



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógaíochta

An Treoir Oifigiúil  
Cuid a dó  
2024-2027

# Official Guide Part 2

## Official Playing Rules

Effective from May 6th 2024





Official Playing Rules  
Effective from May 6th 2024

This is An Treoir Oifigiúil Cuid a Dó  
(Official Playing Rules 2024-2027)

The other binding parts are as follows:

THE OTHER BINDING PARTS OF THE OFFICIAL GUIDE ARE AS FOLLOWS:

- Part I Official Guide Camogie Constitution Rules
- Part III Code of Practice for all Officers of the Association
- Part IV Official Guide Camogie Constitution Rules
- Part V Association Code on Sponsorship
- Part VI Code for Camogie Supporters' Club
- Part VII Code of Behaviour (Underage)

Codes of Conduct:

Camogie Association Code of Conduct

Match Official Code of Conduct

These documents can be downloaded from [www.camogie.ie/administration](http://www.camogie.ie/administration)

Effective from May 6th 2024

In the case of competitions at any level of the Association, that commenced prior to May 6th 2024, these competitions will be administered under the playing rules effective at the commencement of the competition.

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# Playing Rules

Where competitions for under 18 and other formats are concerned, clubs, county boards, provincial councils, national education councils may adapt the playing rules in relation to team composition, substitutions, duration of match, pitch dimensions and the size, weight and material of the sliotar.

Such adaptations must be approved as competition rules at a properly constituted general meeting of the relevant unit. In inclement weather all players aged under 18 may wear matching tracksuit bottoms in addition to their uniform. Rules governing eligibility Rule 28.4 (age restrictions) of An Treoir Oifigiúil Part I must apply.

Rules for **12-a-side Camogie** are detailed at the end of this document.

## 15-A-SIDE CAMOGIE

Playing Rules should be read in conjunction with Duties of the Referees, Lines Officials and Umpires, Sections 41, 42 and 43 of An Treoir Oifigiúil.

### 1. Name of the Game

The name of the game is Camogie.

### 2. Team Lists

- 2.1. Each team shall provide the Referee with a list in duplicate on Form CC2 (either hand written or electronically generated) of the full names in Irish and/or English of its players and substitutes. The list shall be signed by an Official authorised by the Club/ Board/Council. The team list shall be given to the Referee by the commencement of the second half of the match. Failure to comply with this Rule shall result in a fine being imposed on the defaulting team by the committee in charge of the competition.

### 3. Teams' Composition

- 3.1. A team must be comprised of fifteen players who must be affiliated and registered members of An Cumann Camógaíochta in accordance with the Rules. Eligibility to play in a competition will be determined by the rules and approved bye-laws.
- 3.2. The team line-out must be as follows:
- Goalkeeper
  - Three full-backs
  - Three half-backs
  - Two centre-field players
  - Three half-forwards
  - Three full-forwards
- 3.3. Each team must have at least twelve players to commence a match. A match may continue with

less than twelve players aside, only in the event of a player(s) ordered off or retired injured.

A team commencing with less than 15 players may add to their team only during a stoppage in play and on players notifying, in writing, the Referee. Such players must already be included on the team list submitted to the Referee.

### 4. Duration of Games

- 4.1. The time of actual play must be sixty minutes. A half-time interval of not more than 15 minutes should be allowed. Teams must switch ends on resumption of the game after half-time.
- 4.2. Extra Time

In the event of extra time being played, its duration will be ten minutes each half. Teams must switch ends on resumption of the game after half-time. A half-time interval of not more than five minutes should be allowed.

### 5. Substitution of Players During a Game

- 5.1. Substitution means the replacing during a game or at half-time of any of the fifteen players of a team, other than a player dismissed from the field of play by the Referee. Only five substitutions per team will be allowed.

A substitution is not allowed in the case of a player ordered off.

A substitution may only be made during a stoppage in play and on notifying, in writing, to the Referee. A team which makes more than five substitutions will forfeit the game to its opponents.

Exceptions:

A maximum of eight substitutions may be made in all under 16 and under 18 Inter-County competitions and all adult club regardless of competition structure or format. A team which makes more than eight substitutions will forfeit the game to its opponents.

An unlimited number of substitutions may be made in all age grades from under 18 and below at club level, regardless of competition structure or format.

#### 5.2. Temporary Substitution/Blood replacement

A player who is bleeding or who has blood on any part of her body, playing attire or playing equipment, as a result of an injury sustained during play, must on the instruction of the Referee, immediately leave the field of play to receive medical and/or other attention. The player will not be allowed to return to the field of play until the bleeding has been cleaned off and, where possible, the injured area has been covered, any bloodstained playing attire has been replaced and any blood-stained equipment has been fully cleaned. In that circumstance, a Temporary Replacement may be used, and the following acts will not count as substitutions under Rule 5.1.

- a. the use of the temporary replacement for a player instructed to leave the field of play
- b. the return to the field of play of the injured (blood) player as a direct replacement for the temporary replacement
- c. the return to the field of play of the injured (blood) player as a replacement for any other player if the temporary replacement has previously been sent off or substituted.
- d. A player who sustains a suspected head injury, if instructed by the Referee, shall temporarily leave the field of play for further assessment before the player's fitness to return is determined.

#### 5.3. Substitution in Extra Time

For the purpose of extra time in all formats, when played, a further maximum of five substitutions will be permitted.

- 5.4. A player who is concussed or has had a suspected concussive incident must immediately leave the field of play, on the instruction of the Referee to receive medical attention. This can be on the instruction of the Referee if they feel an incident has been missed by the teams coaches/medical personnel. The Referee can prevent a player returning to the field of play if they believe the player is not fit to play as a result of concussion or a concussive incident.

In the case of a concussion or a suspected concussion a Temporary Replacement may be used, and the following acts will not count as substitutions under Rule 5.1.

- a. The use of the temporary replacement for a player instructed to leave the field of play
- b. The return to the field of play of the player that was being assessed as a direct replacement for the temporary replacement.
- c. The return to the field of play of the player that was being assessed as a replacement for any other player if the temporary replacement has previously been sent off or substituted

### 6. Playing Gear

- a. Teams are required to wear distinctive colours. In all instances all members of the same team must be uniformly dressed.
- b. Playing gear must be of Irish manufacture if possible and must be from an official licensed supplier of the Camogie Association, a list of the official licensed suppliers is available on the Camogie Association Website.

It must consist of:

- Skirt/skort/divided skirt, sports jersey with long or short sleeves, socks and boots. Uniform socks must be worn by teams. A base layer ('skins') may also be worn.

Goalkeepers may wear the team tracksuit in all competitions other than national finals.

- c. The crest of An Cumann Camógaíochta must be displayed on the team jersey and skirt/skort/divided skirt.

Penalty: If not complied with in Camogie games, the Referee will firstly caution

the player/players for dissent. If the player/players continue to refuse to comply with Rule 6 as outlined above she/they will be dealt with in accordance with Rule 41.9 (b) for dissent.

## 7. Equipment

### 7.1. Hurley (Hurl/Camán)

- a. A player may play with a hurley which is bound with a metallic substance, provided that the metallic substance is covered with adhesive tape (“covered hurley”). In all Camogie games and training sessions, the use of a “covered hurley” shall be the player’s sole responsibility except where it is deemed dangerous by the Referee.
- b. In all Camogie games, a player must play with a hurley the base of which cannot exceed 13 cm in width except for the goalkeeper when on goalkeeping duties. A goalkeeper engaging in outfield roles such as free taking outside the large parallelogram; taking a sideline, 45 or a penalty is defined as set play and the 13 cm restriction applies to the hurley she must use in these, or similar outfield set plays.

### 7.2. Helmet/Facial Guard

In all Camogie games and training sessions it shall be mandatory for and the responsibility of each individual player to use and wear an approved, i.e. NSAI Standard IS355, helmet with facial guard. Such helmets shall not be modified from their original manufactured state in any circumstances.

### 7.3. The Sliotar

The weight of the sliotar must be 90-110 grams and it must be 21 cm in circumference (size 4). Sliotars produced by manufacturers that are approved by the Camogie Association/GAA must be used.

### 7.4. Protective Gear

Protective gear such as shin guards, gumshields and hand protection may be used by a player while playing or training. In all Camogie games, such additional protective gear shall be the

player’s sole responsibility except where it is deemed dangerous to others by the Referee.

7.5. In all Camogie games and training sessions, it shall be mandatory for, and the responsibility of each individual player, not to wear jewellery of any kind while playing and/or training.

7.6. Penalty: If a player is not complying with any element of Rule 7 Equipment, the Referee will stop play and will notify the offending player of the offence and ask them to comply with the rule. If the player refuses to comply then this will be considered as a challenge to the authority of the Referee/match official under Official Playing Rule 10.2(g) and a yellow card will be issued. If the player subsequently continues to refuse to comply then this will be considered a second offence under Official Playing Rule 10.2(g) and a second yellow card will be issued followed by a red card and the player will be dismissed from the field of play. (See Rule 41.9 and 41.10). Where the breach relates to the use of a non-compliant hurley when engaging in outfield roles under 7.1.b. above, the referee will also award a free to the opposition from where the infringement took place.

## 8. The Pitch

- 8.1 a. The pitch must be rectangular, from 130 metres to 145 metres long and from 80 metres to 90 metres wide. The boundaries must be marked by a distinctive line and the four corners indicated by flags.
- b. Lines indicating 13 metres, 20 metres and 45 metres from each end line, and the half-way line, must be marked. The points from where these lines join each side-line must be indicated by flags.
- c. Equidistant from each corner on the end-lines must stand two upright goalposts, 6.5 metres apart and a minimum of 7 metres high. There must be a crossbar 2.5 metres from the ground joining the goalposts to form a goal space.
- d. 3.75 metres outside each goalpost a line 4.5 metres long must be marked at right angles to the goal-line. The ends of these lines must be joined to form the small parallelogram, 14 metres by 4.5 metres in front of the scoring space.



- e. 6.25 metres outside each goalpost a line 13 metres long must be marked at right angles to the goal-line, the ends of these lines being joined by the 13 metres line to form the large parallelogram, 19 metres by 13 metres, in front of the scoring space.
- f. A semi-circle of radius 13 metres, the centre of which is on the mid-point of the 20 metre line, must be marked.

#### 8.1. Goal-Nets

Goal-nets must be used and securely fixed to the cross bar and goalposts.

- 8.2 It is acceptable to play Camogie matches on synthetic pitches, if both teams are agreeable.

### 9. Rules of Play (normal and extra time)

- 9.1. At the start of each match the Referee must toss a coin, in the presence of both Captains, for choice of ends.

The players must then take their respective places. At the start of each half the Referee must count the number of players on the field.

- 9.2. The Referee, facing the players, will commence play in each half by blowing the whistle and throwing the sliotar along the ground on the halfway line between the four centre-field players who must stand one behind the other on their own defensive sides of the half-way line. All other players must remain in their respective positions at least 10 metres from the Referee until an attempt to strike the sliotar has been made.
- 9.3. The Referee will recommence play after any stoppage (other than 9.4 below) by throwing the sliotar on the ground between two players while facing the nearer side-line. Where the throw in is too near that side-line or in the event of a clashed side-line sliotar, the Referee faces the field of play. No other player may approach within 10 metres until an attempt to strike the sliotar has been made.
- 9.4. When play is stopped by the Referee to enable an injured player to be treated on the field or removed from the field of play, play shall resume in one of the following manners:
  - a. If a team is in possession when the play is

stopped, the play shall resume with a free puck to that team from the position at which the play was stopped, unless the play was stopped inside the opponents' 20-metre line in which case the free shall be awarded from the 20 metre line opposite the point where the play was stopped. A score may not be made directly from such a free.

- b. If neither team is in possession when the play is stopped, a throw-in shall be given at the position where the play was stopped, unless the play was stopped inside the 20-metre line in which case the throw in shall be given on the 20-metre line.
- 9.5. The sliotar is in play once it has been thrown in by the Referee, or struck by a player after the Referee has signalled to restart play. The sliotar is out of play when:
  - a. When a score occurs.
  - b. The Referee signals a stop.
  - c. The sliotar has passed completely over the side/end-line.
  - d. The sliotar has been prevented from going over side/endline, when touched in play by a non-player or flag.
  - e. The sliotar touches any non-player on the field of play. Play is restarted by throwing in the sliotar at the place concerned or on the 20 metre line if inside the 20 metre line.
  - f. If the sliotar touches any non-player on the field of play from a free puck; the free must be re-taken from where the free was originally awarded.
- 9.6. A player may:
  - a. Strike the sliotar with the hurley on the ground or in the air
  - b. Lift the sliotar off the ground with the hurley or with the feet or with a combination of hurley and foot
  - c. Catch the sliotar with one hand
  - d. Catch the sliotar twice

- e. Hand-pass the sliotar with one hand (player must demonstrate a clear striking action with the hand)
  - f. Carry the sliotar in the hand for a maximum of four consecutive steps or hold the sliotar in the hand for no longer than the time needed to take four steps
  - g. Kick the sliotar
  - h. Hand-pass the sliotar to score a point only.
- 9.7. A player may tackle an opponent who is in the act of playing or in possession of the sliotar by:
- a. Blocking an aerial or ground puck
  - b. Play the opponent's hurley with minimal force (flick) from the ground or in the air with own hurley
  - c. Hooking an opponent's hurley with own hurley
  - d. Playing with minimal force (tap) the underside of the bas of an opponent's hurley while she is carrying the sliotar on it
  - e. Shadowing the player without deliberating interfering with the hurley or body of an opponent.
  - f. Using contact on an opponent's body from side-on, once they are making a reasonable effort to gain possession of the sliotar. Minimal contact is described as contact made while making a reasonable attempt to gain possession of the sliotar. Contact must not be made in an aggressive or cynical manner.
- 9.8. Ending Play

The Referee, having allowed time for stoppages, must terminate play by blowing the whistle and indicating by hand signal at the end of the official time in each half.

## 10. Foul Play

### 10.1. Technical Fouls

A player may not:

- a. Pick up the sliotar from the ground with the hand
- b. Touch the sliotar on the ground with the hand, except when the player with the sliotar in her hand falls to the ground and the sliotar touches the ground
- c. Throw the sliotar away from her (player must demonstrate a clear striking action with the hand)
- d. Throw the sliotar up and catch it
- e. Pass the sliotar from one hand to the other
- f. Hop the sliotar on the hand
- g. Catch the sliotar with two hands
- h. Over-carry or over-hold the sliotar
- i. Take the sliotar out of play by covering or lying on it
- j. Catch the sliotar more than twice
- k. Be prevented from playing the sliotar by being sandwiched by two or more opponents
- l. Chop, i.e. strike downwards on an opponent's hurley
- m. Hold opponent's hurley or pull it from her hands
- n. Tap an opponent's hurley other than as permitted in 9.7(d)
- o. Push an opponent
- p. Deliberately interfere with the hurley or body of an opponent
- q. Retaliate, between the awarding of a free to her team and the free puck being taken.
- r. Drop the hurley

Penalty: A free to the opposing team from where the foul occurred. If foul occurs inside the 20m line the free will be given on the 20m line closest to where the foul occurred; except for breaches of 10.1(q) when the following penalty applies: the free puck is cancelled and the Referee throws in the sliotar where the original foul occurred but not within the 20 metre line.

## 10.2. Rough Play and Dissent

A player must not:

- a. Deliberately shoulder an opponent other than shoulder to shoulder
- b. Trip, catch or hold an opponent
- c. Charge directly into an opponents body with or without the sliotar
- d. Reach from behind with the hurley or around the body of an opponent which is not consistent with an attempt to play the sliotar
- e. Throw the hurley
- f. Engage in any form of rough play
- g. Challenge the authority of a referee/match official
- h. Attempt to strike an opponent with or without hurley
- i. Attempt to kick an opponent
- j. Play without a helmet
- k. Use a hurley of incorrect size
- l. Use the hurley to obstruct an opponent.
- m. Engage in persistent personal fouling

Penalty: For a first offence, a player has her name and jersey number taken by the Referee and is given a warning from the Referee indicated by a yellow card. For a second offence, a player has her name and jersey number taken by the Referee, a second yellow card is issued and is followed by a red card and the player dismissed from the field of play (see Rule 41.9 /41.10 An Treoir Oifigiúil Part I). A free is given to the opposing team where the foul occurred. If the foul occurs inside the 20m line the free is given on the 20m line closest to where the foul occurred.

## 10.3. Aggressive Fouls, Dangerous Play and Abusive Language

A player must not:

- a. Strike an opponent with the hurley
- b. Strike an opponent with the arm, elbow, hand, knee or head
- c. Punch an opponent
- d. Kick an opponent
- e. Stomp on an opponent
- f. Spit at an opponent or official
- g. Contribute to a melee
- h. Assault any official
- i. Interfere with the faceguard of an opponent's helmet
- j. Use abusive or threatening language or gestures or any conduct by deed, word or gesture of threatening, or racist nature or which is contrary to the principles of inclusion and diversity against a player, official, mentor, spectator or anyone else, in the course of activities organised by the Association, to a Referee, match officials, players or mentors
- k. Use the hurley to 'dig' an opponent
- l. Interfere with an opponent's helmet.
- m. Behave in any way that is dangerous to an opponent.

Penalty: A player has her name and jersey number taken by the Referee and issued with a red card and dismissed from the field of play (see Rule 41.9, 41.10 and 44). A free is given to the opposing team where the foul occurred. If foul occurs inside the 20m line the free is given on the 20m line closest to where the foul occurred.

## 11. Advantage Rule and Frees

### 11.1. Playing advantage

In the event of a foul by a player(s) on an opponent who is in possession of/in the act of playing the sliotar, the Referee may allow play to continue if s/he considers such to be an immediate advantage to the offended team. S/he must signal that advantage by raising an arm upright and must allow the advantage to run by maintaining her/his arm in the upright position for up to five seconds after the foul or for less time if it becomes clear that no advantage has accrued. If s/he deems no advantage to have accrued, s/he may subsequently award a free for the foul from where it occurred, or a subsequent foul if more advantageous to the offended team. If a player commits a foul within her 5 seconds of allowed advantage play, the referee must stop play, advantage cancelled, and the referee will apply the relevant sanction for that infringement. Play will restart with a throw in.

The Referee must, during the next stoppage in play, apply to the offending player(s) the appropriate sanction in accordance with Rule, where s/he deems such is warranted.

If, during the advantage period, a foul is committed by the player who was awarded advantage, then the advantage is cancelled, and a relevant sanction awarded to the opposition.

### 11.2. Free Taking

In the event of a foul by a player(s), a free must be awarded to the opposing team from where the foul occurred. A free must also be awarded in other instances as specified in these Rules. The Referee must indicate the spot from where the free must be taken. A free must not be taken until the Referee has blown the whistle.

#### 11.2 (a) Exception to the rule of free taking.

A player may choose to take a quick free from their hand if they are fouled inside their own 45-metre line. Only the player that is fouled can take it from the hand and it is an indirect free.

Penalty: a throw in from where the infringement occurred.

11.3. For all frees, including a side-line puck, once the sliotar has been placed by the player at the spot indicated by the Referee or line umpire, and the whistle blown, the sliotar may not be reset except with the express permission of the Referee.

Penalty: A throw in by the Referee where the foul occurred.

11.4. For all frees, other than a side-line sliotar, the sliotar may be struck on the ground or be lifted and struck with the hurley in one continuous movement. Lifting the sliotar and then balancing it on the hurley before striking is deemed to be a foul. The sliotar may not be taken in the hand or hopped on the hurley when lifted for a free. For a side-line puck, the sliotar may be struck on the ground only. It may not be lifted.

Penalty: A throw in by the Referee where the foul occurred.

11.5. Should the free-taker fail to lift and/or strike the sliotar at the first attempt she may strike it on the ground but may not lift it again.

Penalty: A throw in by the Referee where the foul occurred.

11.6. The free-taker may not play the sliotar a second time until another player has touched it, except where the sliotar rebounds off a crossbar or upright.

Penalty: A throw in by the Referee where the foul occurred.

11.7. No player may approach within 10 metres of the free-taker until an attempt to strike the sliotar has been made, and no player may physically or verbally distract a free-taker. (A player holding her hurley upright does not constitute as interference.)

Penalty: A free must be awarded from a point 10 metres nearer to the offending player's goal but not within the 20 metre line of that goal.

11.8. If a foul is committed on a player after she has played the sliotar, a free must be awarded from where the sliotar lands.

a. Should a score have resulted, it must be allowed.

- b. Should the sliotar have crossed the end-line, or landed within 20 metres of the end-line, the free must be awarded from a point on the 20 metre line opposite where the sliotar landed.
  - c. Should the sliotar have crossed the side-line, the free must be awarded from the point where the sliotar crossed, or, if within 20 metres of the end line, it must be awarded from the 20 metre line.
- 11.9. Should a player from each team foul at the same time, the Referee must throw in the sliotar between two opposing players where the foul occurred. If within the 20 metre line, the sliotar must be thrown in on the 20 metre line at the point opposite where the foul occurred.
- 11.10. If a player deliberately delays a free the Referee will;
- i. Cancel the free puck or side-line puck
  - ii. Throw in the sliotar where the foul occurred. If the foul occurred within the 20-metre line, the Referee must throw in the sliotar on the 20-metre line at a point opposite where the foul occurred.
- 11.11. When a team is awarded a free and an opposing player shows dissent the Referee may move the sliotar forward 10 metres.

#### 11.12. 20 Metre Free

Should a foul be committed on an attacking player within 20 metres of the end-line and outside the large parallelogram, the free must be awarded from a point on the 20 metre line opposite where the foul occurred:

In the event of a 20 metre free, should a member of the defending team show dissent or be in breach of Playing Rules 11.7, the free must be awarded from a point on the 20 metre line 10 metres nearer to the centre of the goal. If within 10 metres of the centre, the free must be taken from a point opposite the centre.

The player taking the 20m free must not cross the 20m line before the ball has been struck.

Penalty: Throw in where the foul occurred.

Exception: If the penalty taker misses the ball and the ball lands on the ground inside the 20m line she may hit the ball on the ground only.

Note: 'Lifting' the ball with the hurl shall not constitute as striking the ball.

#### 11.13. Penalty Shot

Should a foul be committed on an attacking player within the large parallelogram, a penalty free must be awarded from the centre point of the 20-metre line. Only one defending player is allowed on the goal line. The player taking the penalty may not cross the 20-metre line.

Penalty on free taker 20 metre line infringement: Free to the defending team where foul occurred.

The player defending the penalty must not move forward until the sliotar has been struck.

Penalty: If a goal does not result, the referee shall allow the penalty shot to be retaken.

Players on the team awarded a penalty shot are not allowed to be inside the 20m line or the semi-circular arc before the sliotar is struck.

Penalty; Free puck from where the foul occurred.

Note: 'Lifting' the sliotar with the hurl shall not constitute as striking the sliotar.

#### 11.14. 45 Metre Free

Should a player from the defending team play the sliotar across the end-line, the Referee must award a free to the attacking team from a point on the 45 metre line opposite to where the sliotar crossed the end-line. The last person touching the sliotar must be considered the last person playing the sliotar.

Should the sliotar strike anyone other than a player at or near the end-line, and if the Referee adjudges that in so doing the sliotar was prevented from going out of play, a wide or 45 metre free as applicable must be awarded.

- 11.15. When a clashed sliotar crosses the end-line it must be regarded as wide.

## 12. Side-Line Puck

- 12.1. Should a player play the sliotar across the side-line, the Referee must award a free ground puck to the opposing team from the point where the sliotar crossed the line. No player must be within 10m of side line free taker.
- 12.2. When a clashed sliotar crosses the side-line the Referee must throw in the sliotar between two opposing players at the point where the sliotar crossed the line. If within 20 metres of the endline the sliotar must be thrown in on the 20 metre line.
- 12.3. Should the sliotar strike anyone other than a player at or near the side-line, and if the Referee adjudges that in so doing the sliotar was prevented from going out of play, a free ground puck must be awarded against the team of the player who last touched the sliotar. A ball that strikes a sideline flag or corner flag shall be treated as having crossed the sideline and a free ground puck must be awarded against the team of the player who last touched the sliotar.
- 12.4. For a side-line puck, once the sliotar has been placed by the player at the spot indicated by the Referee or line-umpire, and the whistle blown, the sliotar may not be re-set except with the express permission of the Referee.

Penalty: If a player advances the sliotar deliberately from the place at which a side-line puck is to be taken, the side-line puck is cancelled. The Referee must throw in the sliotar where the foul occurred as per Rule 9.3 of the Playing Rules. If the breach is within the 20-metre line, the Referee must throw in the sliotar on the 20-metre line.

- i. For a player on the team awarded a sideline to stand or move nearer than 10m to the sliotar before it is struck.  
Penalty: a free must be awarded from where the foul occurred.
- ii. For an opposing player to be nearer than 10m to the sliotar before the sideline puck is struck
- iii. To delay an opponent taking a free puck or sideline puck by hitting or kicking the sliotar away, not releasing the sliotar to the opposition, or by deliberately not moving back to allow the puck to be taken.

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

Penalty for the above fouls: Free puck from where the foul occurred from the place of the original puck - up to opponents 20m line, if inside the 20m line it must be awarded on the 20m line at a point opposite where the foul occurred.

## 13. Puck-Out from Goal

- 13.1. When the sliotar is played over the end-line, i.e., wide, by the attacking team or from a clashed sliotar crossing the end-line, the Referee must award a puck-out from within the small parallelogram to the defending team. A player may go outside the end-line for a run-up to a puck out.
- 13.2. A player taking the puck-out may strike the sliotar from her hand.
- 13.3. Should the player taking the puck-out miss the sliotar at the first attempt she may
  - a. lift and strike it
  - or
  - b. strike it on the ground

She may not take it into her hand a second time.

Penalty: 45 metre free to the opposing team from a point opposite to where the foul occurred.

- 13.4. A player may not puck-out the sliotar from outside the small parallelogram except after a score.  
After a score the player must puck out the sliotar without crossing the 13m line and from within the large parallelogram.  
Penalty: 45 metre free to the opposing team from a point opposite to where the foul occurred.
- 13.5. For all puck-outs the players of the opposing team must remain outside the 20 metre line until an attempt to strike the sliotar has been made.



- 13.6. The Referee must extend time to compensate for any deliberate delay in pucking out the sliotar.

Penalty: If a player deliberately delays a puck-out, the Referee will cancel the puck-out and award a 45-metre free to the attacking team at the centre point of the 45-metre line.

Persistent delay in taking the puck out is regarded as dissent, the player's name and jersey number be taken by the Referee and a yellow card is issued.

- 13.7. The goalkeeper may use a Quick Puck out after a wide ball is signalled by the Referee. She must stay within the small parallelogram. Any player deliberately obstructing the goalkeeper's quick puck out will be dealt with per Rule 10.2c. For a quick puck out, players do not need to be outside the 20 metre line. Such quick puck outs must be taken from within the small parallelogram. The referee will have discretion to stop play. If a goalkeeper chooses a normal puck out she must wait for the referees whistle and normal rules apply for the puck out.

#### 14. Small Parallelogram (square ball)

- 14.1. Should a player of the attacking team enter the small parallelogram before the sliotar enters it during play, a free out must be given to the defending team from the edge of the small parallelogram. Should there have been a score it will be disallowed.

Exception:

Should a point have been scored from outside the small parallelogram it must be allowed provided that the player who had entered the small parallelogram had not interfered with the defence and that the sliotar was sufficiently high to be out of reach of the defence and attack.

- 14.2. Should a player of the attacking team legally enter the small parallelogram and the sliotar is played away from that area but is returned before the attacking player has time to leave the small parallelogram, provided that the player does not play the sliotar or interfere with play, the player will be deemed not to have committed a foul.

Should this result in a score, it will be allowed

- 14.3. In the event of a free, no player of the attacking team will stand outside the end-line behind the small parallelogram.

#### 15. Scores

- 15.1. A goal is scored when the sliotar is played by either team over the goal-line, between the goal-posts and under the crossbar, except when carried in the hand by an attacking player over the goal-line, or thrown over the goal-line by any player. A goal will be equal to three points.

Exceptions: An attacking player may not score;

- (i) By carrying the ball over her opponents goal line
- (ii) with the hand/s

Penalty: Free puck out from where the foul occurred.

- 15.2. A point is scored when the sliotar is played by either team over the crossbar and between the goal-posts, except when thrown by any player.

- 15.3. When the sliotar is played by a team through its own goal or over the crossbar, the score will be awarded to the opposing team.

- 15.4. When the sliotar is played directly over the crossbar from a sideline sliotar, the score will be worth two points, provided it is not touched in flight by any player on the attacking or defending teams.

- 15.5. A score will be allowed if, in the opinion of the Referee, the sliotar was prevented from crossing the goal-line by anyone other than a player.

- 15.6. The team with the highest score at full-time will be deemed to be the winner.

- 15.7. When teams finish with equal scores at full-time, the match will be declared a draw.

#### 16. Limitations of Liability

These Rules shall not impose on any Referee, Line Umpire, Goal Umpire, Sideline Official, Team Official or Unit any legal duty of care or legal responsibility. Such duty of care shall remain with individual players and, if relevant, parents, guardians or other persons legally responsible for them.

## 12-A-SIDE CAMOGIE

12-a-side Playing rules should be read in conjunction with Duties of the Referees, Lines Officials and Umpires, Sections 41, 42 and 43 of An Treoir Oifigiúil, and with Sections 44 and 45 relating to a penalty of An Treoir Oifigiúil

### 17. Team Composition

17.1. A team must be comprised of twelve players who must be affiliated and registered members of An Cumann Camógaíochta in accordance with the Rules. Eligibility to play in a competition will be determined by the Rules and approved bye-laws.

17.2. The team line-out must be as follows:

a goalkeeper, one full-back, three half-backs, three centrefield players, three half-forwards and a full-forward.

17.3. Each team must have at least nine players to commence the game. The game may be continued or finished with less than nine players a-side. Players may be added to a team during a stoppage in play on notifying the Referee in writing. Such players must be on the team list given to Referee.

### 18. Substitution

18.1. Substitution means the replacing during a game or at half-time of any of the twelve players of a team, other than a player dismissed from the field of play by the Referee. Only three substitutions per team will be allowed. A substitution may only be made during a stoppage in play or on notifying, in writing, the Referee.

A team which makes more than three substitutions must forfeit the game to its opponents.

### 19. The Pitch

19.1. The pitch must be rectangular, from 95 metres to 110 metres long and from 60 – 80 metres wide.

The boundaries must be marked by a distinctive line and the four corners indicated by flags.

19.2. For all Inter-County, Inter-Provincial and All-Ireland Club Championship matches, maximum pitch measurements, i.e., 110 x 80 metres must be used.

19.3. Lines indicating 15 metres and 30 metres from each end-line, and the half-way line, must be marked. The points where these lines join each side-line must be indicated by flags.

19.4. Equidistant from each corner on the end-lines will stand two upright goalposts, 4.5 metres apart and 6 metres high. There must be a crossbar 2 metres from the ground joining the goal-posts to form a goal-space.

19.5. 2 metres outside each goal-post a line 4 metres long must be marked at right angles to the goal-line. The end of these lines must be joined to form a parallelogram 8.5 metres x 4 metres in front of the scoring space.

### 20. Rules of Play

20.1. No player may approach within 10 metres of a free-taker until an attempt to strike the sliotar has been made, and no player may physically or verbally distract a free-taker. A player holding her hurley upright will not constitute an interference.

Penalty: The free will be awarded from a point 10 metres nearer to the offending player's goal but not within the 10 metre line of that goal.

20.2. Where a player from the defending team plays the sliotar across the end-line the Referee must award a free to the attacking team from a point on the 30 metre line opposite to where the sliotar crossed the end-line.

The last player touching the sliotar will be considered the last person playing the sliotar.

20.3. Where the sliotar strikes anyone other than a player at or near the end-line, and if the Referee adjudges that in so doing the sliotar was prevented from going out of play, a wide or 30 metre free as applicable must be awarded.











**THE  
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