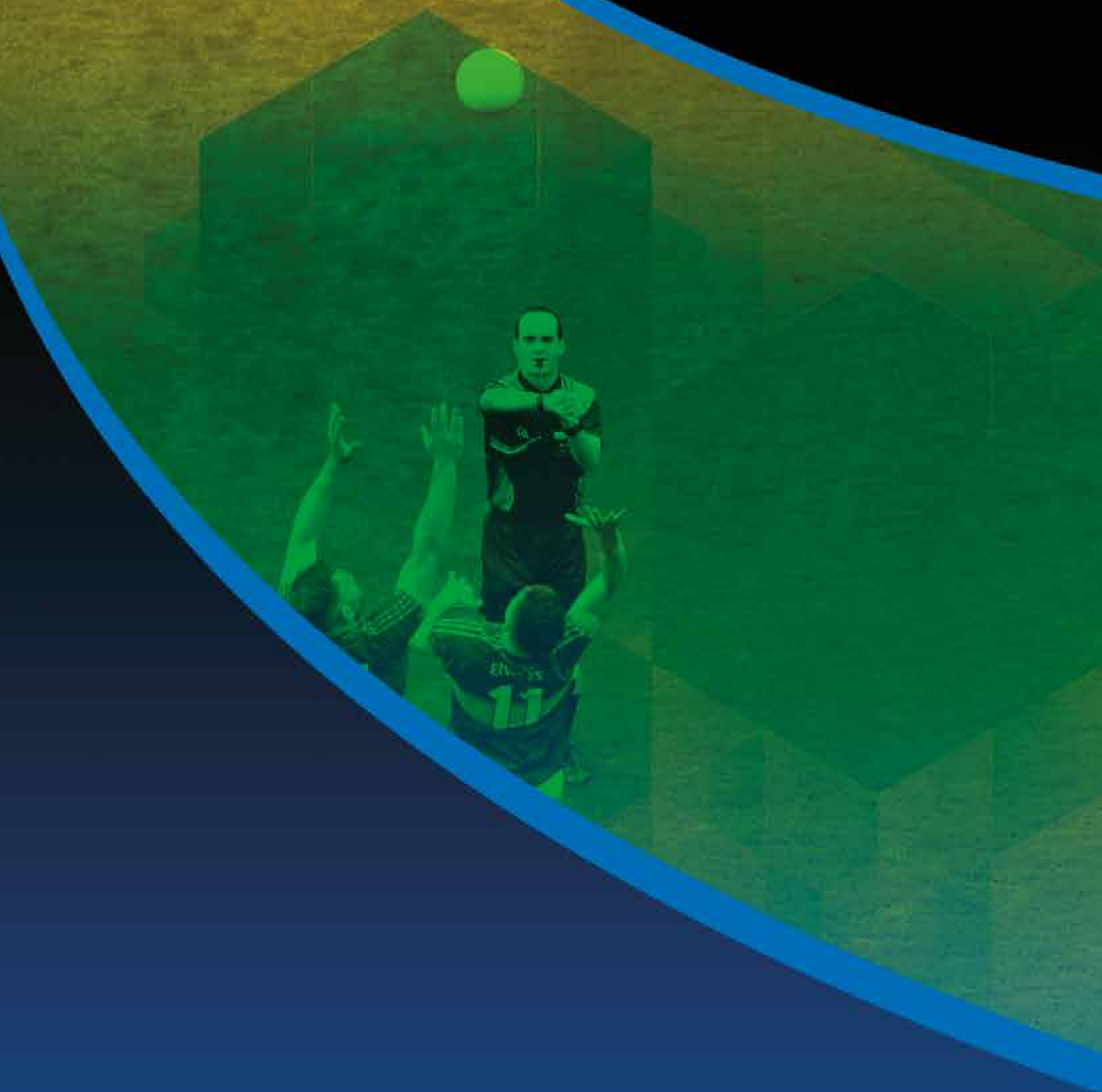
The following warm-up should be completed 2-3 before the toss of the coin:



PLACE MARKERS AT 10 METRE INTERVALS EITHER SIDE OF HALF WAY LINE

1. Start at A and run (easy) the width of the pitch to B and then run back to A. Shuffle sideways between the first and last cone during each run. Run a total of 4 widths of the pitch. This should be done at an easy pace to get the blood circulating.
2. Stretch for 1-2 mins (focus on hamstrings, quads and calf muscles)
3. Run easy from the sideline (A) to cone 1 and then run at $\frac{3}{4}$ pace from 2 to 4 (20 metres) and continue running (easy) to the opposite sideline. Repeat in the opposite direction easy to cone 5 and $\frac{3}{4}$ pace from 4 to 2 (20 metres). Run a total of 4 widths of the pitch without stopping. Obviously you will be breathing much heavier.
4. Stretch 1 min
5. Start at cone 1. Sprint forward ($\frac{3}{4}$ pace) from 1 to 3, backwards to 2 and forward to 3 and then walk back to 1. When you feel you have adequately recovered, repeat. (4 runs in total)
6. Stretch
7. Sprint (100% effort) from 1 to 5 followed by a walk recovery.
Sprint (100% effort) from 1 to 4 followed by a walk recovery.
Sprint (100% effort) from 1 to 3 followed by a walk recovery.





Referee Handbook