



FOOTBALL REVIEW COMMITTEE  
**SUMMARY REPORT**

**FRC**

**2024/2025**

*Gaelic Games will be the most enjoyable amateur games in the world to play and watch*

This document is to assist club and county board officers participating in County Committee Meetings in respect of the FRC Motions voted unanimously by ARD CHOMHAIRLE (CENTRAL COUNCIL) on 26th October for consideration by COMHDHÁIL SPEISIALTA (SPECIAL CONGRESS) on 30th November 2024.

The brief document contains summary information on the FRC recommendations and the associated 49 Motions, which have been combined thematically for ease of reading.

For in depth detail on the FRC recommendations, methodology and research results see: [www.gaa.ie/article/football-review-committee-launch-interim-report](http://www.gaa.ie/article/football-review-committee-launch-interim-report)

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MOTION

1

ENABLING MOTION

1.

**That**

- Rule changes made at this Special Congress be adopted on a temporary basis for one year commencing 1st January 2025; and
- that Central Council shall be entitled to rescind or amend any Rule changes made by this Special Congress upon a Motion submitted by the Management Committee at the request of the Standing Committee on Playing Rules or the Rules Advisory Committee; and
- that a Council or Committee in Charge may defer the date of implementation of a new or amended Rule, in competitions under its jurisdiction, to a date no later than 31st March 2025; and
- that a Council or Committee in Charge may adopt competition regulations for competitions at under 18 or younger grades which modify or restrict the application of some of the temporary Rule changes made by this Special Congress subject to the approval of the Development Competitions Control Committee.



FOOTBALL REVIEW COMMITTEE

MOTIONS

MOTION

2, 3, 4

1 V 1

**FOOTBALL REVIEW COMMITTEE**

**1V1 FOR THROW-INS COMMENCING PLAY**

**PRINCIPLE CONCEPT**

Fouling consistently occurs at the commencement of each half during 2 v 2 throw ins. Fouling happens either before or as the ball is thrown in, or as one of the midfield players gains possession.

The 1 v 1 throw in will make for an improved spectacle, as the player gaining possession will have the opportunity to immediately attack.

The other two midfielders are positioned on opposite sidelines adjacent to the 2 players contesting the throw-in and enter the field on play as the ball is thrown in.

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**1V1 FOR THROW-INS COMMENCING PLAY**

**Expanded notes:**

- The throw in shall be contested by one player from each team.
- The players must be positioned opposite the Referee and on their defensive side of the half-way line.
- The second midfielder from each team shall be positioned on opposite sidelines, position themselves standing in the centre of the sideline and face the players contesting the throw-in. Teams will swap sidelines for the start of the 2nd half.
- All other players may only cross the 45m line, or the sideline after the Referee releases the ball for the throw-in.

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2.

That Rule 1.3(i) Rules of Control – Control Of The Games - Match Officials – Commencing Play - Official Guide Part 2 (page 13) be amended by adding the following as Rule 1.3(i)(b):

Gaelic Football

The Referee shall toss a coin in the presence of the team captains. The team which wins the coin toss will choose ends; the other team will choose which sideline their player will stand on for the throw in. Teams will change ends and the sidelines on which their players are positioned for the throw at the start of the second half.

This procedure shall be repeated for Extra Time, where played.

The existing Rule 1.3(i) to be numbered as 1.3(i)(a) and headed Hurling.

3.

That Rule 1.3(ii) - Rules of Control – Control Of The Games - Match Officials – Commencing Play - Official Guide Part 2 (page 13) be amended by adding the following as Rule 1.3(ii)(b):

Gaelic Football

One Player from each team shall stand on their own defensive side of the 10m dashed halfway line, and shall face the referee, for the throw-in. A second player on each team shall be positioned on opposite sidelines, centred on the sideline and facing the players contesting the throw-in. These players will swap sides for start of the second half. The other players shall be in their respective positions behind the 45m line.

The existing Rule 1.3(ii) to be numbered as 1.3(ii)(a) and headed Hurling.

4.

That Rule 2.1 - The Playing Rules of Gaelic Football - Rules of Fair Play - Set Play – Official Guide Part 2 (page 42) be amended to read as follows:

The Referee, facing the players, starts the game and re-starts it after half-time, by throwing the ball between one player from each team, in their own defensive sides of the half-way line. A second player from each team shall stand on opposite sidelines at the half way line. The second players shall swap sidelines for the 2nd half throw-in. All other players shall be in their respective positions behind the 45m lines.



MOTION

5, 6, 7, 8, 9

KICK OUTS

**FOOTBALL REVIEW COMMITTEE**

**KICK-OUTS: KICK-OUT ALLOWED TO BE TAKEN BEFORE ALL PLAYERS ARE OUTSIDE THE 20M LINE**

**PRINCIPLE CONCEPT**

The resumption of play after a score or wide is often delayed as players return to position outside the 20m line. Allowing players to remain inside the 20m line during a kick-out will speed up the game, possibly allowing an attack to quickly develop by the team in possession before the defending team get into position.

It will also allow for some innovation, where defending teams may position a player(s) behind the goalkeeper kicking the ball, in the off chance that they win the kick-out and pass the ball immediately to that player(s).

40 Metre Arc

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**FOOTBALL REVIEW COMMITTEE**

**KICK-OUTS: KICK-OUT ALLOWED TO BE TAKEN BEFORE ALL PLAYERS ARE OUTSIDE THE 20M LINE**

**Expanded notes:**

- Players may remain inside the 20m line before the kick-out is taken.
- Players must not infringe the goalkeeper, or another opposition player, taking the kick-out.
- If the goalkeeper is not taking the kick-out, the goalkeeper shall stay in the small rectangle.
- The ball shall travel beyond the 20m line and outside the 40m arc before being played by another player on the attacking team.
- Players may remain inside the 40m arc but must not be closer than 13m from the ball.
- A player in direct receipt of a kick-out may not pass the ball to their team's goalkeeper, or another player taking the kick-out, without another player playing the ball.

40 Metre Arc

GAA WHERE WE ALL BELONG

5.

**That Rule 2.7(a) - The Playing Rules of Gaelic Football - Rules of Fair Play - Set Play - Official Guide Part 2 (page 43) be amended to read as follows:**

When the ball is played over the endline by the Team attacking that end, or after a score is made, play is restarted by a kick-out off the ground from the centre point of the 20m line and shall be kicked forward. If the goalkeeper is not taking the kick-out, the goalkeeper shall stay in the small rectangle. All other players shall be at least 13m from the ball until it is kicked. The player taking a kick-out may kick the ball more than once before any other player touches it but may not take the ball into the hands. The ball shall travel not less than 13m and outside the 40m arc before being played by another player of the defending team.

Players may remain inside the 20m line. Players may not impede or interfere with the goalkeeper, or another opposition player, taking the kick-out.

Players may remain inside the 40m arc but must not be closer than 13m to the ball when it is being kicked.

6.

**That Rule 2.7(c) - The Playing Rules of Gaelic Football - Rules of Fair Play - Set Play - Official Guide Part 2 (page 43) be amended to read as follows:**

A player in direct receipt of their kick-out may not pass the ball to their team's goalkeeper, or the player taking the kick-out, without another player playing the ball.

7.

**That Rule 4.20 - The Playing Rules of Gaelic Football - Rules of Foul Play - Technical Fouls - Official Guide Part 2 (page 48) be amended to read as follows:**

For a player to be less than 13m from the ball, before a kick-out.  
Penalty - a free kick from where the foul occurred.

8.

**That Rule 4.28 - The Playing Rules of Gaelic Football - Rules of Foul Play - Technical Fouls - Official Guide Part 2 (page 48) be deleted.**

9.

**That Rule 4.29 - The Playing Rules of Gaelic Football - Rules of Foul Play - Technical Fouls - Official Guide Part 2 (page 48) be amended to read as follows:**

For another player on the team taking a kick-out to play the ball before it has travelled outside the 40m arc.

Penalty - a free kick from where the foul occurred.

MOTION

10, 11, 12

KICK OUTS

**FOOTBALL REVIEW COMMITTEE**

**KICK-OUTS: THE BALL MUST TRAVEL BEYOND THE 40M ARC**

**PRINCIPLE CONCEPT**

With the introduction of the 40m arc for scoring, all kickouts will have to travel past the 40m arc

This requires a slightly longer kickout from the midpoint of the 20m line (20m to the apex of the arc, and 34m to where the arc intersects the 20m line). It will also create more 1 to 1 contests, as the arc is larger than previous, thus taking up more space on the pitch.

Similar to the current kickout rule for the 13m semi-circle arc, the ball can only be played once it travels outside the new 40m arc i.e. players will need to be outside the 40m arc to receive the ball from a kickout.

However, to speed up the kickout, players from both teams may be inside the 40m but must be 13m from the ball. If they play the ball inside the arc from a kickout, a free kick is awarded to the opposition.

**GAA WHERE WE ALL BELONG**

10.

That Rule 4.30 - The Playing Rules of Gaelic Football - Rules of Foul Play – Technical Fouls – Official Guide Part 2 (page 48) be deleted.

11.

That the penalty for fouls described in Rules 4.27, 4.31 & 4.32 - Rules of Foul Play - The Playing Rules of Gaelic Football – Technical Fouls – Official Guide Part 2 (pages 48 and 49) be amended to read as follows:  
Penalty for the above fouls -

- i. Cancel kick-out.
- ii. Free kick on defenders' 13m line in front of scoring space.

12.

That Rule 4.14 - The Playing Rules of Gaelic Football - Rules of Foul Play – Technical Fouls – Official Guide Part 2 (page 47) be deleted.

**FOOTBALL REVIEW COMMITTEE**

**KICK-OUTS: THE BALL MUST TRAVEL BEYOND THE 40M ARC**

**Expanded notes:**

- If the player on the team taking the kick out plays the ball inside the 40m arc, free kick to the opposition from the place of the foul. Opposition players must remain 13m from the ball and can play the ball inside the 40m arc.
- Players may remain inside the 40m arc but must not be closer than 13m from the ball.
- Penalty for interfering with or gaining possession of the ball inside the 40m arc - Free kick to be awarded 50m more advantageous than the position of the original kickout.

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MOTION

13, 14, 15

GOALKEEPER

**FOOTBALL REVIEW COMMITTEE**

**INSIDE THE HALFWAY LINE THE GOALKEEPER CAN ONLY RECEIVE THE BALL FROM A TEAMMATE INSIDE THE LARGE RECTANGLE**

**PRINCIPLE CONCEPT**

Frequently, teams in possession of the ball inside their own half of the pitch are recycling the ball back to their goalkeeper - sometimes when the player in possession is being tackled by the opposition and sometimes just to slow play down. This often causes the opposition forwards to retreat back inside their own half of the pitch.

When a defender gains possession in front of the goal (i.e. inside the large rectangle) he may use the goalkeeper as an outlet.

The goalkeeper may carry the ball outside the large rectangle without restriction.

The rule is also to encourage the team in possession to play in a forward direction and not use the goalkeeper as a pivot and an outlet to recycle possession.

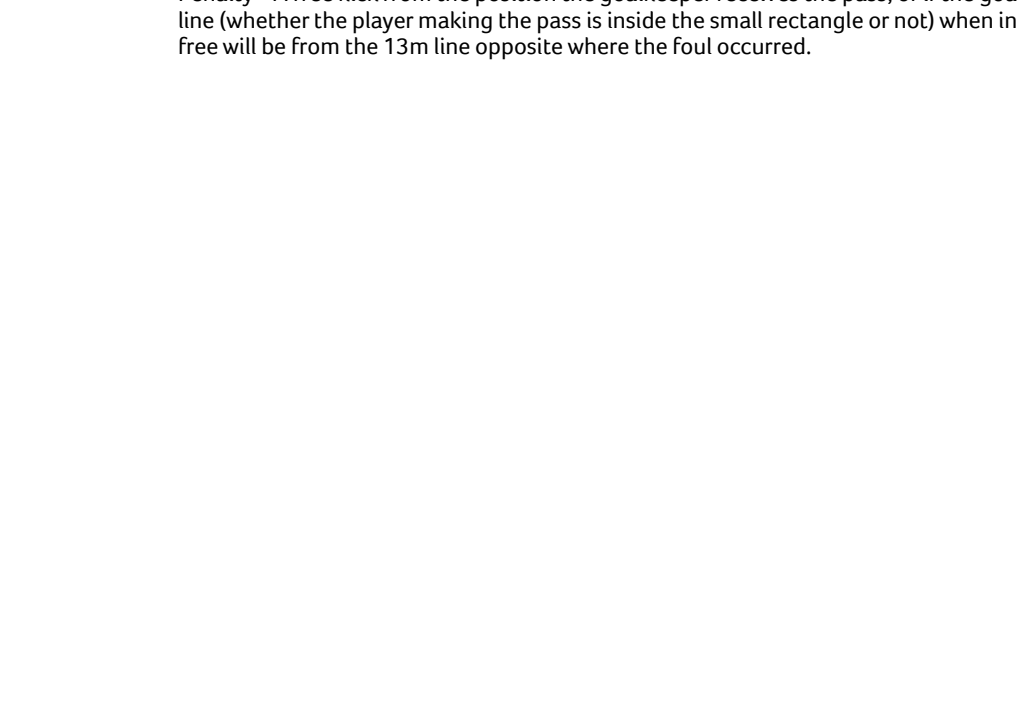


**GAA WHERE WE ALL BELONG**

**THE GOALKEEPER CAN RECEIVE THE BALL FROM A TEAMMATE BEYOND THE HALFWAY LINE**

**Expanded notes:**

- The Goalkeeper can receive the ball from a team mate only beyond the halfway line. Otherwise, the goalkeeper must be inside his large rectangle to receive the ball from a teammate, who must also be inside the large rectangle
- If the goalkeeper receives a pass inside the large rectangle, the goalkeeper may advance the ball outside the large rectangle without any restriction.
- There are no passing restrictions once the goalkeeper crosses the halfway line.
- If the goalkeeper intercepts the ball from an opposing player anywhere on the pitch, the goalkeeper may advance the ball without restriction.
- The goalkeeper may assist the attack or defence and is not considered as one of the players that must remain inside their halfway line (and the goalkeeper cannot be considered as one of the players that remain inside the opposition halfway line) i.e. the goalkeeper is independent of this rule.
- The Goalkeeper cannot be counted as one of the 3 players that must remain in the opposition half of the field, when his team are defending i.e. the goalkeeper cannot play as one of the players that must remain inside the opposition half of the field.



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13.

That the following be added to IMPORTANT TERMS AND DEFINITIONS - FOOTBALL AND HURLING – Official Guide Part 2 (Pages 58-60)

“Outfield player” means any player other than the goalkeeper.

14.

That the following be added as Rule 1.11 - The Playing Rules of Gaelic Football - Rules of Fair Play – The Play – Official Guide Part 2 (page 41):

The Goalkeeper may only receive the ball from a teammate:

- (a) Inside the large rectangle when both the goalkeeper and the teammate passing the ball are inside the large rectangle; or
- (b) when the goalkeeper is in the opposition half of the field.

15.

That the following be added to The Playing Rules of Gaelic Football - Rules of Foul Play – Rule 4 - Technical Fouls – Official Guide Part 2 (pages 46-49):

For a goalkeeper to receive the ball, by a pass

- from a teammate, when the goalkeeper is outside the large rectangle and in their own half of the field;
- from a teammate, while the goalkeeper is inside the large rectangle, after the ball has been played out of the large rectangle, unless it has been played by an opposing player.

Penalty - A free kick from the position the goalkeeper receives the pass, or if the goalkeeper is inside the 13m line (whether the player making the pass is inside the small rectangle or not) when in receipt of the pass, the free will be from the 13m line opposite where the foul occurred.

**FOOTBALL REVIEW COMMITTEE**

**3/3 STRUCTURE RULE**

**PRINCIPLE CONCEPT**

Having three outfield players from each team inside each half of the pitch will provide a traditional structure for both teams. For the team in possession, this set-up creates outlets and encourages quicker transfer and forward kick-passing of the ball by the attacking team. It should help to reduce the lateral recycling and passing of the ball inside the defensive half of the pitch and lead to more exciting play in the attacking areas. It also promotes one-to-one defending; a lost art in the game at present.

The 3/3 Structure Rule will also limit the number of outfield players defending in their own half of the pitch to 11, rather than 13 or 14 outfield players, as is often the case currently. This will potentially create more space to attack into for the team in possession. It will also negate the need to reduce teams to 13 a side, as has been suggested by many contributors to the FRC survey. It is this lack of shape, rather than space, that is leading to the stalemate situations in matches.

The proposal also allows the goalkeeper, from the team in possession, to support the attack in the opposition half of the field.

**GAA WHERE WE ALL BELONG**

**16.**

**That the following be added to The Playing Rules of Gaelic Football - Rules of Fair Play – Rule 2 – Set Play – Official Guide Part 2 (pages 42-44):**

During play, a team must have at least three outfield players on each side of the half-way line.

**Exception**

Where the number of players on a team is reduced below fifteen, the number of players that team is required to keep on each side of the half-way line is reduced accordingly eg if there are fourteen players on the team, it must have at least two outfield players on each side of the half-way line.

**17.**

**That the following be added to The Playing Rules of Gaelic Football - Rules of Foul Play – Rule 4 - Technical Fouls – Official Guide Part 2 (pages 46-49):**

To cross the half-way line in the act of carrying, receiving or intercepting the ball (or attempting to do so) and leaving less than three outfield players on either side of the half-way line.

Penalty - Free kick from the place where the player crossed the half-way line.

**18.**

**That the following be added to The Playing Rules of Gaelic Football - Rules of Foul Play – Rule 4 - Technical Fouls – Official Guide Part 2 (pages 46-49):**

For a team to have less than three outfield players on each side of the half-way line other than in the circumstances described in (Motion 17).

Penalty – free kick from the centre point of the offending team’s 20m line.

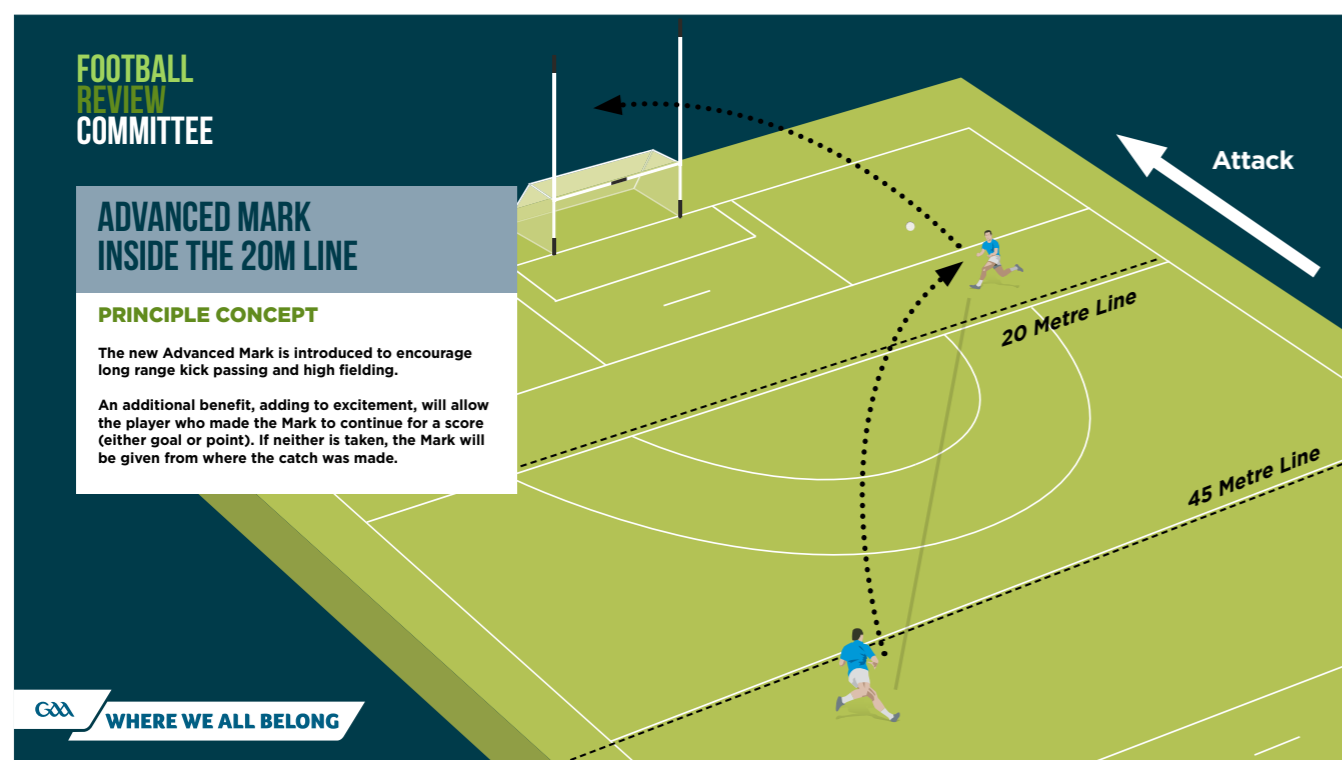
**FOOTBALL REVIEW COMMITTEE**

**3/3 STRUCTURE RULE**

**Expanded notes:**

- Both teams must keep 3 outfield players inside each half. These players can be interchangeable i.e. any 3 outfield players.
- Leaving a maximum of 11 outfield players to attack beyond their halfway line, and a maximum of 11 outfield players to defend inside the halfway line.
- The Goalkeepers may assist the attack or defence and are not considered as one of the players that must remain inside their halfway line i.e. the goalkeepers are independent of this rule, subject to restrictions in 1(d) and 1(e).
- The Goalkeeper cannot be counted as one of the 3 players that must remain in the opposition half of the field, when his team are defending i.e. the goalkeeper cannot play as one of the players that must remain inside the opposition half of the field.

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19.

**That Rule 2.12 - The Playing Rules of Gaelic Football - Rules of Fair Play - Set Play - Official Guide Part 2 (page 44) be amended to read as follows:**

The referee shall award a Mark, in either of the following circumstances:

- (i) When the player catches the ball cleanly from a kick-out, without it touching the ground, on or past the 45m line nearest the kick-out point (a Kick Out Mark)

**Or**

- (ii) When a player catches the ball cleanly on or inside the 20m line from a kick in play or from a kick-out mark delivered by an attacking player on or beyond the opposing team's 45m line, and without it touching the ground (an Advanced Mark)

The following procedures shall apply:

**(a) Free Kick**

The player shall signify to the Referee if the player is availing of the free kick by immediately raising an arm upright and that player then taking the kick from the hands. The free kick shall be taken from the point where the Mark is awarded except in the case of a Mark awarded to an attacking team inside a 13m line when the free shall be taken from the point on the 13m line directly in line with where the Mark is awarded.

Once the player indicates the player is taking the 'Mark', the Referee shall allow up to fifteen seconds for the player to take the kick. If the player delays longer than fifteen seconds, the Referee shall cancel the 'Mark' and throw in the ball between a player from each side.

Once the player indicates they are taking the 'Mark', the opposing players must retreat 13m to allow the player space to take the kick. If an opposing player deliberately blocks or attempts to block the kick within 13m, or if an opposing player impedes the player while the player is taking the kick, the Referee shall penalise the opposing team by bringing the ball forward 13m, up to opponents' 13m line.

If the Referee determines that the player who makes the Mark has been injured in the process and is unable to take the kick, the Referee shall direct the player's nearest team-mate to take the kick, but this may only be allowed in exceptional circumstances.

A score may be made from a free awarded for a Mark.

**(b) Play on immediately - Kick Out Mark**

- i. A player who makes a Kick Out Mark may play on immediately and, in this circumstance, the player may not be challenged for the ball until the player carries the ball up to a maximum of four consecutive steps or holds the ball for no longer than the time needed to take four steps and/or makes one act of kicking, hand-passing, bouncing or toe-tapping the ball.
- ii. If the Player is illegally challenged, a free kick shall be awarded to the player's team from the point at which the challenge is made, and this free kick may be taken by any player on that team.



**FOOTBALL REVIEW COMMITTEE**

### 7. ADVANCED MARK INSIDE THE 20M LINE

**Expanded notes:**

- An advanced mark is allowed when a player catches the ball cleanly on or inside the 20m line from a kick in play delivered by an attacking player on or before the opposing team's 45m line; and
- The player may play on immediately. If no advantage is accrued, a free kick will be taken from the position of the original mark,
- Or the player may avail of the mark by raising an arm upright.
- If the player opts to play on, he may be tackled immediately.
- Rule 5.41 (a) still applies. As in if the defender "deliberately pulls down an opponent" to deny a goal-scoring opportunity (to the player who makes the Advanced Mark), a penalty kick will be awarded and the offender shall be issued with a Black Card and sent to the Sin Bin for 10 minutes.

**GAA WHERE WE ALL BELONG**

**(c) Play on immediately – Advanced Mark**

A player who makes an Advanced Mark may play on immediately. The Referee may allow the play to continue if the Referee considers that this presents the potential of an advantage to the team of the player awarded the Mark. A player who is permitted to play on may be immediately challenged for the ball.

The Referee shall signal that the Mark has been awarded and that advantage is being allowed to accrue by raising an arm upright and shall allow the advantage to run by maintaining that arm in the upright position until it becomes clear that no advantage has accrued.

If the referee deems that a clear advantage has accrued to the team of the player awarded the Mark, the advantage ends and the referee will indicate that by saying "advantage over", lowering their arm and allowing play to continue as normal.

If the referee deems that no advantage is accruing to the team of the player awarded the Mark, the referee will indicate that by saying "no advantage gained" and will take the ball back to the point of the Mark.

If a player from the team of the player awarded the Mark commits a technical foul before they have accrued an advantage, the referee will stop play and allow the Mark to be taken from its original position.

If a player from either team commits an aggressive foul before advantage has accrued, the referee will apply the penalty for that subsequent aggressive foul.

Advantage shall not be applied if the referee suspects that a player is seriously injured.

The referee shall apply all other relevant disciplinary action even when advantage is being allowed.



MOTION

20, 21, 22

SCORING

**FOOTBALL REVIEW COMMITTEE**

**2PT SCORING AREA**

**Scoring System:**

- 2 points scored when the ball is played over the cross bar between the posts outside the 40m arc; the radius centred on the midpoint of the goal line, and arcs back to the 20m line.
- 1 point awarded for a 45.
- 1 point awarded for a point inside the 40m arc or inside the 20m line.
- A goal is equivalent to 3 points.

**Expanded notes:**

- If a free is conceded outside the 40m arc and, because of dissent or a tactical foul, the ball is taken 50m forward to a more advantageous position, up to opponents' 13m line, the resulting free kick scored is still equivalent to 2 points.
- A point outside the 40m arc will be allowed so long as the standing foot is planted on or outside the 40m arc (similar to sideline rule).
- The Score Umpire will raise the white flag, signifying the ball is played over the cross bar between the posts.
- The Referee shall raise one arm to signify a one point score and will extend two arms above his head to signify a two point score.
- The Score Umpire will then raise an orange flag, to signal a two-point score.

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**FOOTBALL REVIEW COMMITTEE**

**2PT SCORING AREA**

**PRINCIPLE CONCEPT**

Encourage teams to shoot for long range points by introducing a 40m arc, with two points for that score. This, we believe, will get supporters up off their seats.

This will also ask tactical questions of the defending team, which will require defending players to push out to the 40m arc or beyond to prevent the team in possession attempting shots for two-point scores. This has the potential to create more space closer to the goal.

A point taken inside the arc and/or inside the 20m line will be awarded one point.

**GAA WHERE WE ALL BELONG**

20.

**Part 1**  
That Rule 3.1 - The Playing Rules of Gaelic Football - Rules of Fair Play - Scores – Official Guide Part 2 (page 45) be amended to read as follows:

A goal is scored when the ball is played over the goal-line between the posts and under the crossbar by either team.

A point is scored when the ball is played over the crossbar between the posts by either team, inside the 40m arc or inside the 20m line.

Two points are scored when the ball is played directly over the crossbar between the posts (whether from a free kick, solo and go, or from general play), having been kicked by a player who has at least one foot on or outside the 40m arc and without the ball having been touched by any other player.

**Exception** – when the ball is played over the crossbar between the posts from a 45, one point is awarded.

A goal is equivalent to three points.

The team with the greater final total of points is the winner.

**Part 2**  
That Rule 2.8 - The Playing Rules of Gaelic Football - Rules of Fair Play - Set Play – Official Guide Part 2 (page 43) be amended by adding the following:

(“a 45”)

21.

That the following be added to Rule 1.2 - Rules of Control - Control Of The Games - Match Officials – Duties of the Referee - Official Guide Part 2 (page 12):

in Gaelic Football, to signal a one point score, by extending one arm above the head and to signal a two point score by extending both arms above the head.

22.

That Rule 2.2(i)(c) - Rules of Control – Control Of The Games - Match Officials – Score Umpires - Official Guide Part 2 (page 15) be amended to read as follows :

A score by raising a green flag for a goal or a white flag for a point or an orange flag, to signal a two-point score in Gaelic Football, after the referee has awarded it by raising two arms above their head.

MOTION

23, 24, 25

DELAY FOULING

**FOOTBALL REVIEW COMMITTEE**

**50M ADVANCEMENT FOR TACTICAL FOULING**

**PRINCIPLE CONCEPT**

Disincentivise tactical fouling, which significantly slows down the play, by introducing a penalty which advances the ball forward 50m from where the tactical foul occurred.

Tactical Fouling is defined as “any foul which purposefully and deliberately delays or impedes play”.

50 Metres

**GAA WHERE WE ALL BELONG**

**FOOTBALL REVIEW COMMITTEE**

**50M ADVANCEMENT FOR TACTICAL FOULING**

**Expanded notes:**

- A 50m free advancement is awarded for ‘Tactical Fouling’.
- Tactical Fouling is defined as “any foul which purposefully and deliberately delays or impedes play”.
- In the case of an opposing player not retreating 13m to allow space for the free kick to be taken, including a Solo & Go Free kick, to deliberately block or attempt to block the kick within 13m, or to impede the free taker when the player is taking the kick, including a Solo & Go Free kick – this will be deemed a tactical foul.
- The penalty shall be a Free kick 50m in the direction of the goal posts to a more advantageous position than the original free, up to the opponents 13m line.
- If the 50m advancement brings the ball inside the 40m arc (i.e. into the 1 point scoring area), the team in possession may elect to take a free kick on or outside the arc (i.e. to attempt a 2 point score).
- When the team in possession immediately take a Free Kick or a Solo & Go from where tactical foul occurred, this cancels the 50m advancement.

50 Metres

**GAA WHERE WE ALL BELONG**

23.

That the following be added to The Playing Rules of Gaelic Football - Rules of Foul Play – Rule 5 - Aggressive Fouls – Official Guide Part 2 (pages 50-54):

Notwithstanding any other provision in these Rules, where a foul is committed for the purpose of delaying play, the penalty shall, (in addition to being cautioned or ordered off, where appropriate) be a free kick 50m more advantageous than the position where the foul occurred – up to the opponent’s 13m line. However, the opponents of the team conceding the foul may

- take a free kick from the place where the foul occurred
- take a solo & go, immediately, from that position
- take a free kick from outside the 40m arc though the application of this Rule would otherwise result in a free kick from inside the 40m arc

The referee shall signal this penalty by extending either arm sideways.

24.

That Rule 4.18 - The Playing Rules of Gaelic Football - Rules of Foul Play – Technical Fouls – Official Guide Part 2 (page 47) be amended to read as follows:

To delay an opponent taking a free kick or sideline kick by:

- Hitting or kicking the ball away; or not “handing over” the ball (ie giving the ball directly to the nearest opposition player, or the player fouled, in a prompt and respectful manner).
- Not releasing the ball to the opposition, or
- Deliberately not moving back to allow a quick free or solo and go to be taken.

25.

That Rule 4.19 - The Playing Rules of Gaelic Football - Rules of Foul Play – Technical Fouls – Official Guide Part 2 (page 47) be amended to read as follows:

To interfere with a player taking a freekick, sideline kick or kick-out by jumping up and down, waving hands, or any other physical or verbal interference considered by the referee to be aimed at distracting the player taking the kick.

**Exception:** A player holding their hands upright shall not constitute an interference.

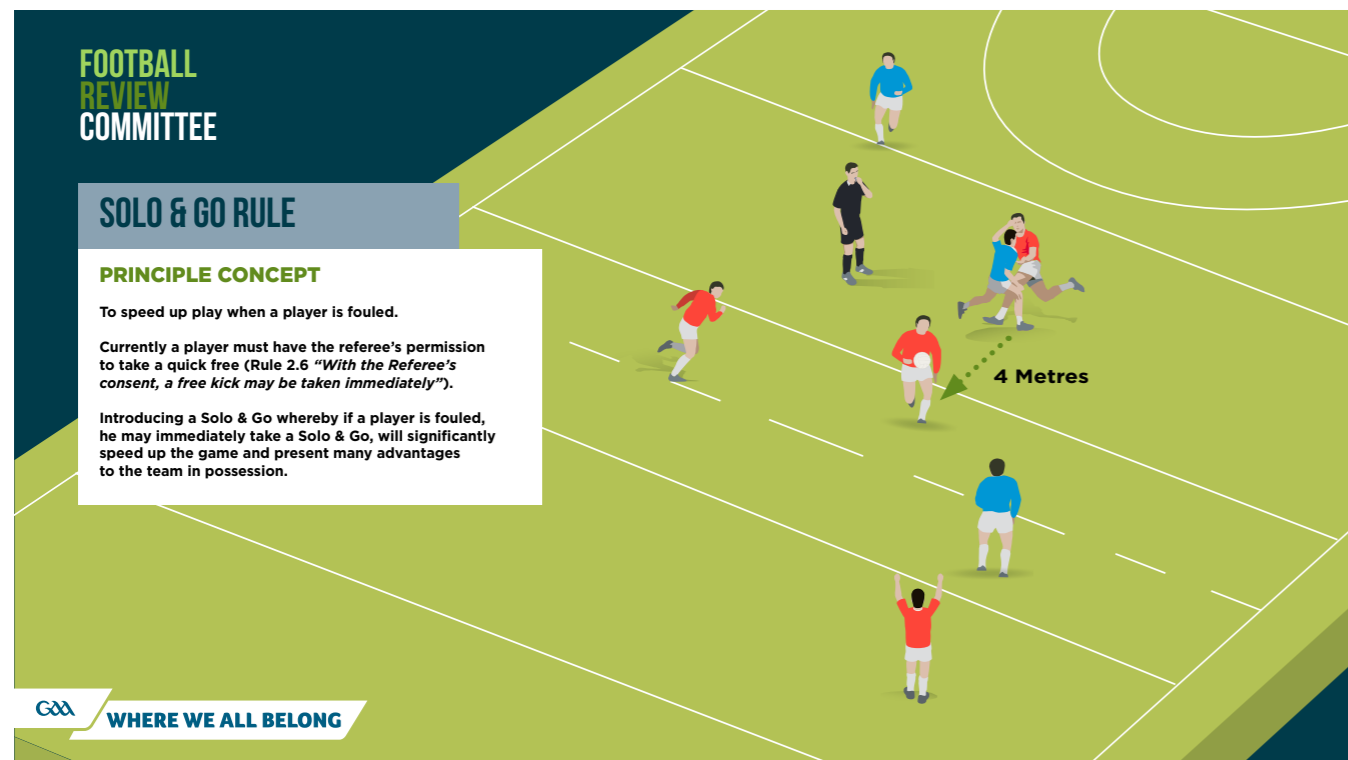
Penalty for the above fouls – Free kick 50m in the direction of the goal posts to a more advantageous position than the original kick – up to opponents’ 13m line.

However, the opponents of the team conceding the foul may take a free kick from outside the 40m arc though the application of this Rule would otherwise result in a free kick from inside the 40m arc.

MOTION

26, 27, 28, 29, 30

SOLO & GO



26.

That the following be added to **IMPORTANT TERMS AND DEFINITIONS – FOOTBALL AND HURLING – Official Guide Part 2 (Pages 58-60)**

Solo & Go - To take a free kick, immediately, by executing a Toe-Tap and playing on.

27.

That **Rule 2.5 - The Playing Rules of Gaelic Football - Rules of Fair Play - Set Play – Official Guide Part 2 (page 43)** be amended to read as follows:

- a. A free kick, other than a penalty kick or a 45m free kick as prescribed in Rule 2.8, or a free kick awarded for a Mark, may be taken from the hands or from the ground or by means of a solo & go. A player having indicated their option to the referee shall not be permitted to change that decision.
- b. The ball shall be stationary when a free kick is taken from the ground.
- c. Where a solo & go is availed of, it must be taken from a position within four metres of where the foul has occurred and must be taken immediately after the free has been awarded unless the referee has stopped play for any purpose such as to allow for attention to be given to an injured player or to deal with a disciplinary issue. The ball must not travel backwards. A player taking a solo & go may not be challenged within four metres of the position where the solo & go was taken. A solo & go may not be taken within the opposition 20m line. Where a solo & go is not taken immediately, the free must be taken from the hands or from the ground, at the point where the foul occurred.

28.

That the following be added to **The Playing Rules of Gaelic Football - Rules of Foul Play – Rule 4 - Technical Fouls – Official Guide Part 2 (pages 46-49):**

To challenge a player taking a solo & go (immediately the free has been awarded) within four metres of the position from where the solo & go is taken - Free kick 50m more advantageous than the place of the original kick – up to opponents' 13m line. The player taking the free may choose to take the free kick from outside the 40m arc though the application of this Rule would otherwise result in a free kick from inside the 40m arc.

29.

That the following be added to **The Playing Rules of Gaelic Football - Rules of Foul Play – Rule 4 - Technical Fouls – Official Guide Part 2 (pages 46-49):**

For a player to take a solo & go having indicated to the referee that they were going to take a free kick.

Penalty – free kick to the opposition from where the solo & go was taken.

30.

That the following be added to **The Playing Rules of Gaelic Football - Rules of Foul Play – Rule 4 - Technical Fouls – Official Guide Part 2 (pages 46-49):**

For a player to play a ball backwards from a solo & go.

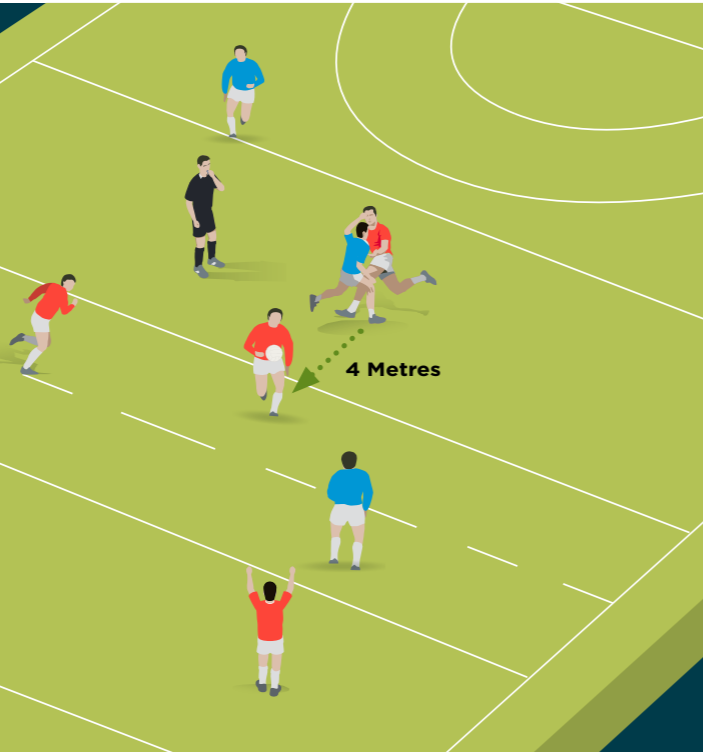
Penalty - free kick to the opposition from where the solo & go was taken.

**FOOTBALL REVIEW COMMITTEE**

**SOLO & GO RULE**

**Penalties**

- The player does not need the Referee's consent to immediately take the Solo & Go Free kick.
- The referee may allow an advantage up to 4m, in a forward direction, from where the foul was committed to allow the player fouled, and in possession, to take a Solo & Go Free kick.
- The Solo & Go must go in a forward direction. Sideways is deemed to be in a forward direction.
- A Solo and Go must be taken immediately. If the Solo and Go is not taken immediately, the free kick must be taken from the place of the foul.
- The player making the Solo & Go cannot be challenged within 4m from the position where the Solo & Go was taken. Penalty: another Free kick shall be awarded 50m in a more advantageous position up to the opposition 13m line.
- Any player on the team of the player fouled can take the Solo & Go - it must be taken 4m from where the foul occurred.
- The ball must be released from the hand(s) before making contact with the foot i.e. not a 'Tap & Go'.
- A Solo & Go cannot be made inside the opposition 20m line.
- If a fouled player or his teammate are going to avail of a free-kick for a shot from the position of the foul, they must indicate this by raising an arm upright. In this instance the free-kick shall be taken from the place where the foul occurred, either from the hand or on the ground, and opposition players must retreat 13m to allow the player space to take the kick. The referee will mark the spot with vanishing foam.
- The player in possession, after indicating they are availing of a free-kick, may not take a Solo and Go. Penalty: Free kick to the opposition.



**GAA WHERE WE ALL BELONG**

**31.**

That Rule 2.6 - The Playing Rules of Gaelic Football - Rules of Fair Play - Set Play - Official Guide Part 2 (page 43) be amended to read as follows:

With the Referee's consent, a free kick may be taken immediately.

Exceptions:

- A penalty kick and a free kick awarded to a team from their opponents' 13m line.
- A player taking a solo and go does not require the Referee's consent unless the Referee has stopped play for any purpose such as to allow for attention to be given to an injured player or to deal with a disciplinary issue.

**32.**

That Rule 4.11(a) - The Playing Rules of Gaelic Football - Rules of Foul Play - Technical Fouls - Official Guide Part 2 (page 46) be amended by the addition of the following:

except where the free kick is taken by means of a solo & go.

**FOOTBALL REVIEW COMMITTEE**

### CYNICAL BEHAVIOUR FOR DELIBERATELY HOLDING UP A PLAYER

**PRINCIPLE CONCEPT**

Disincentivise intentional tactical fouling where, for the purposes of gaining an advantage, a player, either in possession or not, is deliberately held up, but not pulled down to the ground by an opposing player.

As such the offending player while committing a foul, knows they will avoid a Black Card as they have not pulled down the player to the ground (see: Category II Infraction - Rule 5.10 "To deliberately pull down an opponent").

**Expanded notes:**

Introduce a 5th Category II Infraction (i.e. a Black Card):

"To prevent or restrict, or to attempt to prevent or restrict, an opponent from moving or from playing the ball, by holding up an opponent."



**GAA WHERE WE ALL BELONG**

33.

That the following be added to the list of Category II Infractions - Cynical Behaviour - The Playing Rules of Gaelic Football - Rules of Foul Play - Aggressive Fouls - Official Guide Part 2 (page 51):

To prevent or restrict, or to attempt to prevent or restrict, an opponent from moving or from playing the ball, by holding up an opponent

Rules affected - 2.2 and 5.41.

**FOOTBALL REVIEW COMMITTEE**

### TO CONTRIBUTE TO A MELEE

**PRINCIPLE CONCEPT**

Contributing to a melee is currently a Category III Infraction (Rule 5.19). Evidence suggests that match officials are reluctant to enforce this rule (i.e. sending off a player who is contributing to a melee), unless an attempted kick or strike or other Category III infractions were observed during the melee. The FRC rule amended moves 'contributing to a melee' to a Category II Infraction.

This will assist match officials who are more likely to issue a Black Card/10 min Sin Bin to those player(s) who join in and contribute to the fracas/melee with behaviour such as pushing and shoving/ grapping with opposition players etc, which is not acceptable and reflects poorly on our game but might not be deemed a Category III Infraction/Red card offence.

The threat of a black card, which is more likely to be actioned on by match officials, will discourage players from contributing to a melee.

**GAA WHERE WE ALL BELONG**

**34.**

**That the following be added to Rule 2.2 (iii) - The Playing Rules of Gaelic Football - Rules of Fair Play - Set Play – Official Guide Part 2 (page 42):**

(c) The player taking the free may choose to take the free kick from outside the 40m arc though the application of this Rule would otherwise result in a free kick from inside the 40m arc.

**35.**

**That Rule 5.19 - The Playing Rules of Gaelic Football - Rules of Foul Play – Aggressive Fouls – Official Guide Part 2 (page 51) be amended to read as follows:**

To contribute to a melee by being the third or subsequent player into a melee except where that player enters the melee and solely engages in the removal of a team mate.

And that this infraction is recategorised as a Category II Infraction – Cynical Behaviour.

**FOOTBALL REVIEW COMMITTEE**

### TO CONTRIBUTE TO A MELEE

**Expanded notes:**

**Add to Category II Infractions:**

"To contribute to a melee by being the third or subsequent player into a melee except where that player enters the melee and solely engages in the removal of a team mate."

Penalty for the above foul – Order the offender off for ten minutes in the Sin Bin by showing the offender a Black Card..... Etc."

**GAA WHERE WE ALL BELONG**



36.

**That Rule 5.40 - The Playing Rules of Gaelic Football - Rules of Foul Play – Aggressive Fouls – Official Guide Part 2 (page 53) be amended to read as follows:**

When a Foul is committed, the Referee may allow the play to continue if the Referee considers that this presents the potential of a goal scoring opportunity or another advantage to the team offended. The Referee shall signal that advantage by raising an arm upright and shall allow the advantage to run by maintaining that arm in the upright position until it becomes clear that no advantage has accrued.

If the referee deems that a clear advantage has accrued to the team offended, the advantage ends and the referee will indicate that by saying “advantage over”, lowering their arm and allowing play to continue as normal.

If the referee deems that no advantage is accruing to the team offended, the referee will indicate that by saying “no advantage gained” and will take the ball back to the point of the infraction.

If a player from the team offended commits a technical foul before they have accrued an advantage, the referee will stop play and apply the penalty for the first infringement.

If a player from the team offended commits an aggressive foul before they have accrued an advantage, the referee will apply the penalty for that subsequent aggressive foul.

If a player from the team which has committed the foul commits another foul when the advantage is ongoing, the free will be awarded from the more favourable position to the team offended of the location of the two fouls.

Advantage shall not be applied if the referee suspects that a player is seriously injured.

The referee shall apply all other relevant disciplinary action even when advantage is being allowed. (this Rule to be relocated in The Playing Rules of Gaelic Football - Rules of Fair Play - Set Play – Official Guide Part 2).

FOOTBALL  
REVIEW  
COMMITTEE

ADVANTAGE RULE

PRINCIPLE CONCEPT

This rule supports the ambition of the Association to make Gaelic Games the most attractive amateur sport in the world to play and watch. The current advantage rule (5.40) permits “When an Aggressive Foul is committed, the Referee may allow the play to continue if the referee considers that this presents the potential of a goal-scoring opportunity or another advantage to the team offended by creating or capitalising on time and space”. Although this is a well written rule, the second paragraph of Rule 5.40 limits the advantage to five seconds.

The FRC proposal will allow the referee to exercise more judgement without the limitation of 5 seconds (this practice has been observed in this year’s football and hurling championships) and allows the advantage to develop for the team in possession until a clear and real advantage has been accrued or if no advantage is accruing.



GAA WHERE WE ALL BELONG

FOOTBALL  
REVIEW  
COMMITTEE

ADVANTAGE RULE

Expanded notes:

Amend 2nd paragraph of Rule 5.40:

- The Referee shall signal that advantage by raising an arm upright and shall allow the advantage to run by maintaining that arm in the upright position until such time it becomes clear that no advantage has accrued.
- If the referee deems that the non-offending team has gained a clear and real advantage, or that enough ground has been made forward, the advantage ends and the referee will indicate that the team has made advantage by saying “advantage over”, lowers his arm and play continues as normal.

- If the referee deems that the team in possession has had it long enough and no positive advantage is accruing, he will say “no advantage gained” and will take the ball back to the point of the infraction.
- If the non-offending team commits an infringement before they have accrued an advantage, the referee will stop play and apply the penalty for the first infringement.
- If the defending team commits another foul when the advantage is ongoing, the free will be given from the more favourable position.
- Advantage must not be applied if it is suspected that a player is seriously injured.



GAA WHERE WE ALL BELONG

FOOTBALL  
REVIEW  
COMMITTEE

TO SHOW DISSENT WITH THE REFEREE'S  
DECISION TO AWARD A FREE KICK  
TO THE OPPOSING TEAM

PRINCIPLE CONCEPT

To reinforce the importance of showing respect to Referees, the penalty for dissent towards referees is made more severe to establish that dissent towards Referees is unacceptable. The FRC recommendation below in relation to the Referees communicating with teams prior to the throw-in will help to improve the relationships between players and match officials.

This proposal supports, in a meaningful way, the Association's 'Give Respect - Get Respect' initiative seeking to ensure that Gaelic Games are promoted and played in a positive, fair and enjoyable manner at all ages and regardless of competition where players, coaches, referees and spectators Give Respect and Get Respect from each other.



FOOTBALL  
REVIEW  
COMMITTEE

TO SHOW DISSENT WITH THE REFEREE'S  
DECISION TO AWARD A FREE KICK  
TO THE OPPOSING TEAM

FRC Recommendation:

Referees are encouraged to communicate with teams in advance of the throw-in (see FRC 2012/14 recommendation).

The team captain, or a nominated deputy if the captain is goalkeeper or was no longer on the field, are the only players that may speak to the referee to seek clarification.

Expanded notes:

Amend Rule 6.4:

To Show dissent by forcefully challenging the Referee's decision to award a free kick to the opposing team, either verbally or by gesturing.

Penalty - The free kick already awarded shall be taken 50m more advantageous than the place of original kick - up to opponents' 13m line. The player taking the free may choose to take the free kick from outside the 40m arc though the application of this Rule would otherwise result in a free kick from inside the 40m arc. Further dissent on an occasion shall be considered as a breach of Rule 6.1 and shall be penalised accordingly.



37.

That the penalty for the foul described in Rule 6.4 - The Playing Rules of Gaelic Football - Rules of Foul Play - Dissent - Official Guide Part 2 (page 57) be amended to read as follows:

The free kick already awarded shall be taken from a place 50m more advantageous than the place of original kick - up to opponents' 13m line. The player taking the free may choose to take the free kick from outside the 40m arc though the application of this Rule would otherwise result in a free kick from inside the 40m arc. Further dissent on an occasion shall be considered as a breach of Rule 6.1 and shall be penalised accordingly.

38.

That the following be added to Rule 6.4 - Penalty - The Playing Rules of Gaelic Football - Rules of Foul Play - Rule 6 - Dissent - Official Guide Part 2 (page 57):

Additional penalty at U18 or younger grades - Order the offender off for ten minutes in the Sin Bin by showing the offender a Black Card. The offending player can be replaced immediately by a Temporary Substitute for the duration of the ten minutes. In these circumstances, the following acts shall not count as substitutions under Rule 2.3 (i) and (ii), Rules of Specification:

- (1) The use of the Temporary Substitute for a player instructed to leave the field.
- (2) The return to the field of play of the player who was ordered off as a direct replacement for the Temporary Substitute.
- (3) The return to the field of play of the player who was ordered off as a replacement for any other player if the Temporary Substitute has previously been sent off or substituted.

39.

That the following be added to The Playing Rules of Gaelic Football - Rules of Foul Play - Rule 6 - Dissent - Official Guide Part 2 (page 57):

For a Team Official to commit a Misconduct at Games by Team Officials infraction contrary to Rules of Control - Rule 5.

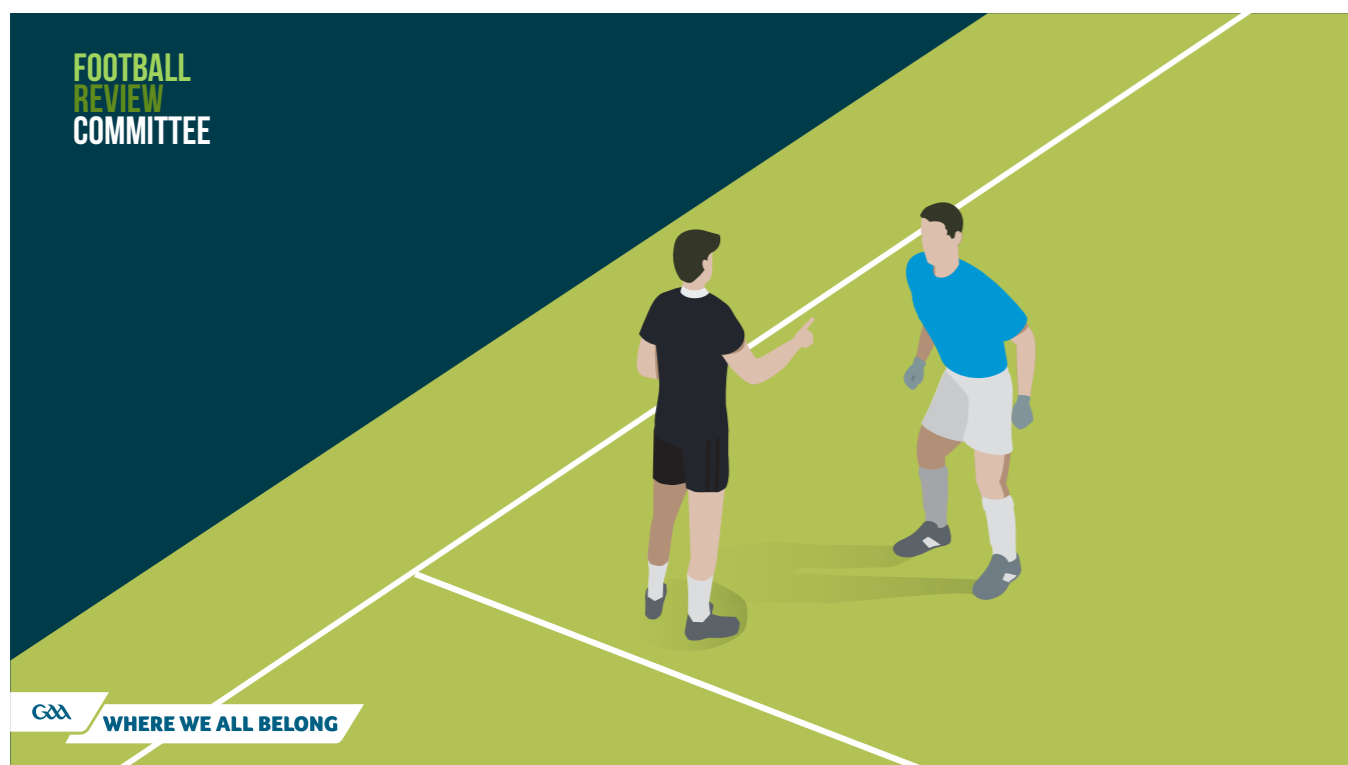
Penalty - A free kick on the offending team's 13m line at the centre of the scoring space or, at the option of the free taker, a free kick from the apex of the 40m arc. Where that option is availed of, two points shall be awarded for a score from such a free kick where the ball crosses the crossbar between the posts.

And

That the following be added to - Rules of Control - Control Of The Games - Rule 5 - Misconduct At Games By Team Officials - Penalty on the day for the above categories IIa, IIIa, IVa, and Va infractions - Official Guide Part 2 (pages 17)

In Gaelic Football, in addition to the above penalties, the team of the official shall be penalised as follows:

A free kick on the offending team's 13m line at the centre of the scoring space or, at the option of the free taker, a free kick from the apex of the 40m arc. Where that option is availed of, two points shall be awarded for a score from such a free kick where the ball crosses the crossbar between the posts.



**40.**

**That the following be added to The Playing Rules of Gaelic Football - Rules of Fair Play – Rule 1 - The Play – Official Guide Part 2 (pages 40-41):**

The team captain, or a nominated deputy if the captain is the goalkeeper or is no longer on the field, are the only players who may speak to the referee to seek clarification of a decision made by the referee and such clarification may only be sought during a break in play.

**41.**

**That the following be added to The Playing Rules of Gaelic Football - Rules of Foul Play – Rule 6 - Dissent – Official Guide Part 2 (page 57):**

For a player who is not the team captain, or a nominated deputy to speak to the referee to seek clarification of a decision made by the referee or for such request for clarification to be made other than during a break in play.

Penalty - A free kick from a place 50m more advantageous than the position where the foul occurred – up to the opponent's 13m line. The player taking the free may choose to take the free kick from outside the 40m arc though the application of this Rule would otherwise result in a free kick from inside the 40m arc.

MOTION

42, 43, 44, 45

PITCH MARKINGS

42.

That the diagram of The Field of Play for Hurling and Gaelic Football – Official Guide Part 2 (page 4) be amended to show the dashed midlines.

43.

That Rule 1.2(i) – Rules of Specification – The Field of Play – Official Guide Part 2 (page 5) be amended to read as follows:

At distances of 13m, 20m, 45m and 65m (Hurling) from each endline, lines shall be marked across the field parallel to the endline. The intersections of these lines and of the endlines with the sidelines shall be marked by flags.

The midline of the field of play shall be marked parallel to the endlines and shall have a length of 10m in the centre of the pitch. In addition, lines of 5m in length shall be marked out from the 10m midline, at intervals of 5m across the field parallel to the endline. The intersections of these dashed lines with the sideline shall be marked by flags.

Boundary lines are part of the field of play.

44.

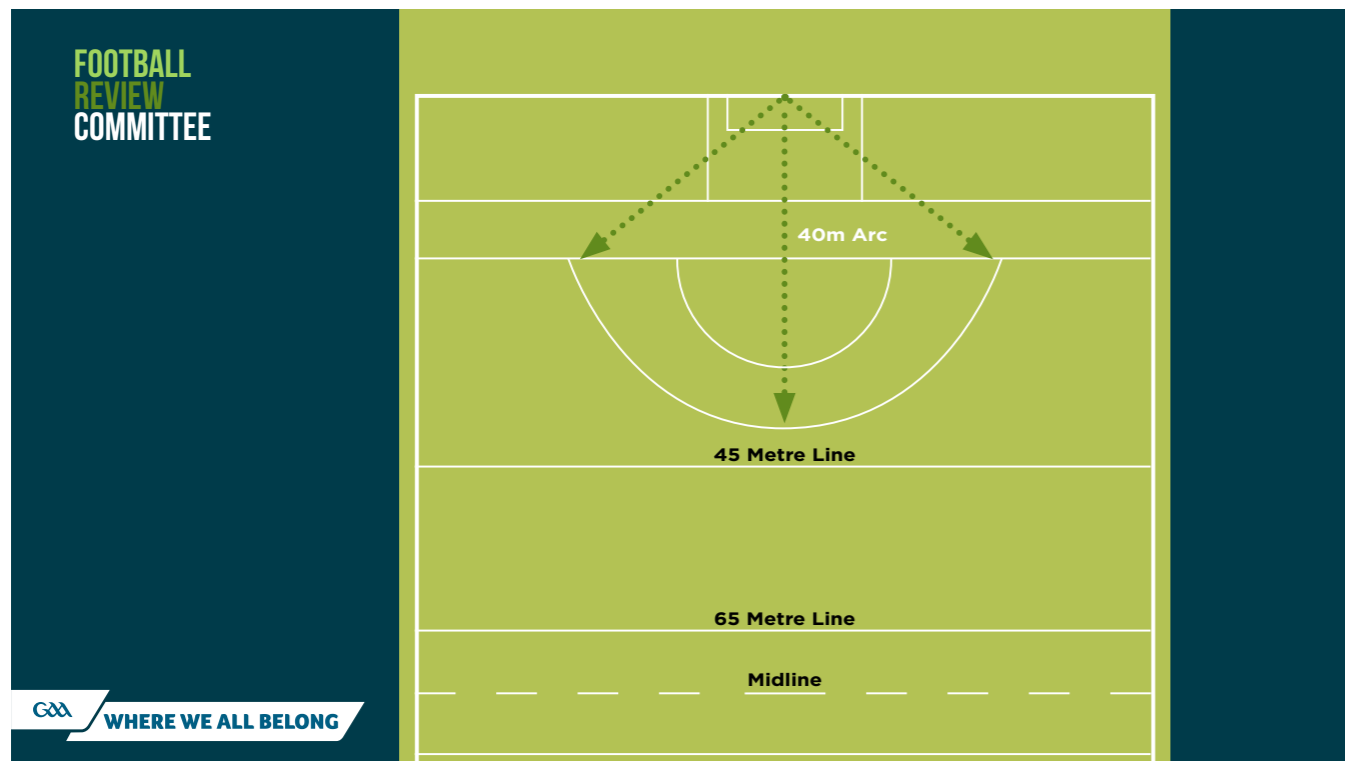
That Rule 1.5 – Rules of Specification – The Field of Play – Official Guide Part 2 (page 6) be amended by the addition of the following:

A semi-circular arc of 40m centred on the mid-point of the goal line, shall be marked outside of each 20m line.

(Rules affected – 2.4 and 4.16(a) The Playing Rules of Gaelic Football).

45.

That the diagram of The Field of Play for Hurling and Gaelic Football – Official Guide Part 2 (page 4) be amended to show the 40m arc.



MOTION

46, 47

CLOCK AND HOOTER

46.

That Rule 3.2 - Rules of Specification – Time - Official Guide Part 2 (page 8) be amended by the addition of the following:

Where a public clock and a hooter are available, they shall be used, subject to Regulations issued by Central Council.

47.

That the following be added to Rule 1.2(vi) - Rules of Control - Control Of The Games - Match Officials – Duties of the Referee - Official Guide Part 2 (page 12):

Where a public clock and hooter are in use, the referee shall signal

- when the clock should be stopped, by crossing both hands overhead and blowing the whistle
- when the clock should be started or restarted, by winding one arm and blowing the whistle

**FOOTBALL REVIEW COMMITTEE**

**STOP CLOCK (PUBLIC CLOCK)**

**PRINCIPLE CONCEPT**

Following a proposal by FRC 2012/2013, at the November 2013 meeting of Ard Chomhairle, it was agreed that the new Clock/Hooter system should be trialled during the Sigerson and Fitzgibbon Cup Finals in 2014 "after which Ard Chomhairle will finalise its views on its implementation". Protocols adopted for these Trials were approved by Coiste Bainisti.

The trial was carried out over six games. A report was completed after the trials which outlined that "we believe that the Clock/Hooter system will be an addition to the presentation of our inter county championship games. However, we also believe, that our playing rules at present do not necessarily provide for what it was hoped the Clock/Hooter system would achieve. It is our view that if the system is implemented without changes to the existing playing rules, it creates considerable risk for the Association". Following this report no actions were completed.

FRC 2024/2025 propose to introduce the Stop Clock, with rule change proposals, which will bring clarity to timekeeping for officials, players, mentors and spectators. This will also bring more excitement to the games, as witnessed in Ladies Football.

**HOME** **AWAY**

0-04 **TIME REMAINING** 35:00 0-03

**WHERE WE ALL BELONG**

**FOOTBALL REVIEW COMMITTEE**

**STOP CLOCK (PUBLIC CLOCK)**

**Expanded notes:**

- The clock will count down (where possible).
- The Stop Clock is started and stopped by a match official on the signal of the Referee.
- To start the clock the Referee will signal by winding one arm like a windmill and blowing the whistle.
- To stop the clock the Referee will signal by crossing both hands over his head and blowing his whistle.
- The clock will be stopped by the Referee for: Injuries that require on-field treatment, issuing yellow, black or red cards, all substitutions, a melee or for a deliberate or incidental delay.
- The clock will run through kick outs, free kicks and 45's. After the hooter sounds, the end of the first half or full time is called.

**Exceptions when the hooter sounds:**

- If the hooter sounds, a score counts if the ball is in flight.
- If the hooter sounds while a team is in possession and the ball goes out for the 45, it may be taken.
- If a free kick is awarded before the hooter sounds, the free kick may be taken and full time is called if a point or goal is scored, or a wide or if the ball is touched by a teammate.
- If the hooter sounds while a team is in possession and a free kick conceded by the opposition, the resulting free kick will be taken. Full time is called if a point or goal is scored, or if the ball goes wide or if the ball is touched by a teammate.

**HOME** **AWAY**

0-04 **TIME REMAINING** 35:00 0-03

**WHERE WE ALL BELONG**

48.

**That Rule 3.1(v) - Rules of Control – Control Of The Games - Match Officials – Line Umpires - Official Guide Part 2 (page 15) be amended to read as follows:**

The Line Umpires, where neutral, shall bring to the attention of the Referee, any instances of foul play; or unauthorised incursions onto the field of play or other infraction of Rule by a team official, which have not been noticed by the Referee, by raising their flag.

They may also assist in determining (i) the validity of a score and, in Gaelic Football, (ii) a foul as set out in (see Motions 14 & 15) and (iii) the validity of an Advanced Mark.

**FOOTBALL REVIEW COMMITTEE**

**EMPOWERING LINE UMPIRES**

**PRINCIPLE CONCEPT**


To promote increased cooperation between Referees and Line Umpires, and to assist Referees' decision making with timely information, the rule book requires amendment to immediately allow Line Umpires bring to the attention of the Referee, rather than in a break in play as per the current rule, any instance of foul play in addition to immediately assisting a referee in determining the validity of a score.

**Expanded notes:**

**Amend Rules of Control, Rule 3, Line Umpires**

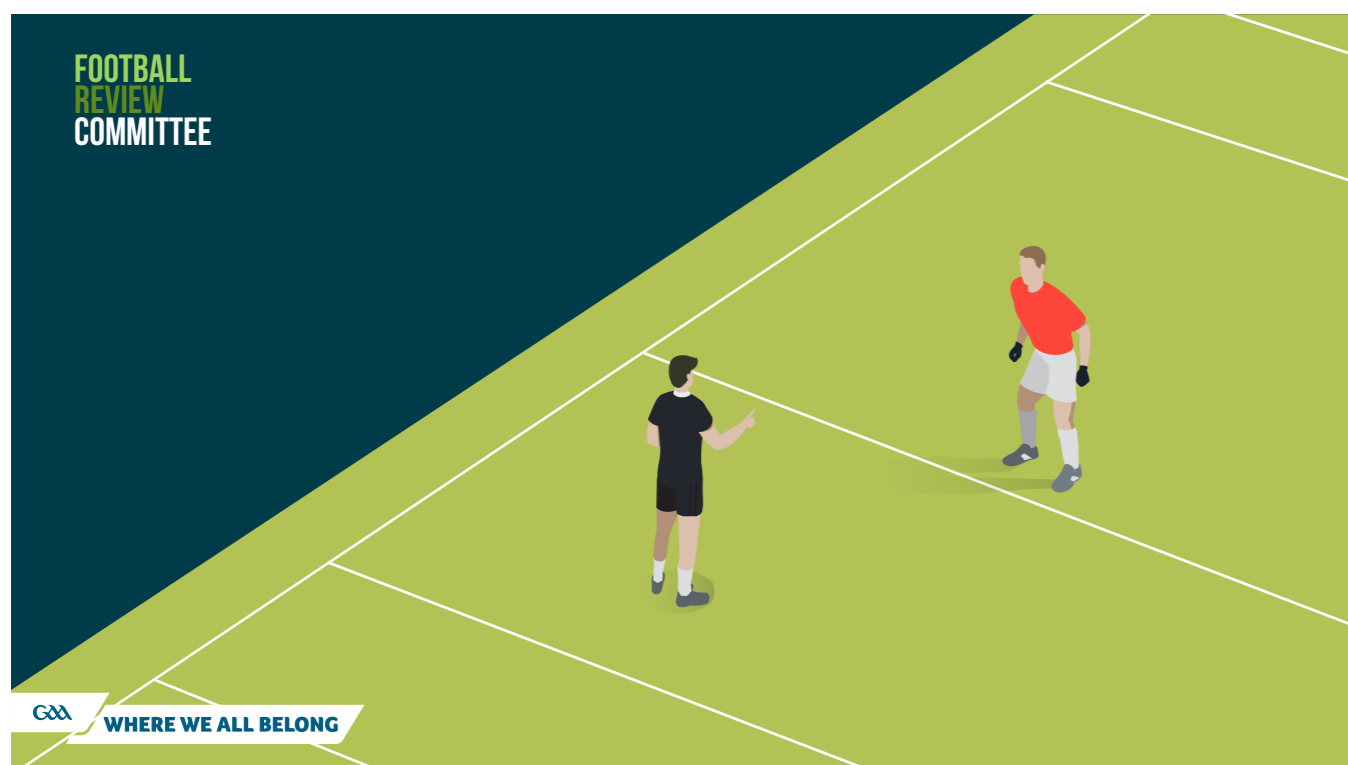
Rule 3.1 (v):

- The Line Umpires shall bring to the attention of the Referee, any instances of foul play..... which have not been noticed by the Referee.
- They may also assist in determining the validity of a score.



**GAA WHERE WE ALL BELONG**





49.

**That the following be added to The Playing Rules of Gaelic Football - Rules of Fair Play – Rule 2 – Set Play – Official Guide Part 2 (pages 42-44):**

Unless stated otherwise, where a Rule requires a player to be inside or outside a particular line on the Field of Play, the player is required to have both feet inside or outside the line, as appropriate.



## FREQUENTLY ASKED QUESTIONS

### KICK-OUTS

**Q. Can the goalkeeper take a kick out immediately after a score or wide?**

A. Yes. You do not have to wait for players to be outside the 20m line or the referee's consent.

**Q. Are there any restrictions for players on either team staying inside the 40m arc?**

A. No. You just need to be 13m from the ball.

**Q. What happens if players are not 13m from the ball?**

A. A free kick is awarded against them where the foul occurred.

**Q. What happens if I interfere with the goalkeeper or the player taking a kick-out?**

A. It's a 50m penalty i.e. the ball will be brought up to the halfway line.

**Q. I'm on the team taking the kick out and I catch the ball inside the 40m arc, can I play on?**

A. No. It's a free kick against you from the position you received the ball.

**Q. Can I intercept an opposition kick-out inside the 40m arc?**

A. Yes. Play on!

### SOLO & GO

**Q. If I tap my foot off the ball – is that considered a solo & go?**

A. No. It must be a 'toe-tap' i.e. the ball must be released from the hand(s) to the foot and kicked back into the hand(s).

**Q. Can any player take a solo & go?**

A. Yes.

**Q. Can I take a solo & go anywhere on the pitch?**

A. There is one exception – you cannot take it inside the opposition 20m line.

**Q. If I'm fouled, can I give the ball to another player on my team, so he can take a solo & go?**

A. Yes. But don't delay as a solo & go must be taken immediately you were awarded a free kick.

**Q. If I'm fouled, do I need to take the solo & go from the position where the foul occurred?**

A. No. You can take a solo & go up to 4m from the position where the foul occurred.

**Q. Can I take a solo & go in any direction?**

A. No. The solo & go must only be taken in forwards or sideways direction.

**Q. What happens if I take a solo & go backwards?**

A. A free kick will be awarded to the opposition where the foul occurs.

**Q. What happens if I take a solo & go beyond 4m from where the foul occurred?**

A. The referee will cancel the solo & go and the Referee will ask the player to take the free kick from the position of the foul from either the hands or from the ground.

**Q. What happens if I delay taking a solo & go?**

A. If the solo & go is not taken 'immediately' the referee will cancel the solo & go and free kick will have to be taken from the position of the foul from either the hands or from the ground.

**Q. What does 'immediately' mean?**

A. Immediately means after a foul, the solo & go must be taken at once and without delay.

**Q. Can I take a solo and go after the ball is moved up 50m?**

A. No. A solo and go can only be taken 4m from the position where the foul occurred.

### GOALKEEPER RECEIVING A PASS

**Q. What happens if the goalkeeper steps outside the large rectangle to receive a pass from a teammate?**

A. A free kick is awarded from the position where the goalkeeper takes possession of the ball.

**Q. Can I be in the large rectangle, receive a pass from a teammate who is outside the large rectangle, and then pass it to the goalkeeper?**

A. No. If you are inside the large rectangle, you can only pass it to the goalkeeper if the ball has been played by an opposing player i.e. you must be inside the large rectangle, and either catch/intercept an opposition attempted shot, kick or fist pass, before you pass it to your goalkeeper.

**Q. What happens if the goalkeeper intercepts an opposition pass outside the large rectangle?**

A. He can play on as normally. He just needs to be aware that he can't receive a return pass from a teammate until he is inside the opposition half.

**Q. Can the goalkeeper while in possession, cross back into his half of the field after he received a pass from a teammate in the opposition half of the field?**

A. Yes.

**Q. What happens if our full-back blocked a shot outside the 13m line but the momentum of the ball carries it inside the large rectangle – can the goalkeeper play that ball?**

A. Yes. That would not be deemed as 'receiving the ball' from a teammate.

**Q. What happens if a high ball was kicked into our full back line and the ball broke off the hand of one of our players and dropped into the large rectangle – can the goalkeeper play that ball?**

A. Yes. A breaking ball that drops into the large rectangle would not be deemed as 'receiving the ball' from a teammate.

**Q. Can the goalkeeper position himself outfield for the opposition kick-out?**

A. Yes. The goalkeeper can position himself anywhere on the field of play.

**Q. What happens if our keeper who is on our half back line receives a pass from a teammate?**

A. A free kick is awarded to the opposition from the position where the goalkeeper takes possession of the ball.

**Q. I'm the goalkeeper and I'm outside the large rectangle. The centre half back attempts a pass to our corner back, but the pass goes over the corner backs head. I leave the large rectangle, go to the ball and start to play it on the ground soccer style – is that allowed because the pass wasn't for me, and I didn't pick the ball up?**

A. No. Even though you did not receive a direct pass from a teammate you did receive the ball from a teammate (i.e. you didn't receive the ball from the opposition – which is okay). Since you're outside your large rectangle and in your own half of the field, the opposition will get a free kick from the position where you took possession of the ball.

### 3/3 STRUCTURE RULE

**Q. Can the goalkeeper be one of the three players we keep in our half of the field?**

A. No. You need to keep 3 outfield players in each half of the pitch? The goalkeeper can be anywhere on the field of play.

**Q. Is a goalkeeper not an outfield player when he is playing outfield?**

A. No. An 'outfield player' is defined in the Rule book as "any other player other than the goalkeeper".

**Q. Can we put a forward, say our left corner forward, in a goalkeeper's jersey and give his no.15 jersey to the goalkeeper, so that means our goalkeeper will be wearing an outfield jersey but plays in goals, so then he could receive a pass inside the large rectangle and inside our half?**

A. It is a team's decision to allocate jerseys to any player. However, each team must keep 3 outfield players in the opposition half of the field when you're defending. Your goalkeeper can be in the opposition half, but there will also need to be 3 outfield players from his team. Also, the goalkeeper would need to come back for each kick-out because if the goalkeeper is not taking the kick-out, he needs to stay inside the small rectangle (see Rule 2.6).

**Q. If my teammate or several teammates are black/red carded how will that affect the 3/3 structure?**

A. If a player is ordered off the field of play, his team may adjust the number of players required inside the midfield line so they will always have a maximum 11 attacking or a maximum 11 defending players (excluding the goalkeeper). This means a team is not disadvantaged defensively or in attack, due to the 3/3 Structure Rule, by having a player ordered off the field of play

### SCORING

**Q. If my foot is on the 40m arc and I score, is that allowed?**

A. Yes. The rule says "two points are scored when the ball is played directly over the cross bar between the posts (whether from a free kick, solo and go, or from general play), having been kicked by a player who has at least one foot on or outside the 40m arc and without the ball having been touched by any other player."

**Q. I take a sideline outside the 20m line, and it goes over the cross bar – does that get 2 pts?**

A. Yes. If it goes directly over the bar e.g. it wasn't flicked over the crossbar by another player etc.

**Q. A free kick is awarded to the attacking team inside the 40m arc. Does the attacking team have the option to take the free kick outside the 40m arc and attempt a two-point shot?**

A. No, the free kick must be taken from the position of where the original foul was committed, and this spot should be marked.

### ADVANCED MARK

**Q. After an advanced Mark is taken by an attacking team and the player on that team decides to play on by immediately passing backwards to an on-coming attacking player – will the referee deem that advantage to be over?**

A. No, the play may continue (no matter which direction the player moves or passes the ball) for as long as the referee deems that there is the potential of an advantage to the attacking team.

**Q. I play in the full back line. If an opposition player catches an advanced mark, can I tackle him immediately, or do I have to wait until he takes four steps?**

A. Yes – you can immediately tackle the player who catches an advanced Mark.

**Q. An opposition player makes an advanced Mark, and they take a shot at goal that our goalkeepers saves – can we play on?**

A. The referee, who has their arm in the air, will deem that no advantage has been accrued to the team of the player awarded the Mark and will indicate that by saying "no advantage gained" and will take the ball back to the point of the Mark.

**Q. I make an advanced Mark and take the defender on. As I do I take 6 steps, and the referee blows the whistle for my foul. What happens next?**

A. Since you committed a technical foul before you had accrued an advantage, the referee will stop play and allow you to take the Mark from its original position.

**Q. If I make an advanced Mark can I carry or play the ball back outside the 40m, so as to create a shot for 2 pts?**

A. In theory – yes. In practice, unlikely that a referee will allow the advantage to continue for that scenario to play out.

### DELIBERATELY HOLDING UP A PLAYER

**Q. I have the ball and I'm taking on the defender. He then wraps his arms around me so I can't move forward – I assume I'll still get a free?**

A. Yes, you'll still get a free kick. In addition, the referee may deem the foul as 'To prevent or restrict, or to attempt to prevent or restrict, an opponent from moving or from playing the ball, by holding up an opponent' and if so, the offending player receives a Black Card.

### DELAYING THE PLAY

**Q. I'm fouled on my 65m line and about to take a quick free-kick when an opposition player blocks me – the referee brings the ball up 50m which is inside the 40m arc. Can I bring the ball back to the arc and take a free kick for 2pts?**

A. Yes. If you are delayed taking a free kick or sideline the referee will advance the ball 50m in the direction of the goal posts up to opponents' 13m line. If the foul was outside the arc and because of the advancement was brought inside the arc, you have the option of taking a freekick from outside the 40m arc for 2pts.

### HANDING THE BALL BACK

**Q. If I over-carry the ball and the referee calls a foul, can I not just drop the ball and get myself into a defensive position?**

A. No. In this scenario if you don't "hand over" the ball by giving it directly to the nearest opposition player in a prompt and respectful manner, the referee will consider that you are purposefully delaying play, to gain an advantage, and will advance the ball 50m.

**Q. What happens if my teammate fouled the ball and then kick passed it to me and I'm 30m from where foul occurred? What am I supposed to do?**

A. You need to look for the nearest opposition player and hand them the ball. If you don't the referee will consider that you are purposefully delaying play and will advance the ball 50m.

### DISSENT

**Q. I'm not the team captain or the team nominated deputy, but I don't know why the referee gave a free against me – surely, I can ask them why did they make that decision?**

A. If you do, you will concede a free kick, and the ball will be advanced 50m. The team captain, or a nominated deputy, are the only players on a team that can speak to the referee to seek clarification of a decision made by the referee and they can only do so during a break in play.

**Q. My manager is always giving out to referees. In our last match we were up by a point in the last minute and one of our forwards tackled an opposition player who was in possession of the ball and gave away a free in their full back line. Our manger thought it was a terrible decision and gave the referee and linesman some abuse. The referee brought the ball to our 13m line. The opposition player then moved the ball back to the top of the arc and score a '2 pointer' to win the game. Is that allowed?**

A. Yes. If a team official displays misconduct towards any Match Officials, the referee will award a free kick on the offending team's 13m line at the centre of the scoring space or, at the option of the free taker, a free kick from the apex of the 40m arc. Where that option is availed of, two points shall be awarded for a score from such a free kick where the ball crosses the crossbar between the posts.

### CONTRIBUTING TO A MELEE

**Q. If I go to get my teammate out of the Melee, is that okay?**

A. Yes, so long as you are solely engaged with trying to remove your teammate who is involved in the melee.

**Q. My teammate is being pushed around in a melee, can I go in and try to get the opposition player to stop?**

A. No. If you are the 3rd or subsequent player into a melee, and you are not solely engaged in trying to remove your teammate, the referee will send you to the Sin Bin.

### STOP CLOCK

**Q. Can I play on if the referee blows the whistle for the end of the half or game, or if the hooter blows?**

A. No. The game immediately ends.

**Q. If my team takes a shot and the ball leaves the boot/fist just before the hooter sounds, and results in a score after the hooter sounds, does the score count?**

A. Yes. If the ball is in the air after the hooter sounds, a score may be awarded. The ball must go directly over the bar/in the net i.e. it cannot be flicked on by a teammate/or opposition player.

**Q. If I'm just about to take a shot and the hooter goes, if I scored a point would it count?**

A. No. The game ends immediately the hooter/whistle goes.

**Q. If my team has been awarded a free kick and the hooter goes, can we take the free kick?**

A. Yes. For the score to count, the ball must go directly over the bar directly i.e. it cannot be flicked on by a teammate/or opposition player.

**Q. We have a penalty and the hooter sounds. The penalty is taken, the goalkeeper palms the ball, but it still hits the net. Does the goal count even though the keeper touched the ball?**

A. Yes. If a penalty has been awarded but not taken, before the hooter sounds, the penalty can be taken, and if it results in a score, including only the goalkeeper touching the ball, that score shall be awarded.





# FRC

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