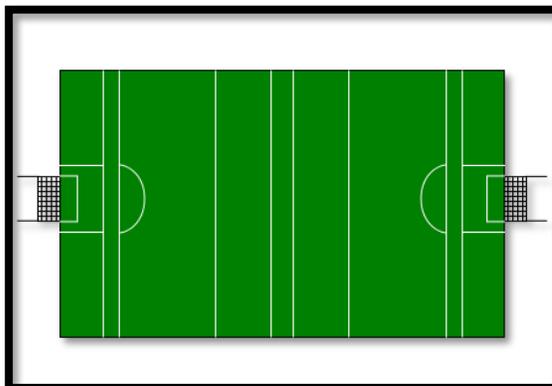


GAELIC FOOTBALL

Description/Purpose:

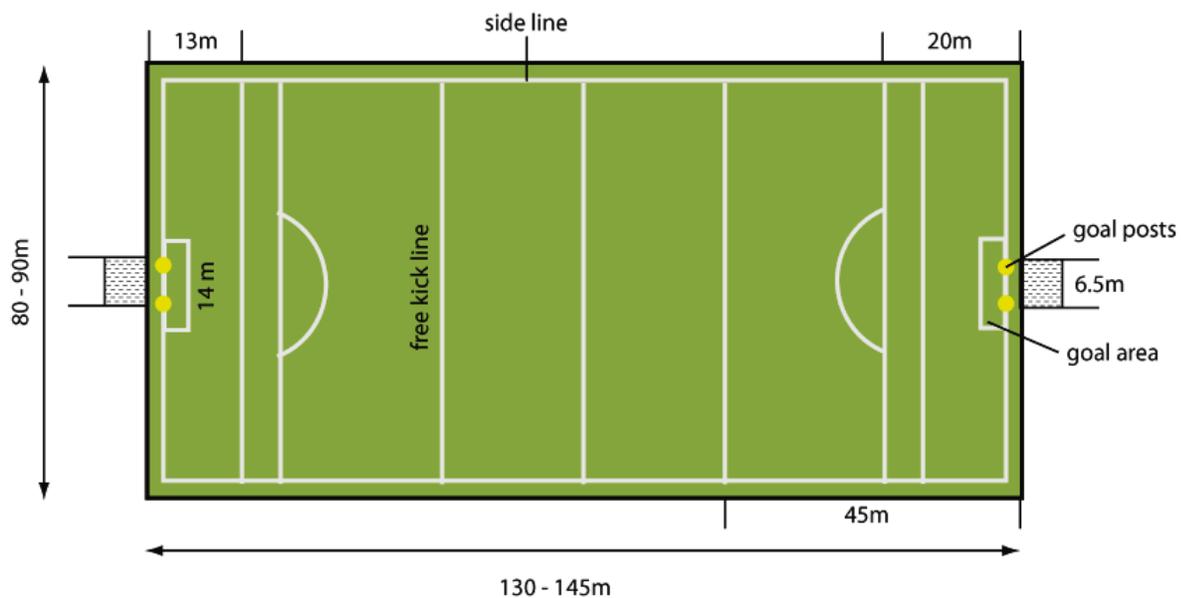
Gaelic football is a fast and exciting field game that originated in Ireland. It can be described as a mixture of soccer, rugby, volleyball and basketball, but it is most similar to soccer. Gaelic football is played by teams of 15 on a rectangular grass pitch with H-shaped goals at each end. The primary object is to score by kicking or striking the ball with the hand and getting it through the goals. The team with the highest score at the end of the match wins.



Playing Field

A Gaelic pitch is similar in some respects to a rugby pitch but considerably larger. The grass pitch is rectangular, stretching 130–145 metres long and 80–90 metres wide. The H-shaped goals have two upright posts above the crossbar that are 7m high. Two lower goal posts are separated to create a goal width of 6.5m. The crossbar is 2.5m above the ground. A net extending in back of the goal is attached to the crossbar and lower goal posts. The pitch is marked with lines on the 13m, 21m, 45m and in the centre of the field.

*Field Length (130-145m) Width (80-90m)
Goal Width 6.5m Height 2.5m*



Skills

Various Gaelic Football skills are used to allow players to maintain possession of the ball, to pass to teammates, and to score point and goals. Watching the following videos will help visualize and learn the skills listed below.

What is Gaelic Football (Part 2 of 3) <http://www.youtube.com/watch?v=dpdoJnsDHIY>

Basic Gaelic Football Skills 1961 <http://www.youtube.com/watch?v=4BkNKlrSmAA>

How to Play Gaelic Football http://www.youtube.com/watch?v=K4GKlbk2J_o

Kick

- Punt Kick – for shorter distances
- Hook Kick – longer distances
- Free Kick – taken from ground or hand
- Penalty Kick – Awarded to the attacking side if a defender commits a foul inside the parallelogram. The kick is taken from the centre of the 14 yard line.

Catch

- Chest catch or Overhead catch

The Lift (optional rule)

A player can pick up the ball from the ground by placing his foot behind the ball as he lifts the ball with his hands or by chipping the ball off of the ground with his foot into his hands. This technique allows players to possess the ball without breaking stride.

- Roll Lift or Chip Lift

Solo Run

After taking 4 steps with the ball, a player must toe-tap the ball into his hands while running. Players are permitted to bounce the ball after each toe tap. A player may toe-tap the ball consecutively without limit. A bounce may not be used 2 times consecutively; it must be used alternatively with a toe-tap in between steps.

Solo Run Example: 4 steps, toe-tap, 4 steps, bounce, 4 steps, toe-tap, 4 steps, toe-tap

Toe-tap is also referred to as a solo

Fist Pass

The ball can be distributed among teammates using a fist pass. A ball cannot be directly thrown directly but must be passed by striking the ball with a closed fist. Points can also be scored using a fist pass.

The Tackle

A tackle occurs when the ball is picked away from the player with possession, generally using 1 hand only. Players are permitted to shoulder each other provided they keep 1 foot on the ground.

The Block

Players may prevent an opponent from kicking the ball by placing both hands as near to the ball as possible to block down the kick. This skill requires great timing and fearlessness.

Basic Rules

Starting a Game

Referee tosses ball in air for a jump ball between the four midfielders.

Scoring

To score, the ball is played over the crossbar (called a point) or under the crossbar and into the net for a goal, the latter being the equivalent of three points.

Point: (1 point) The ball is played over the crossbar by kicking or fisting the ball.

Goal: (3 points) The ball is played into the net by kicking the ball.

Technical Fouls

This section deals with fouls against the ball; fouls committed by a player, which do not infringe on another player.

Consequence of any foul: the other team is awarded a free from the place of infraction.

A 'Free' – is a kick taken from the ground or as a drop kick

- Bouncing the ball twice in a row
- Changing hands: Throwing the ball from your right-hand to left or vice-versa (legal in the ladies' game)
- Taking more than four steps without releasing, bouncing or soloing the ball (soloing involves kicking the ball into one's own hands)
- Hand passing a goal (however; the ball may be punched into the goal from up in the air)
- Picking the ball directly off the ground (it must be scooped up into the hands by the foot), however in ladies' Gaelic football the ball may be picked up directly
- Square ball: *If, at the moment the ball enters the small square, there is already an attacking player inside the small rectangle, then a free out is awarded**
- Throwing the ball (it may be "hand-passed" by striking with the fist)

Personal Fouls

Shoulder to shoulder contact and slapping the ball out of an opponent's hand are permitted, but the following are all fouls:

- Blocking a shot with the foot
- Pulling an opponent's jersey
- Pushing an opponent
- Sliding tackles
- Striking an opponent
- Touching the goalkeeper when he/she is inside the small rectangle
- Tripping
- Using both hands to tackle
- Wrestling the ball from an opponent's hands

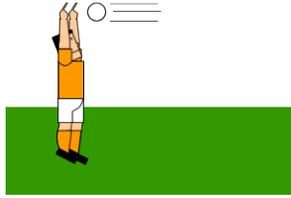
Free Kicks and Resuming Play

- After an attacker has put the ball wide of the goals or scored a point or a goal, the goalkeeper may take a **kick out** from the ground at the 13m line. All players must be beyond the 20 m line.
- After a defender has put the ball wide of the goals, an attacker may take a "**45**" – a kick from the ground on the 45 m line level with where the ball went out.
- After a player has put the ball over the sideline, the other team may take a **sideline kick** at the point where the ball left the pitch. It may be kicked from the ground or the hands. The player who is taking the sideline kick must not pass the boundary line.
- After a player has committed a foul, the other team may take a **free kick** at the point where the foul was committed. It may be kicked from the ground or the hands.
- If a player has been fouled while passing the ball, the **free kick** may be taken from the point where the ball landed.
- After a defender has committed a foul inside the large rectangle, the other team may take a **penalty kick** from the ground from the center of the 11 m line. Only the goalkeeper may guard the goals.
- If many players are struggling for the ball and it is not clear who was fouled first, the referee may choose to throw the ball up between two opposing players.

Length of game

The majority of adult football and all minor and under-21 matches last for 60 minutes, divided into two halves of 30 minutes, with the exception of senior inter-county games which last for 70 minutes (two halves of 35 minutes). Draws are decided by replays or by playing 20 minutes of extra time (two halves of 10 minutes). The under-12s have a half of 20 minutes or 25 minutes in some cases. Half-time lasts for about 15 minutes.

Gaelic Rules Quick Review



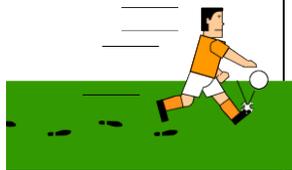
You can catch the ball in the air.



You cannot pick the ball up directly from the ground. You must put your toe under it before you can take it in your hand. (Men's rule only)



You can run with the ball, but only for 4 steps.



After taking 4 steps you can kick the ball back into your hands (toe-tap or solo). You can do this as many times as you like.



It's easier to bounce the ball, but you can't do it twice in succession. If you want to keep the ball you must toe-tap it between bounces.



One way to pass the ball is to punch it with a clenched fist. You can punch the ball over the bar for a point but not into the net for a goal.



You can kick the ball to pass it, score a point or a goal.

Positions

Each team consists of fifteen players, lining out as follows: 1 goalkeeper, three full-backs, three half-backs, two midfielders, three half-forwards and three full-forwards.

Formation Variations:

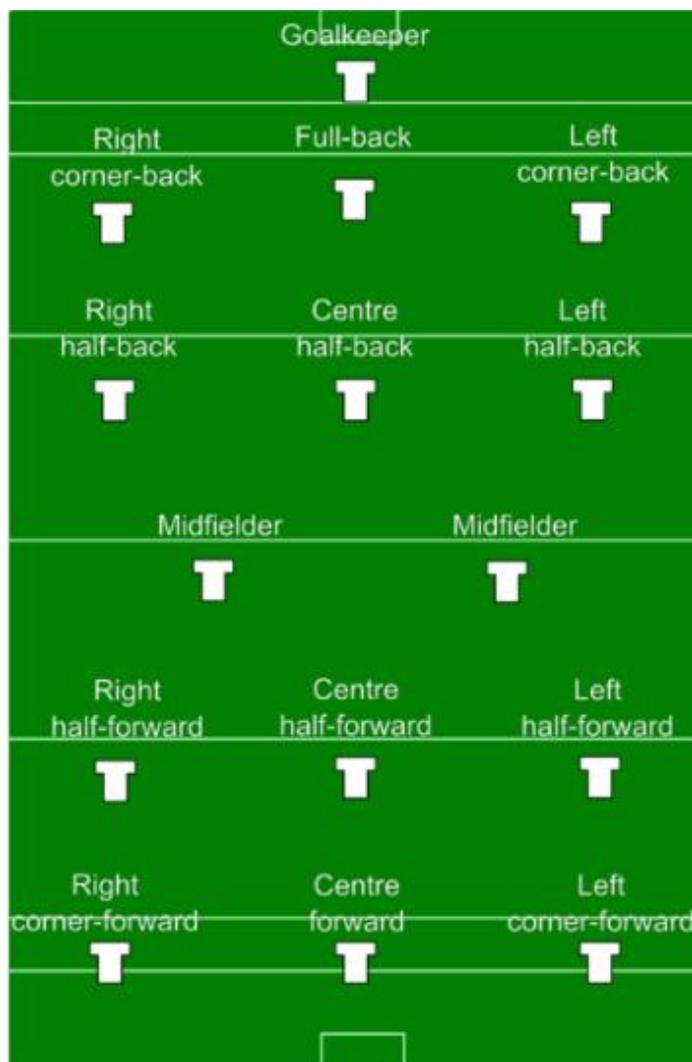
7 a side (1 2-2-2)

9 a side (1-3-2-3)

11 a side (1,4-2-4)

13 a side (1-5-2-5)

15 a side (1-6-2-6)



Links & Resources:

<http://www.gaelicfootballforkids.com>

http://en.wikipedia.org/wiki/Gaelic_football

<http://www.chicagocelticyouth.com/mainpages/FootballGuide.htm>

Videos:

What is Gaelic Football (Part 2 of 3)

<http://www.youtube.com/watch?v=dpdoJnsDHIY>

Basic Gaelic Football Skills 1961

<http://www.youtube.com/watch?v=4BkNKLrSmAA>

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