

RULES

1. The age limits are: over 14 and under 16 years of age on January 1st of the year of the competition.
2. Teams will consist of a panel of 10 players; 7 a side team plus 3 substitutes (there is no limit of times you can make substitutions but the player being substituted must have left the field at a designated area before the substitute enters).
3. Teams participating in the competition must be registered on an official registration form (names cannot be amended once the form has been submitted, on any given day but maybe changed for a second weekend of competition).
4. Only a player acting as a goalkeeper and wearing a distinctive jersey is entitled to the privilege of a goalkeeper.
5. Games will consist of 2 periods of 10 minutes with an interval of 2 minutes (In the knock-out stages if the game finishes in a draw then there will be a further 2 periods of 4 minutes (If still level then next score wins after game restarts).
6. In the Group stages: 3 pts for a win; 1pt for a draw
7. The group winners and the best runner up will be the teams with the most points when group games are completed. In the event that 2 or more teams finish on equal points then the group winners and best runner up will be decided as follows:
 - A) Result of match between teams in group stage
 - B) Best overall scoring difference.
 - C) Best score for.
 - D) Least score against.
 - E) Highest number of goals scored.Only 1 team per group advances to the next stage
8. One team from each group will progress to the next stage of the competition, or at discretion of governing body depending on number of teams entered.
9. Size 5 Footballs must be used.
10. The normal rules of football will apply with the following exceptions:
 - A) All kick-outs to be taken from the hands.
 - B) There will be no square balls.
 - C) There are no penalties—all fouls occurring within 13metres of the end-line shall be taken from a point 13metres from the end-line directly in line with the point where the offence occurred.
 - D) 45's are taken from the ground from mid point in the field.
11. The width of the pitch should be 45 metres and the length of the pitch is from one sideline to the other.
12. Discipline:
 - A) A player dismissed for 2 yellow card offences will not be eligible to play for the remainder of the game but will be eligible to play in following games. A player dismissed for the second time in the competition having received 2 yellow cards cannot play in the rest of the competition and will be dealt with under the normal GAA disciplinary procedures.
 - B) A player dismissed following a straight red card offence cannot play in the rest of the competition and will be dealt with under the normal GAA disciplinary procedures.
13. Disputes must be made in writing within 15 minutes of the completion of the game to the coordinator.