

## 1. BEFORE PLAYING

- **RESPECT** The most important rule is to have fun and enjoy yourself! Remember that both the opposition and the referee are also there to enjoy the game. Gaelic Tag implements a strict Zero Tolerance attitude on abuse towards referees, opposition players, team mates etc. Yellow/red cards will be issued immediately if there is any abuse during the game.
- **PANELS** Gaelic Tag is played between two teams of 7 players on a grass pitch, laid out across the width of a GAA pitch. Your team can have a maximum of 12 players on your squad each night – you can make unlimited substitutions throughout the game. Teams comprise of a minimum of 3 girls but more are allowed.
- **SAFETY** Jewellery, watches, baseball caps, long fingernails, glasses etc are not allowed. Players should wear the appropriate footwear for the weather conditions with moulded or studded boots (football boots with small rubber studs, suitable for summer) recommended. Runners may not be suitable in wet weather. T-shirts should also be tucked into your shorts to prevent finger injuries and from illegally blocking tags.
- **WARM UP/DOWN** To help prevent injuries, we recommend at least 10 minutes warm up (with stretches) before your game and 10 minutes cool down after the match.
- **MATCH SHORTS & TAGS** Every player must wear Tag match shorts, which are available as an addition when you are registering your team. These are special shorts without pockets that have a velcro patch on each hip – you attach your match tags to the velcro. Before the game, the referee will give 7 pairs of tags to both team captains.
- **JERSEYS** Every team must wear a matching set of jerseys/t-shirts. Jerseys must be tugged into the players shorts to allow tagging, if a jersey is blocked a tag by being out over it then the ball will be turned over, i.e. given back to the opposition.
- **SCORING** Goals, which can only be scored by girls, are worth 5 points, but additional girls increase this 4 girls = 6 points, 5 girls = 7 points, 6 girls = 8 points and 7 girls = 9 points. A girl point is worth between 2 and 6 points depending on the number of girls you have on the field, 3 girls = 2 points, 4 girls = 3 points, 5 girls = 4 points, 6 girls = 5 points and 7 girls = 6 points. A lad point is worth 1 point.

## 2. PLAYING

- **GIRLS ARE KEY** On Gaelic Tag teams, you must have a **minimum of 3 female** players on the pitch at all times, including injuries and sin binning.
- **TEAM SELECTION** On Gaelic Tag teams you start each match with a throw up between 2 girls in the centre of the pitch in the first half and 2 boys in the second half. Team should line out **with 3 or 4 defenders and 3 or 4 attackers**, which are girls and which are boys is up to you. A goalkeeper is optional but goals are worth 5 points!
- **ABSOLUTELY NO CONTACT** Gaelic Tag is a strict non-contact game, meaning that the referee will stop play and award a **free** against the team who initiated contact. Both accidental/clumsy and deliberate/reckless contact will be penalised. Tackling is strictly forbidden. The referee may also award a free to the defending team, if two players are running towards the ball and the referee predicts that contact may occur. If it is a 50-50 attempt to grab the ball the attacking team will take a tag. Shoulder charges or tackling from the side is also forbidden. You cannot attempt to slap the ball out of someone's hand at any stage.
- **GAMES** Matches usually last 35 minutes - **2 x 15 minute** halves and 5 minutes for half-time.
- **THROW IN** To start the match; a female player from each team will be involved in a throw in at the halfway line.
- **PASSING** Players are allowed to pass the ball in two ways: Both boys and girls are allowed to use a **gaelic football hand-pass**. Girls are also allowed to kick pass, to avoid injuries boys are not allowed kick pass. Unlike tag rugby the ball can be passed in any direction. Because we realise that a hand-pass can be a difficult skill to pick up for people not used to gaelic football if you accidentally throw the ball it will be taken as a tag rather than a turnover.
- **SCORING** Scores can be made in 2 ways in Gaelic Tag, your traditional goal is now worth 5 points, and **can only be scored by a girl**. A traditional point is now worth one point for a boy and 2 points for a girl, increasing with additional girls on the pitch, one point for each additional girl. Again girls can score from a kick or hand pass, boys from only a hand pass. You may only score from inside your opponents half. A team with 4 girls on the pitch get 6 points for a goal, 5 girls – 7 points etc, and additional points for points, 4 girls = 3 points etc. These girls must be on the pitch from ball turnover and you must notify the referee if you have more than 3 girls on.
- **TRAVELLING WITH THE BALL** Once a player receives the ball they can take **4 steps, bounce or solo the ball and take a further 4 steps, bounce or solo the ball, take another 4 steps** at which point they must pass. When a player over carries the ball it is turned over. As with football the player is not allowed 2 bounces in a row, so it must be solo and bounce, bounce and solo or solo and solo.
- **TURNOVER** When the ball is turned over from an **interception** the team can play on until they are **tagged 4 times**. When a ball is turned over from a free the ball must be passed from where the free occurred. If the ball goes out over the sideline the ball is also turned over.
- **NO DIVING ON THE BALL** You cannot dive on the ball when it is loose on the ground. You are allowed to pick the ball up if you are not near any opposing players and a pass is dropped. You can pick the ball straight of the ground. You are not allowed to kick a ball while it is on the ground, unless you have been in control of the ball, are a girl and are passing it to a team-mate; in this scenario you can be legally tagged.

- **KICK-OUTS** After an opposition player scores or puts the ball wide the defending team will now become the attacking team, they must restart with **a pass from on the goal line.**

### 3. DEFENDING

- **THE BACKS JOB** The defending team is trying to stop the attackers from scoring by pulling a tag off the player's shorts that is carrying the ball. A "tag" simulates a tackle and requires great hand-eye coordination.
- **BALL TURNOVER** The defending team can turnover the ball by intercepting a pass or alternatively by making **4 tags** on opposing players while they are in possession.
- **TAGGING** If you tag an attacker, you should hold it in the air (so the referee can see it) and then place the tag on the ground where the 'tag' was made. This is the mark from where the attacking team passes from there, i.e. the attacking player returns to this point and passes from there. The defender must be at least 2m from the attacker at this time.
- **WHERE TO STAND IN THE BACKLINE** Every time there is a tag the defence team must **retreat 2 metres** from the person that is tagged. Failure to do this will result in the referee awarding a free against the defending team, and the tag count will return to zero.
- **DIVING TAG** You can dive to pull a tag off an attacking player, as long as you do not make contact with them. If you make contact, the referee will award a free against you.
- **HAND BLOCKS** One of the most spectacular skills of the game is a hand block. You can block any kick or hand-pass with your hands so long as you do not make contact with the player. If you make contact, the referee will award a free against you.
- **45s** When a defending team puts the ball behind their own goal line it results in possession for the attacking team from the sideline at the half way line. The tag count is reset to zero.

### 4. ATTACKING

- **Kickout** The ball must be kickout by a girl from within the goal after a team scores or hits a wide.
- **THE FORWARDS JOB** Your team's aim is to score in the goal you are attacking, by scoring **a goal or a point.**
- **4 TAGS TO SCORES** The attacking team has 3 "tag lives" to score. The referee calls "Tag 1" the first time a tag, attached to the shorts of the player with the ball, is grabbed by the defending team. The next time one of your team is "tagged", the referee calls "Tag 2" and so on until your team is tagged 3 times. If you do not score by the fourth tag, a "turnover" is awarded by the ref and the other team receives possession. They then attempt to score before the fourth tag is called. Once a player is tagged they must pass the ball from the position they are tagged. It is only after they have passed that they can re-attach their tag.
- **SCORING A GOAL/POINT** To score a goal simply put the ball in between the posts and under the crossbar, to score a point simply put the ball above the crossbar and between the posts.
- **SCORING A GOAL/POINT** A score cannot come directly from a tag, i.e. when a player is tagged they must pass rather than shooting for a score. However a player is allowed to shoot if a free is awarded.
- **"BALL AWAY"** If an attacking player is 'tagged' simultaneously while passing the ball, the referee calls "ball away" and play goes on.

- **OUT OF PLAY** If the ball goes out off you over the sideline, the referee will award a 'turnover' to opposition. And they will start with a pass.
- **BLOCKING TAGS** Players cannot use their hands, the ball or their t-shirt to block their tags. If you do block your tag, the referee will award a free to the opposition.