

# Gaelic Football

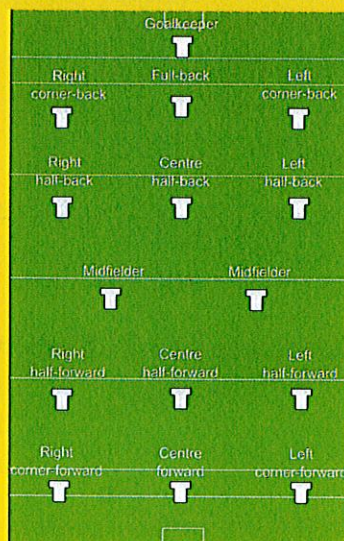
## Irish Team Sport



<https://www.youtube.com/watch?v=TEAbWrdB9XU>

Oct 14-8:45 AM

. Positions in Gaelic football are similar to that in other football codes, and comprise one goalkeeper, six backs, two midfielders, and six forwards, with a variable number of substitutes.



Each player is numbered 1–15, starting with the goalkeeper, who must wear a jersey colour different from that of his or her teammates.

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# The Rules

<https://www.youtube.com/watch?v=vSOe-USZok>

For beginners trying Gaelic football, here's a quick run down of the rules:

- > Teams: 2 with 15 players each
- > Pitch: 130-145m long by 80-90m wide
- > Time: 70 minutes (35 each half)
- > Scoring: 1 point for kicking or fisting the ball over the crossbar between the poles, a goal is worth 3 points which is awarded for kicking or fisting the ball it into the net. Scores are recorded as 'Goals Total - Points total'

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The objective of the sport is to score by kicking or punching the



into the other team's goals (3 points)

or

between two upright posts above the goals

and

over a crossbar 2.5 metres (8.2 ft) above the ground (1 point).

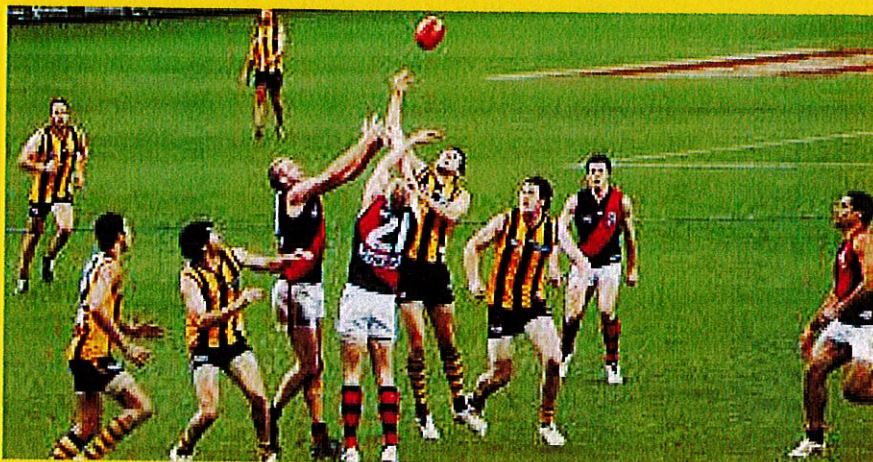


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# Starting the Game

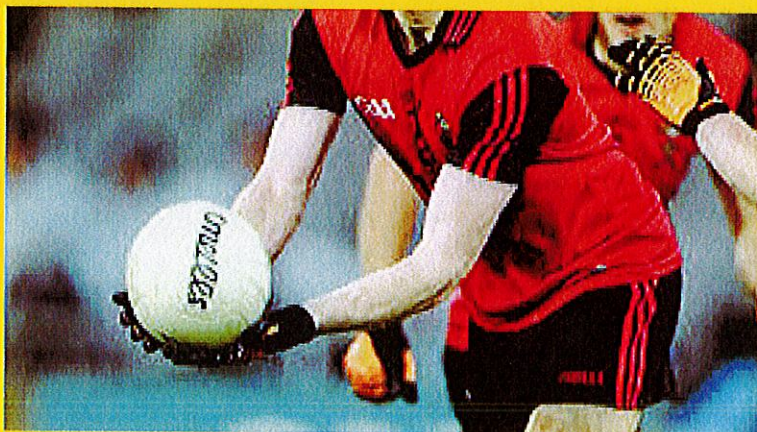
- > Starting: the referee throws the ball up between the midfielders (like in basketball)



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# Passing

- > Passing: ball can be kicked or fisted (like a volleyball) between players. You can pass in any direction



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### Restarting play

Restarting: from a goal or missed shot, the defending goal keeper can take a kick out from the 13m line or if the ball was put out by a defender then the attacker can take a 45m kick level with where the ball went out.

- > After an attacker has put the ball wide of the goals, 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 20m line.
- > After a defender has put the ball wide of the goals, an attacker may take a "45" from the ground on the 45m line, level with where the ball went wide.
- > 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 while taking.

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# Fouls

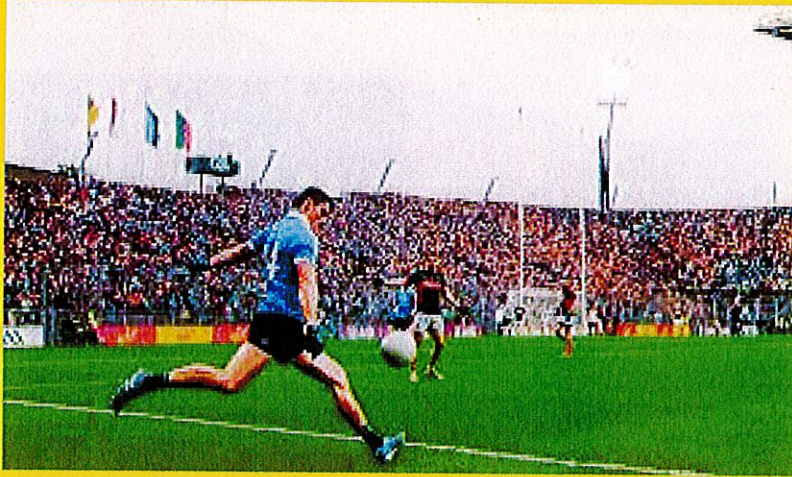
- \* Using both hands to tackle
- \* Pushing an opponent
- \* Striking an opponent
- \* Pulling an opponent's jersey
- \* Blocking a shot with the foot
- \* Sliding tackles
- \* Tripping
- \* Touching the goalkeeper when he is inside the small rectangle
- \* Wrestling the ball from an opponent's hands

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# Sideline Kicks

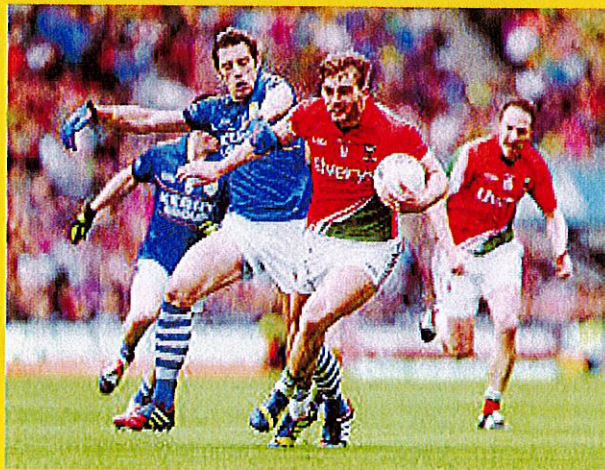
- > Sidelines: sideline kicks are taken from the point where the ball crossed the sideline. Kicked from the hands



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# Tackling

<https://www.youtube.com/watch?v=fRAzkMj7vz0>



- > Tackling: tackling can have more contact than football but less than rugby. You can have shoulder to shoulder contact and slap the ball out of the player's hands but you may not wrestle the ball from the opponent's hands, push them, trip them or pull their shirt

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# Free Kick

- > Free kicks: awarded for fouls. Taken from the point of the foul from the ground or from the hands
- > If a player has been fouled while passing the ball, the free 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 centre 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.



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