

FOOTBALL REVIEW COMMITTEE



**Coaches webinar
16-12-2024**

FRC
2024/2025

Gaelic Games will be the most enjoyable amateur games in the world to play and watch



THE 7 CORE ENHANCEMENTS

1
1 V 1
FOR THROW IN
TO START
THE GAME

2
PLAYERS
MAY BE
INSIDE 20M
BEFORE KO

3
NO BACK PASS
TO GOALKEEPER
MUST BE PASSED
1/2 LINE

4
40M
SCORING ARC,
AND SCORING
SYSTEM

5
3/3
UP/BACK

6
SOLO
&
GO

7
ADVANCED
MARK
INSIDE 20M

Dissent

Game
Administration

Dissent

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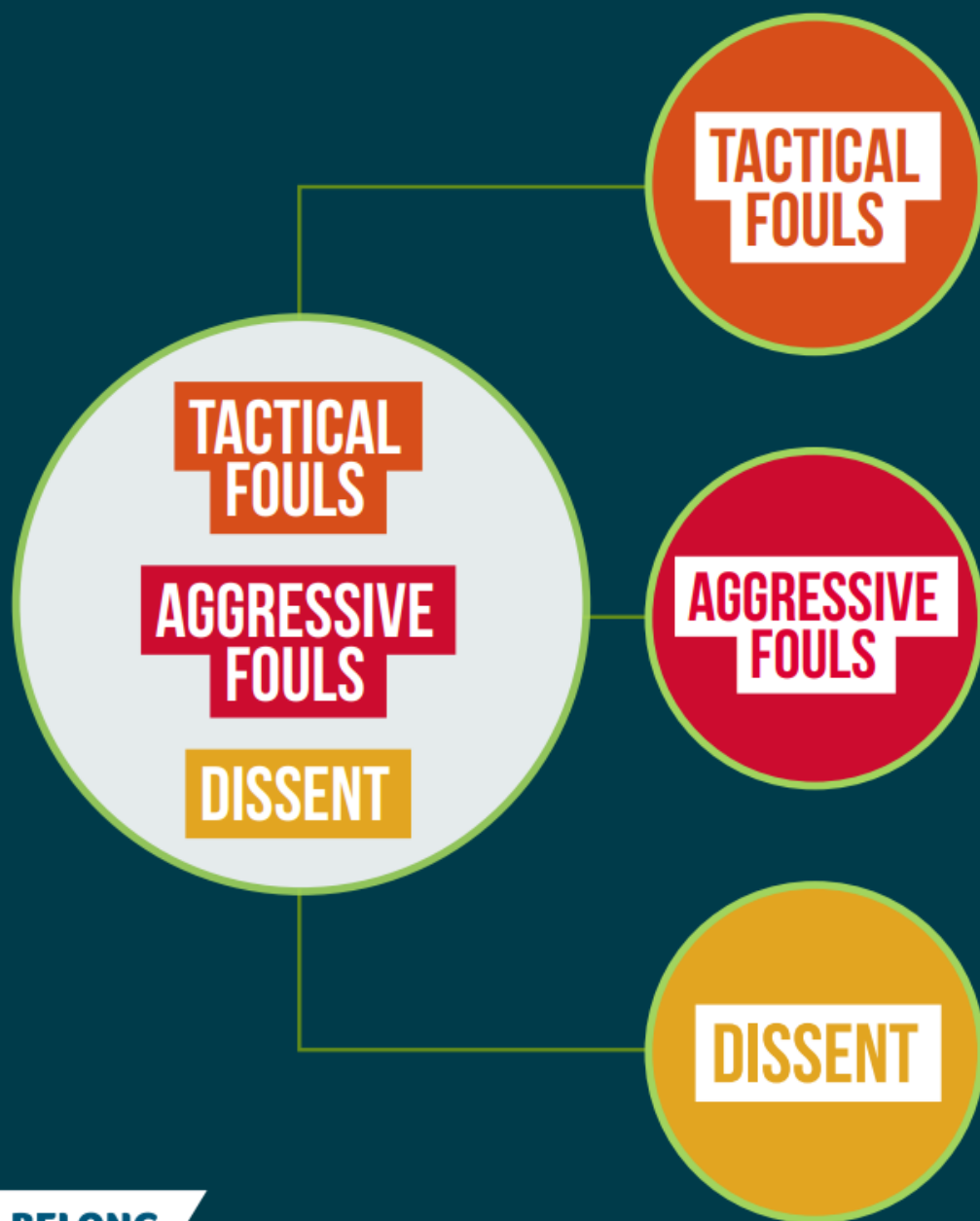
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1 50m advancement for tactical foul.

2 50m advancement for interfering with free kick, sideline ball or kick out.

1 Tactical foul = Cat II infraction.

2 Contributing to a melee = Cat II infraction.

1 50m for forcefully challenging referee.

2 13m free kick awarded against a team for dissent from an identifiable team official(s) or non playing sub(s).

3 U17 and below, black card for dissent but player can be immediately replaced.

1. 50M ADVANCEMENT FOR TACTICAL FOULING

PRINCIPLE CONCEPT

Disincentivise tactical fouling, which significantly slows down the play, by introducing a penalty which advances the ball forward 50m from where the tactical foul occurred.

Tactical Fouling is defined as “any foul which purposefully and deliberately delays or impedes play”.

50 Metres

1. 50M ADVANCEMENT FOR TACTICAL FOULING

Expanded notes:

- A 50m free advancement is awarded for 'Tactical Fouling'.
- Tactical Fouling is defined as "any foul which purposefully and deliberately delays or impedes play".
- In the case of an opposing player not retreating 13m to allow space for the free kick to be taken, including a Solo & Go Free kick, to deliberately block or attempt to block the kick within 13m, or to impede the free taker when the player is taking the kick, including a Solo & Go Free kick – this will be deemed a tactical foul.
- The penalty shall be a Free kick 50m in the direction of the goal posts to a more advantageous position than the original free, up to the opponents 13m line.
- If the 50m advancement brings the ball inside the 40m arc (i.e. into the 1 point scoring area), the team in possession may elect to take a free kick on or outside the arc (i.e. to attempt a 2 point score).
- When the team in possession immediately take a Free Kick or a Solo & Go from where tactical foul occurred, this cancels the 50m advancement.



2. PENALTY FOR DELAYING OR INTERFERING WITH AN OPPONENT TAKING A FREE KICK OR SIDELINE KICK

PRINCIPLE CONCEPT

Disincentivise teams who purposefully attempt to delay and slow down play after conceding a free kick or side line ball, by introducing a penalty which advances the ball forward 50m from where the tactical foul occurred.

There is also evidence where players commit a technical foul (e.g. overcarrying) and do not release the ball to the opposition in a prompt manner, with the aim of delaying play.

The current penalty for this infraction is a free kick to the opposition, 13m more advantageous than the place of the original kick - up to the opponents 13m line. A 50m penalty for this infraction will disincentivise this practice of holding onto the ball for the purpose of delaying or slowing down play.



2. PENALTY FOR DELAYING OR INTERFERING WITH AN OPPONENT TAKING A FREE KICK OR SIDELINE KICK

Expanded notes:

Amend Rule 4.18 To delay an opponent taking a free kick or sideline kick by:

(a) Hitting or kicking the ball away and not returning the ball directly to an opponent on the full.

(b) Not releasing the ball to the opposition.

or

(c) Deliberately not moving back to allow a quick free or solo and go to be taken.

Amend Rule 4.19 To interfere with a player taking a freekick, sideline kick or kickout by jumping up and down, waving hands, or any other physical or verbal interference considered by the referee to be aimed at distracting the player taking the kick.

Exception: A player holding their hands upright shall not constitute an interference.

Penalty for the above foul – Free kick 50m in the direction of the goal posts to a to a more advantageous position than the original kick – up to opponents' 13m line.



2. PENALTY FOR DELAYING OR INTERFERING WITH AN OPPONENT TAKING A FREE KICK OR SIDELINE KICK

Returning the ball on the full

There is evidence that opposing players do not return or are slow to 'return the ball on the full' to the player who was fouled. This behaviour deliberately slows down and delays play preventing the fouled player taking advantage of an immediate Solo and Go, or from taking a quick Free Kick.

Players should 'return the ball on the full' to the player fouled in a prompt and respectful manner. Returning the ball on the full is also aligned with the Association's 'Give Respect - Get Respect' initiative.

'Returning the ball on the full' means that after a foul is committed, the opposition must return the ball directly to the player fouled in a prompt and respectful manner.



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1. CYNICAL BEHAVIOUR FOR DELIBERATELY HOLDING UP A PLAYER

PRINCIPLE CONCEPT

Disincentivise intentional tactical fouling where, for the purposes of gaining an advantage, a player, either in possession or not, is deliberately held up, but not pull down to the ground by an opposing player.

As such the offending player while committing a foul, knows they will avoid a Black Card as they have not pull down the player to the ground (see: Category II Infraction - Rule 5.10 "To deliberately pull down an opponent").

Expanded notes:

Introduce a 5th Category II Infraction (i.e. a Black Card):

"5.15 To deliberately hold up but not pull down an opponent to the ground for the purpose of gaining an advantage."



2. TO CONTRIBUTE TO A MELEE

PRINCIPLE CONCEPT

Contributing to a melee is currently a Category III Infraction (Rule 5.19). Evidence suggests that match officials are reluctant to enforce this rule (i.e. sending off a player who is contributing to a melee), unless an attempted kick or strike or other Category III Infractions were observed during the melee. The FRC rule amended moves 'contributing to a melee' to a Category II Infraction.

This will assist match officials who are more likely to issue a Black Card/10 min Sin Bin to those player(s) who join in and contribute to the fracas/melee with behaviour such as pushing and shoving/ grappling with opposition players etc, which is not acceptable and reflects poorly on our game but might not be deemed a Category III Infraction/ Red card offence.

The threat of a black card, which is more likely to be actioned on by match officials, will discourage players from contributing to a melee.



2. TO CONTRIBUTE TO A MELEE

Expanded notes:

Add to Category II Infractions:

“To be the third Player into a melee except where a Player’s sole intention is to remove a team-mate from the incident - the third man is deemed to have incited and contributed to the melee.”

Penalty for the above foul - Order the offender off for ten minutes in the Sin Bin by showing the offender a Black Card..... Etc.”



1. TO SHOW DISSENT WITH THE REFEREE'S DECISION TO AWARD A FREE KICK TO THE OPPOSING TEAM

PRINCIPLE CONCEPT

To reinforce the importance of showing respect to Referees, the penalty for dissent towards referees is made more severe to establish that dissent towards Referees is unacceptable. The FRC recommendation below in relation to the Referees communicating with teams prior to the throw-in will help to improve the relationships between players and match officials.

This proposal supports, in a meaningful way, the Association's 'Give Respect - Get Respect' initiative seeking to ensure that Gaelic Games are promoted and played in a positive, fair and enjoyable manner at all ages and regardless of competition where players, coaches, referees and spectators Give Respect and Get Respect from each other.



1. TO SHOW DISSENT WITH THE REFEREE'S DECISION TO AWARD A FREE KICK TO THE OPPOSING TEAM

FRC Recommendation:

Referees are encouraged to communicate with teams in advance of the throw-in (see FRC 2012/14 recommendation).

The team captain, or a nominated deputy if the captain is goalkeeper or was no longer on the field, are the only players that may speak to the referee to seek clarification.

Expanded notes:

Amend Rule 6.4:

To Show dissent by forcefully challenging the Referee's decision to award a free kick to the opposing team, either verbally or by gesturing.

Penalty - The free kick already awarded shall be taken 50m more advantageous than the place of original kick - up to opponents' 13m line. Further dissent on an occasion shall be considered as a breach of Rule 6.1 and shall be penalised accordingly.



2. ABUSIVE MISCONDUCT AT GAMES BY TEAM OFFICIALS

PRINCIPLE CONCEPT

The aim of this rule amendment is to discourage abusive and aggressive behaviour by Team Officials and non-playing substitutes towards game officials.

The penalty for such misconduct will be the concession of a free kick to the opposition on the offending team's 13m line.

This proposal supports, in a meaningful way, the Association's 'Give Respect - Get Respect' initiative, seeking to ensure that Gaelic Games are promoted and played in a positive, fair and enjoyable manner at all ages and regardless of competition where players, coaches, referees and spectators Give Respect and Get Respect from each other.



2. ABUSIVE MISCONDUCT AT GAMES BY TEAM OFFICIALS

Expanded notes:

Amend Rule 5 - Misconduct At Games By Team Officials, to include:

If an identifiable team official, and/or identifiable non-playing substitutes, challenge the authority of the Referee, Score Umpire, Line Umpire or Sideline Official, or remonstrate in an aggressive manner, including the use of threatening or abusive language, the penalty is:

- A free kick is awarded to the opposition at point on the offending team's 13m line centred on the goal line.
- This free kick awarded will accrue 1pt.
- If a free kick was awarded outside the 40m arc, and opposition Team Officials were penalised for dissent, the kicking team may choose to take the free kick, if the ball was moved up, to the apex of the 40m arc. If scored this would accrue 2 pts.



3. TO SHOW DISSENT BY A PLAYER AT U17 OR YOUNGER GRADES

PRINCIPLE CONCEPT

The GAA 'Give Respect - Get Respect' initiative seeks to ensure that Gaelic Games are promoted and played in a positive, fair and enjoyable manner at all ages and regardless of competition where players, coaches, referees and spectators Give Respect and Get Respect from each other.

The initiative calls for the promotion of the Code of Behaviour at U17 and younger grades, emphasising to players, regardless of age, that they should at all times respect their own fellow team members, their opponents and at all times respect the decisions of match officials.

The introduction of this Black Card offence for players at U17 or younger grades is aligned with the 'Give Respect - Get Respect' initiative and emphasises to players that dissent towards a match official is unacceptable and will not be tolerated by the Association.

The rule focuses on the player who shows dissent, rather than penalising the team, as the player who is ordered off for 10 minutes can be immediately replaced by a teammate for the duration of the 10 minutes.

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3. TO SHOW DISSENT BY A PLAYER AT U17 OR YOUNGER GRADES

Expanded notes:

Insert new rule in Rule 6 - DISSENT:

At U17 or younger grades, to show dissent by challenging verbally, or aggressively gesturing, the authority of a Referee, Score Umpire, Line Umpire or Sideline Official, or remonstrating in an aggressive manner.

- Order the offender off for ten minutes in the Sin Bin by showing the offender a Black Card. The offending player can be replaced immediately by a teammate for the duration of the ten minutes.



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1. 1V1 FOR THROW-INS COMMENCING PLAY

PRINCIPLE CONCEPT

Fouling consistently occurs at the commencement of each half during 2 v 2 throw ins. Fouling happens either before or as the ball is thrown in, or as one of the midfield players gains possession.

The 1 v 1 throw in will make for an improved spectacle, as the player gaining possession will have the opportunity to immediately attack.

The other two midfielders are positioned on opposite sidelines adjacent to the 2 players contesting the throw-in and enter the field on play as the ball is thrown in.



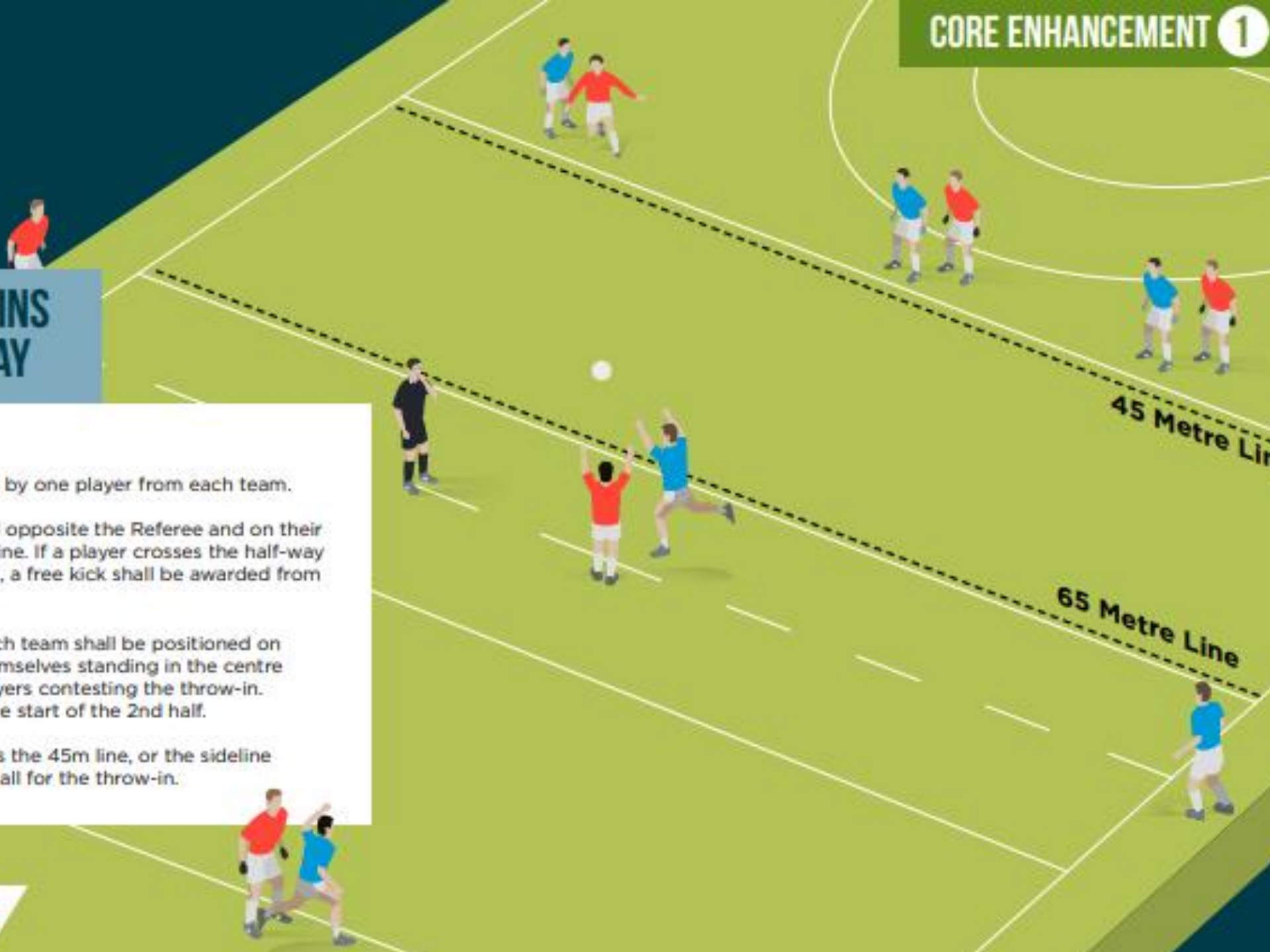
45 Metre Line

65 Metre Line

1. 1V1 FOR THROW-INS COMMENCING PLAY

Expanded notes:

- The throw in shall be contested by one player from each team.
- The players must be positioned opposite the Referee and on their defensive side of the half-way line. If a player crosses the half-way line, before the ball is thrown in, a free kick shall be awarded from where the foul occurred.
- The second midfielder from each team shall be positioned on opposite sidelines, position themselves standing in the centre of the sideline and face the players contesting the throw-in. Teams will swap sidelines for the start of the 2nd half.
- All other players may only cross the 45m line, or the sideline after the Referee releases the ball for the throw-in.



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2A. KICK-OUTS: KICKOUT ALLOWED TO BE TAKEN BEFORE ALL PLAYERS ARE OUTSIDE THE 20M LINE

PRINCIPLE CONCEPT

The resumption of play after a score or wide is often delayed as players return to position outside the 20m line. Allowing players to remain inside the 20m line during a kickout will speed up the game, possibly allowing an attack to quickly develop by the team in possession before the defending team get into position.

It will also allow for some innovation, where defending teams may position a player(s) behind the goalkeeper kicking the ball, in the off chance that they win the kickout and pass the ball immediately to that player(s).



2A. KICK-OUTS: KICKOUT ALLOWED TO BE TAKEN BEFORE ALL PLAYERS ARE OUTSIDE THE 20M LINE

Expanded notes:

- Expanded notes: Players may remain inside the 20m line before the kickout is taken.
- Players must not infringe the goalkeeper, or another opposition player, taking the kickout. Penalty - Free kick awarded at the halfway line.
- If the goalkeeper is not taking the kick-out, the goalkeeper shall stay in the small rectangle.
- The ball shall travel beyond the 20m line and outside the 40m arc before being played by another player on the attacking team.
- Players may remain inside the 40m arc but must not be closer than 13m from the ball.
- A player in direct receipt of a kick-out may not pass the ball to their team's goalkeeper, or another player taking the kickout, without another player playing the ball.



40 Metre Arc

2B. KICK-OUTS: THE BALL MUST TRAVEL BEYOND THE 40M ARC

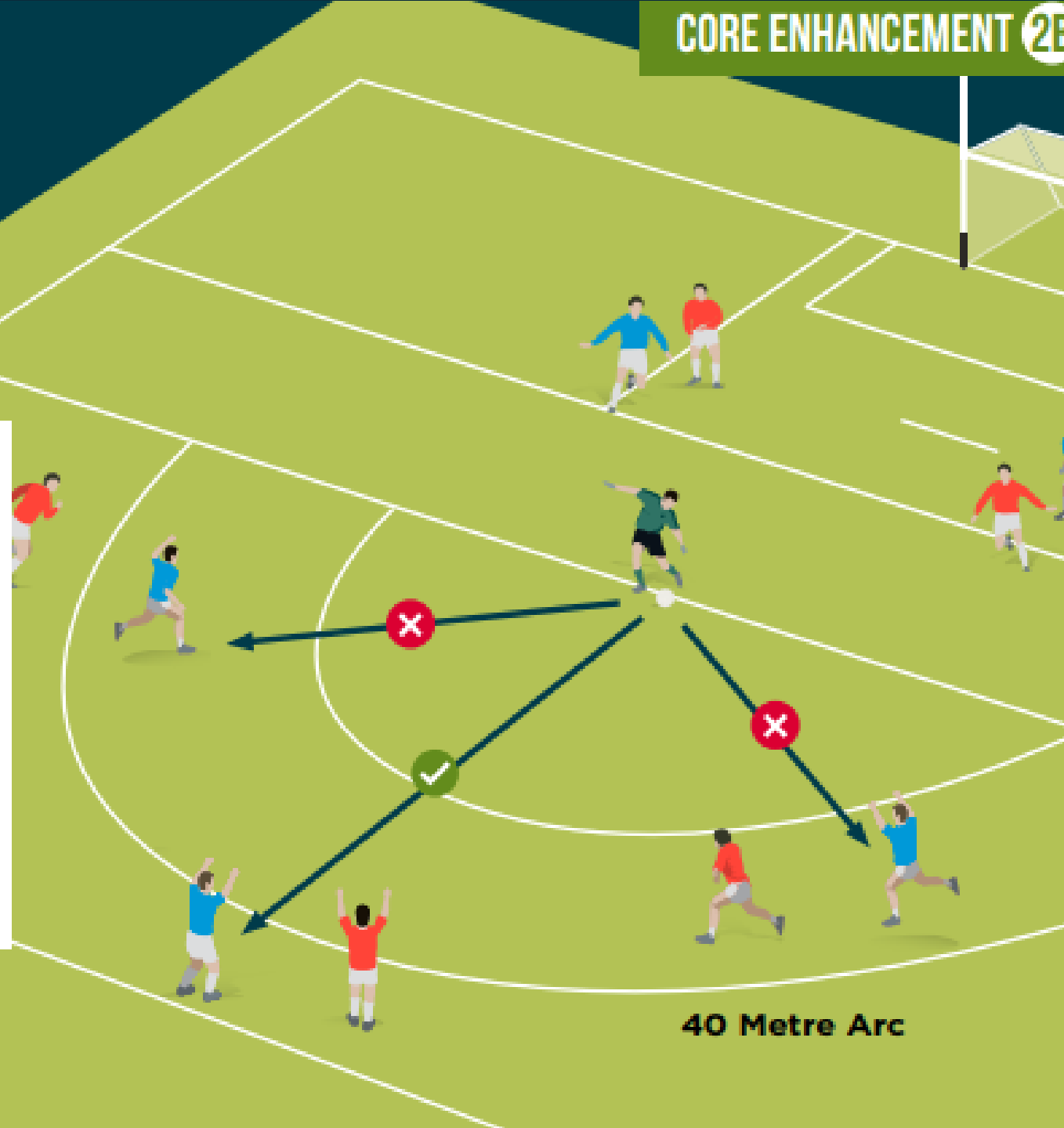
PRINCIPLE CONCEPT

With the introduction of the 40m arc for scoring all kickouts will have to travel past the 40m arc.

This requires a slightly longer kickout from the midpoint of the 20m line (20m to the apex of the arc, and 34m to where the arc intersects the 20m line). It will also create more 1 to 1 contests, as the arc is larger than previous, thus taking up more space on the pitch.

Similar to the current kick-out rule for the 13m semi-circle arc, the ball can only be played once it travels outside the new 40m arc i.e. players will need to be outside the 40m arc to receive the ball from a kickout.

However, to speed up the kickout, players from both teams may be inside the 40m but must be 13m from the ball. If they play the ball inside the arc from a kickout, a free kick is awarded to the opposition.

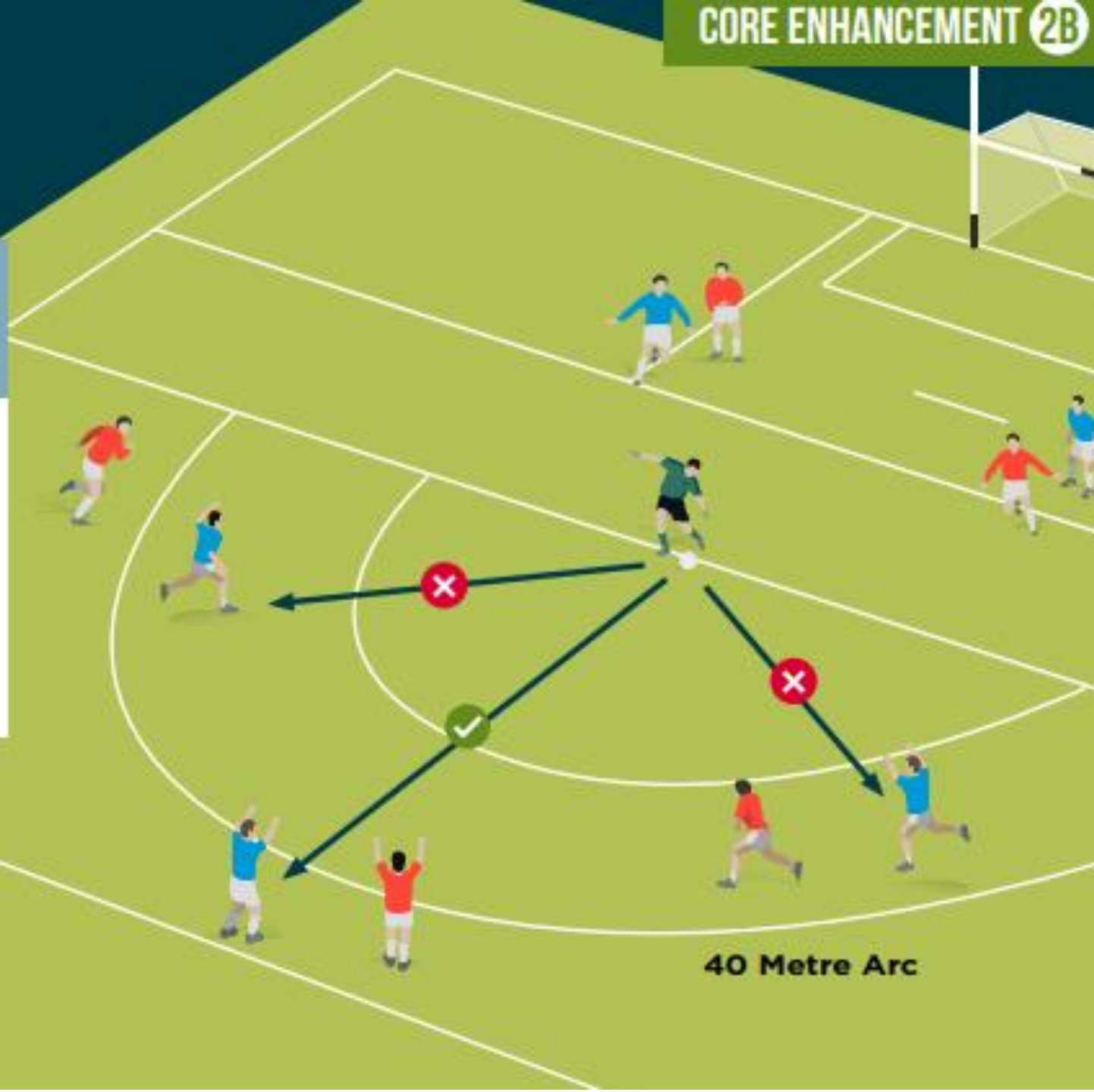


40 Metre Arc

2B. KICK-OUTS: THE BALL MUST TRAVEL BEYOND THE 40M ARC

Expanded notes:

- The ball shall travel the 40m arc before being played by another player on the attacking team.
- Players may remain inside the 40m arc but must not be closer than 13m from the ball.
- Penalty for interfering with or gaining possession of the ball inside the 40m arc - Free kick to be awarded 50m more advantageous than the position of the original kick-out.

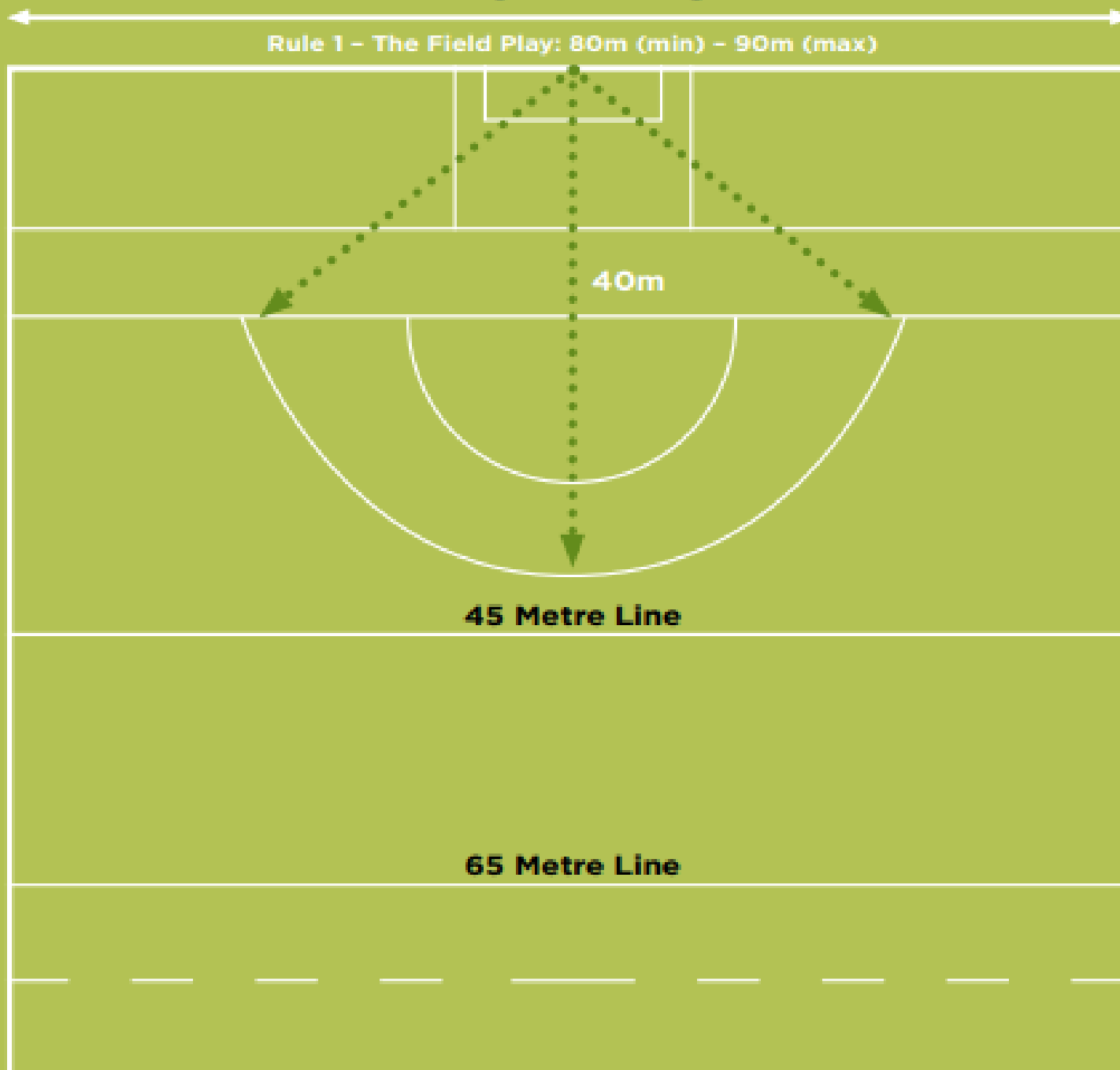


MIDLINE OF THE PITCH

"The midline of the field of play shall be marked parallel to the endlines and shall have a length of 10m in the centre of the pitch.

In addition, lines of 5m in length shall be marked out from the 10m midline line, at intervals of 5m across the field parallel to the endline. The intersections of these dashed lines with the sideline shall be marked by flags".

40m Arc



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3A. INSIDE THE HALFWAY LINE THE GOALKEEPER CAN ONLY RECEIVE THE BALL FROM A TEAMMATE INSIDE THE LARGE RECTANGLE

PRINCIPLE CONCEPT

Frequently, teams in possession of the ball inside their own half of the pitch are recycling the ball back to their goalkeeper - sometimes when the player in possession is being tackled by the opposition and sometimes just to slow play down. This often causes the opposition forwards to retreat back inside their own half of the pitch.

When a defender gains possession in front of the goal (i.e. inside the large rectangle) he may use the goalkeeper as an outlet.

The goalkeeper may carry the ball outside the large rectangle without restriction.

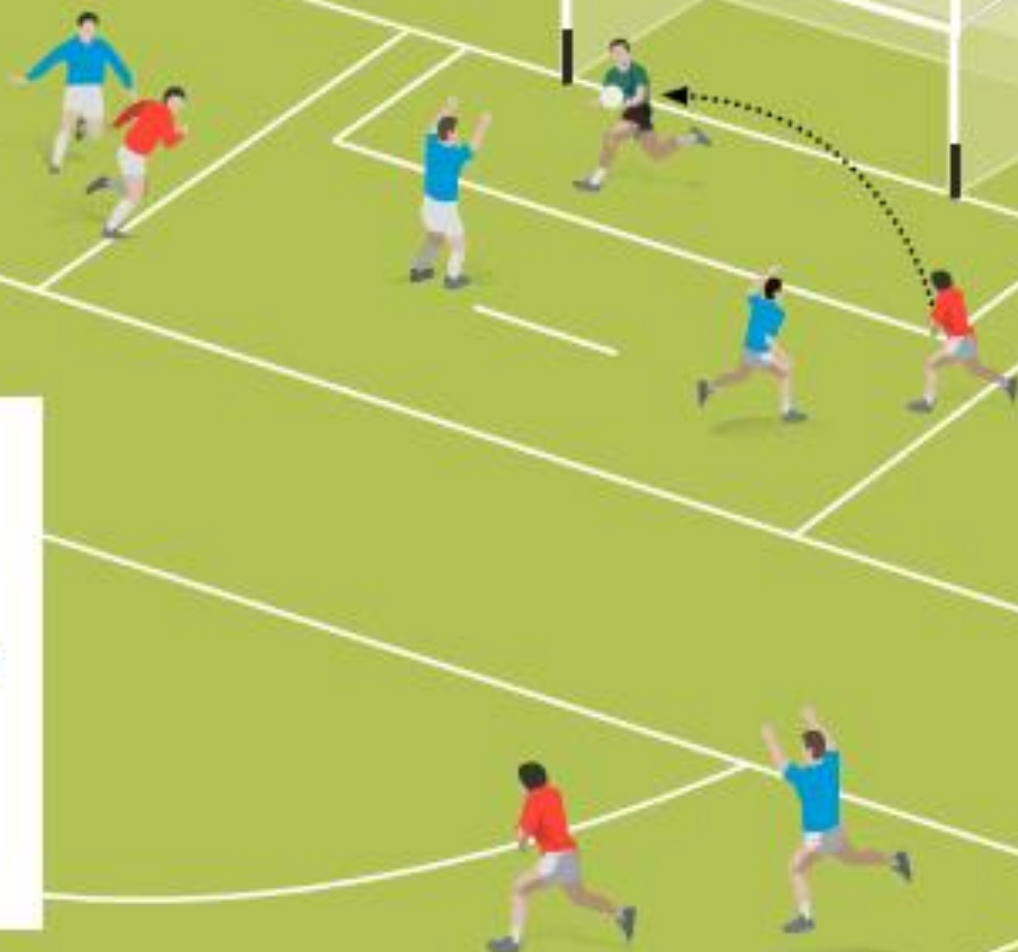
The rule is also to encourage the team in possession to play in a forward direction and not use the goalkeeper as a pivot and an outlet to recycle possession.



3A. INSIDE THE HALFWAY LINE THE GOALKEEPER CAN ONLY RECEIVE THE BALL FROM A TEAMMATE INSIDE THE LARGE RECTANGLE

Expanded notes:

- The Goalkeeper can receive the ball inside the large rectangle, and the teammate passing the ball must be within the large rectangle. Otherwise, the goalkeeper must be beyond the halfway line to receive the ball from a team-mate.
- If the goalkeeper receives a pass inside the large rectangle, the goalkeeper may advance the ball outside the large rectangle without any restriction. Note: the goalkeeping rule on receiving a pass, including a return pass, beyond the midfield line still applies.
- If the goalkeeper intercepts the ball from an opposing player anywhere on the pitch, the goalkeeper may advance the ball without restriction. Note: the goalkeeping rule on receiving a pass, including a return pass, beyond the midfield line still applies.



3B. THE GOALKEEPER CAN RECEIVE THE BALL FROM A TEAMMATE BEYOND THE HALFWAY LINE

PRINCIPLE CONCEPT

The rule is to encourage the team in possession to play in a forward direction and not use the goalkeeper as a pivot and an outlet to recycle possession.

It supports recent team play innovation, where goalkeepers support the attack beyond their halfway line.

It will also allow goalkeepers to position themselves out from their goal area on opposition kickouts, and during general play. This rule promotes the ball to be moved forward by the team in possession, in their half of the field, as the option of 'back passing' to the goalkeeper, will no longer be allowed.

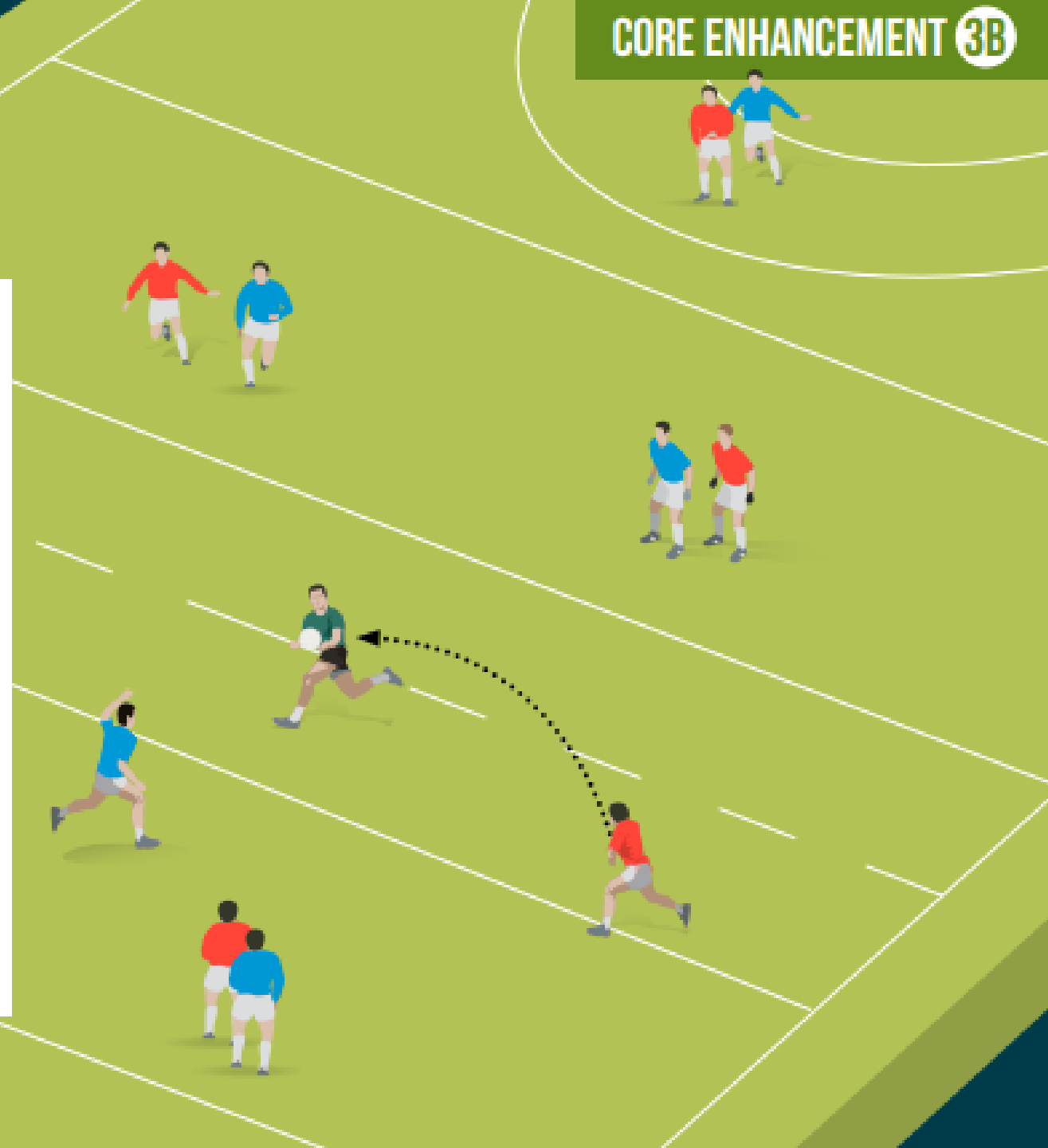
Aligning this rule on the halfway line with the 3/3 structure rule will simplify it for players, match officials and spectators.



3B. THE GOALKEEPER CAN RECEIVE THE BALL FROM A TEAMMATE BEYOND THE HALFWAY LINE

Expanded notes:

- The Goalkeeper can receive the ball from a team mate only beyond the halfway line. Otherwise, the goalkeeper must be inside his large rectangle to receive the ball from a teammate, who must also be inside the large rectangle
- If the goalkeeper receives a pass inside the large rectangle, the goalkeeper may advance the ball outside the large rectangle without any restriction.
- There are no passing restrictions once the goalkeeper crosses the halfway line.
- If the goalkeeper intercepts the ball from an opposing player anywhere on the pitch, the goalkeeper may advance the ball without restriction.
- The goalkeeper may assist the attack or defence and are not considered as one of the players that must remain inside their halfway line (and the goalkeeper cannot be considered as one of the players that remain inside the opposition halfway line) i.e. the goalkeeper is independent of this rule.
- The Goalkeeper cannot be counted as one of the 3 players that must remain in the opposition half of the field, when his team are defending i.e. the goalkeeper cannot play as one of the players that must remain inside the opposition half of the field.



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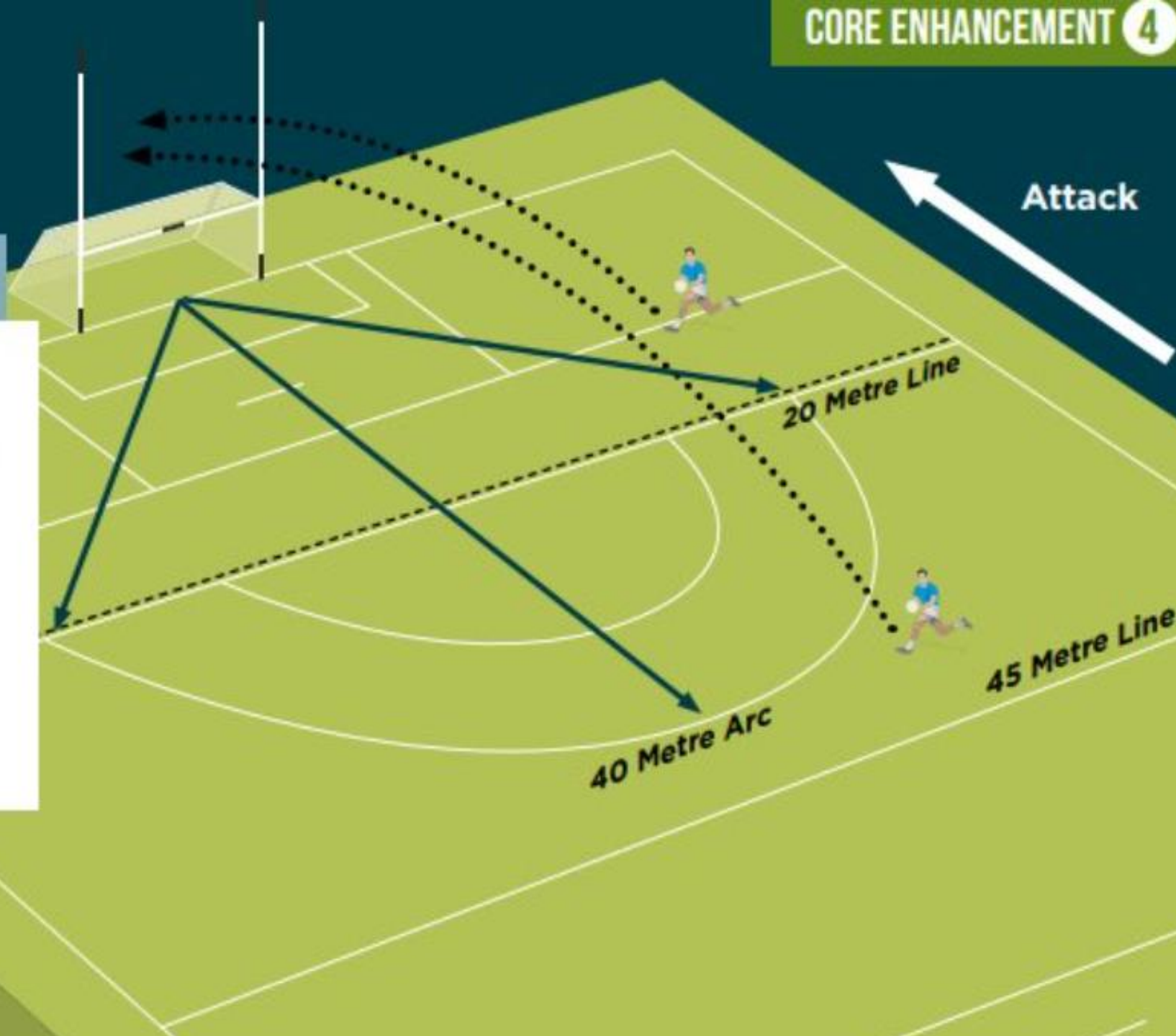
4. 2PT SCORING AREA

PRINCIPLE CONCEPT

Encourage teams to shoot for long range points by introducing a 40m arc, with two points for that score. This, we believe, will get supporters up off their seats.

This will also ask tactical questions of the defending team, which will may require defending players to push out to the 40m arc or beyond to prevent the team in possession attempting shots for two-point scores. This has the potential to create more space closer to the goal.

A point taken inside the arc and/or inside the 20m line will be awarded one point.



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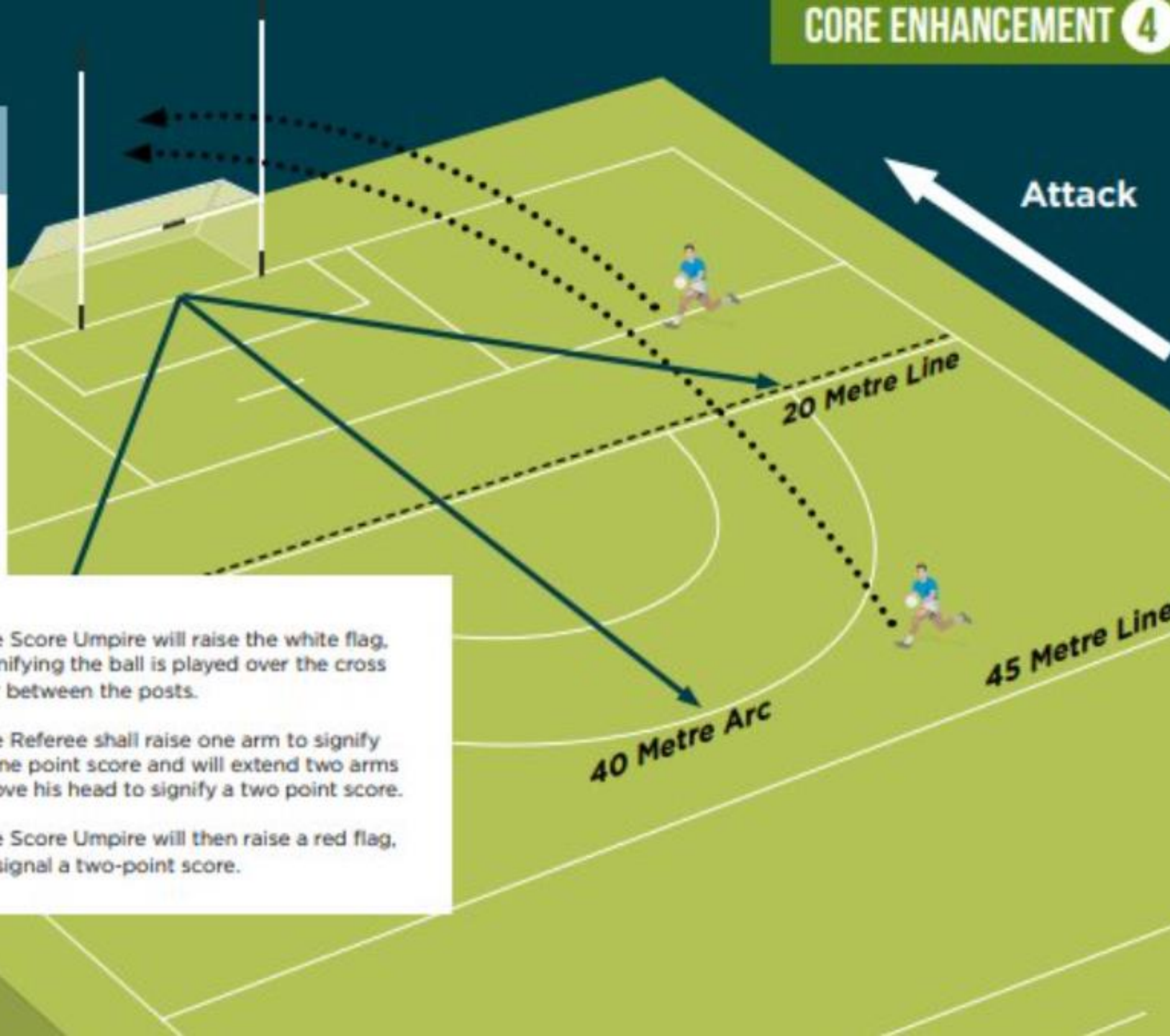
4. 2PT SCORING AREA

Scoring System:

- 2 points scored when the ball is played over the cross bar between the posts outside the 40m arc: the radius centred on the midpoint of the goal line, and arcs back to the 20m line.
- 1 point awarded for a 45.
- 1 point awarded for a point inside the 40m arc or inside the 20m line.
- A goal is equivalent to 3 points.

Expanded notes:

- If a free is conceded outside the 40m arc and, because of dissent or a tactical foul, the ball is taken 50m forward to a more advantageous position, up to opponents' 13m line, the resulting free kick scored is still equivalent to 2 points.
- A point outside the 40m arc will be allowed so long as the standing foot is planted on or outside the 40m arc (similar to sideline rule).
- The Score Umpire will raise the white flag, signifying the ball is played over the cross bar between the posts.
- The Referee shall raise one arm to signify a one point score and will extend two arms above his head to signify a two point score.
- The Score Umpire will then raise a red flag, to signal a two-point score.



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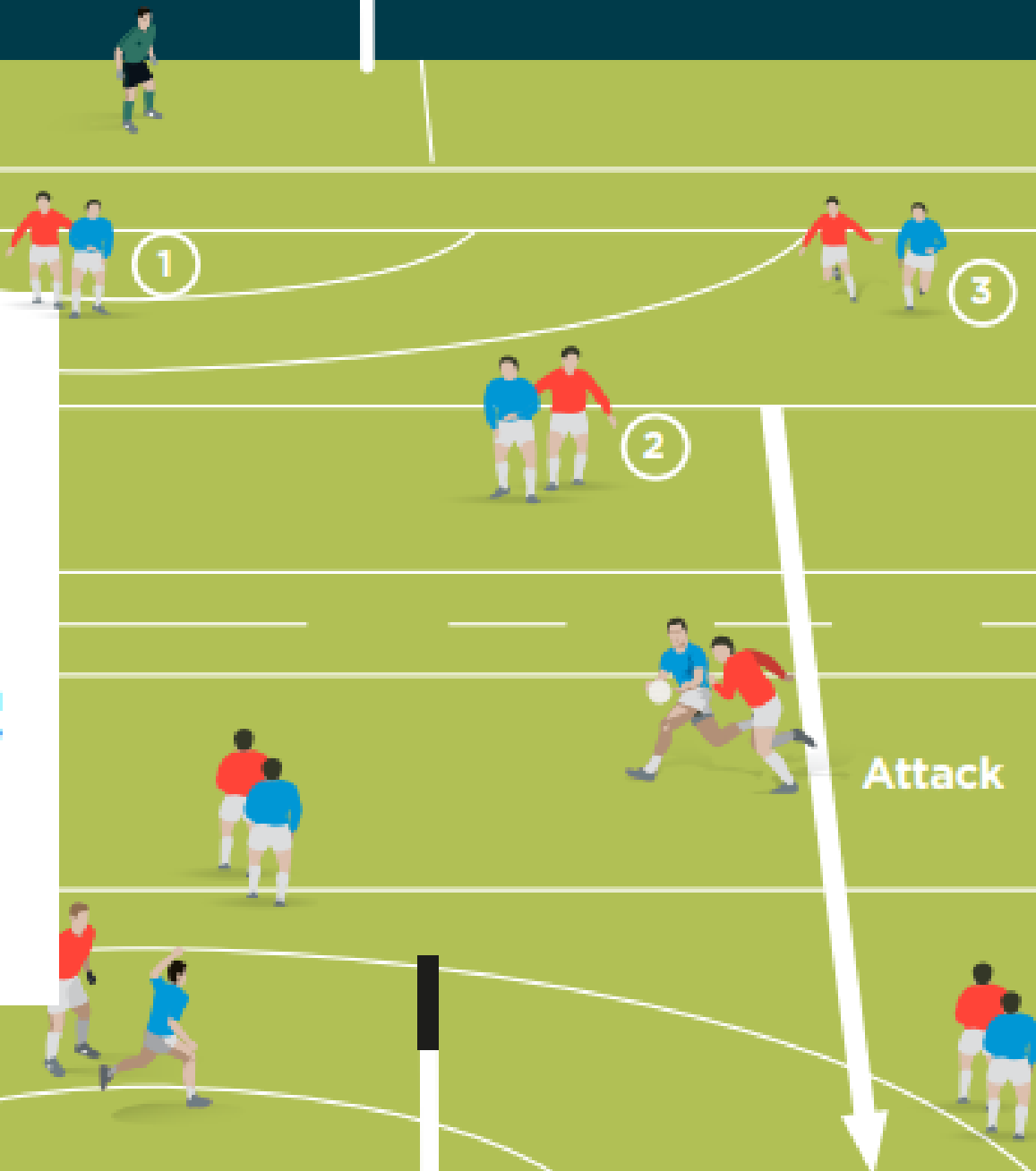
5A. 3/3 STRUCTURE RULE

PRINCIPLE CONCEPT

Having three outfield players from each team inside each half of the pitch will provide a traditional structure for both teams. For the team in possession, this set-up creates outlets and encourages quicker transfer and forward kick-passing of the ball by the attacking team. It should help to reduce the lateral re-cycling and passing of the ball inside the defensive half of the pitch and lead to more exciting play in the attacking areas. It also promotes one-to-one defending; a lost art in the game at present.

The 3/3 Structure Rule will also limit the number of outfield players defending in their own half the pitch to 11, rather than 13 or 14 outfield players, as is often the case currently. This will potentially create more space to attack into for the team in possession. It will also negate the need to reduce teams to 13 a side, as has been suggested by many contributors to the FRC survey. It is this lack of shape, rather than space, that is leading to the stalemate situations in matches.

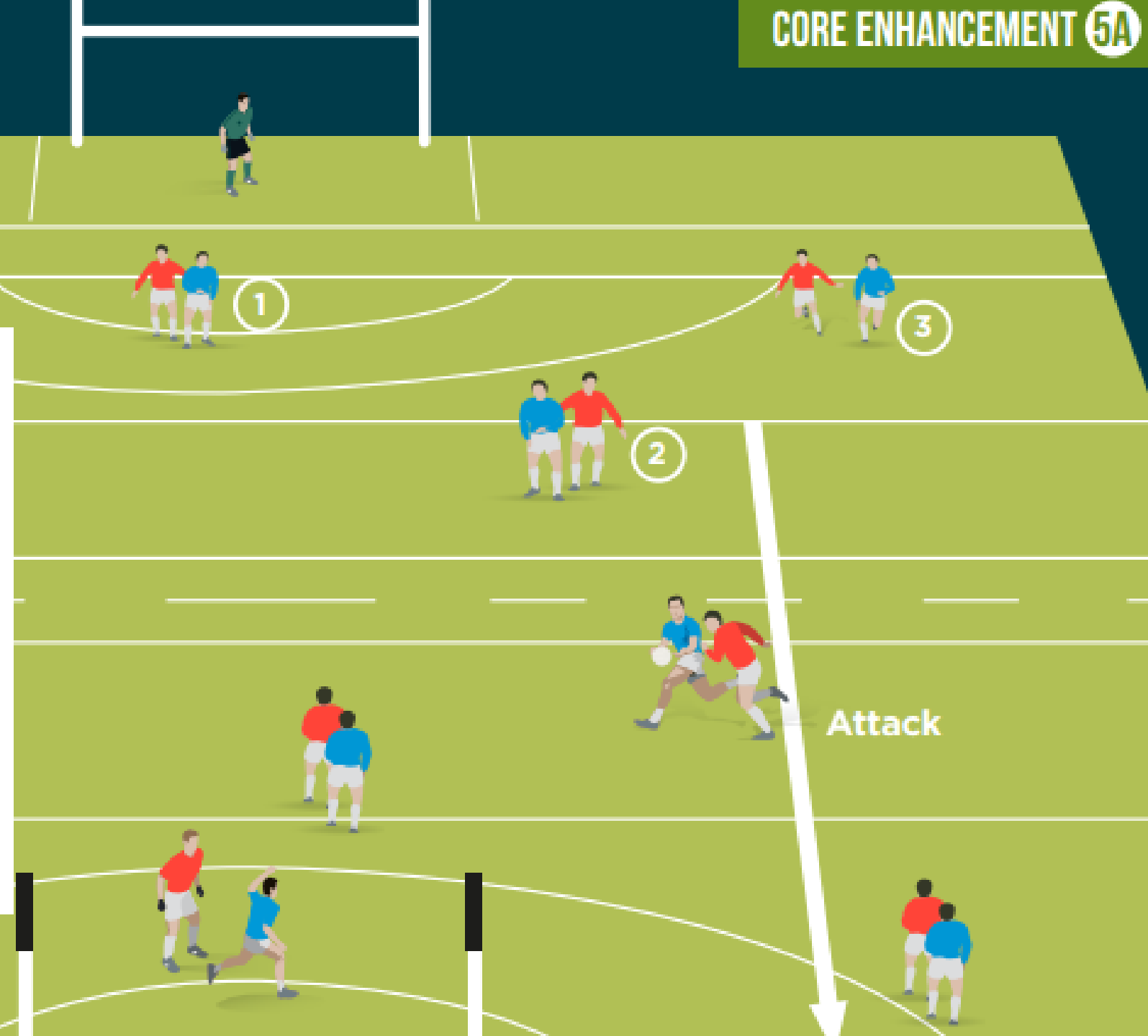
The proposal also allows the goalkeeper, from the team in possession, to support the attack in the opposition half of the field.



5A. 3/3 STRUCTURE RULE

Expanded notes:

- Both teams must keep 3 outfield players inside each half. These players can be interchangeable i.e. any 3 outfield players.
- Leaving a maximum of 11 outfield players to attack beyond their halfway line, and a maximum of 11 outfield players to defend inside the halfway line.
- The Goalkeepers may assist the attack or defence and are not considered as one of the players that must remain inside their halfway line i.e. the goalkeepers are independent of this rule, subject to restrictions in 1(d) and 1 (e).
- The Goalkeeper cannot be counted as one of the 3 players that must remain in the opposition half of the field, when his team are defending i.e. the goalkeeper cannot play as one of the players that must remain inside the opposition half of the field



5B. 3/3 STRUCTURE RULE

Penalties

- A player crosses the halfway line in the act of carrying, receiving or intercepting the ball, and leaving less than the minimum required players of their team inside the halfway line.
Penalty - Free kick shall be awarded to the opposing team from the place where the player crossed the halfway line (similar to Rule 2.9)
- A player(s) from both teams moves simultaneously across the halfway line in the act of competing for the ball, leaving less than the minimum required players of their respective teams inside the halfway line.
Penalty - Throw in the ball where the foul occurred. (similar to Rule 2.3 and 4.34)
- The defending team withdraws player(s) and fails to keep 3 players up field in the opposition half of the pitch, in order to gain a numerical advantage in their defence.
Penalty - Free kick on offending teams' 20m line in front of scoring space
- The attacking team withdraws a player(s) and fails to keep 3 players in their own half of the pitch, in order to gain a numerical advantage in their attack.
Penalty - Free kick on offending team's 20m line in front of the scoring space.
- The goalkeeper playing as one of the players that must remain inside the opposition half of the field.
Penalty - Free kick on offending team's 20m line in front of the scoring space.

Advantage Rule for 3/3

The defending team withdraws a player(s) outside the halfway line to gain a numerical advantage in their defence, the referee may allow an advantage to develop for the attacking team. If no advantage accrues, a Free kick is awarded against the offending team on their 20m line in front of the scoring space.

The attacking team withdraws a player(s) outside of the halfway line to gain a numerical advantage in their attack and if the ball is turned over by the defending team, the referee may allow an advantage to develop. If no advantage accrues, a Free kick is awarded against the offending team on their 20m line in front of the scoring space.

Black/Red Cards

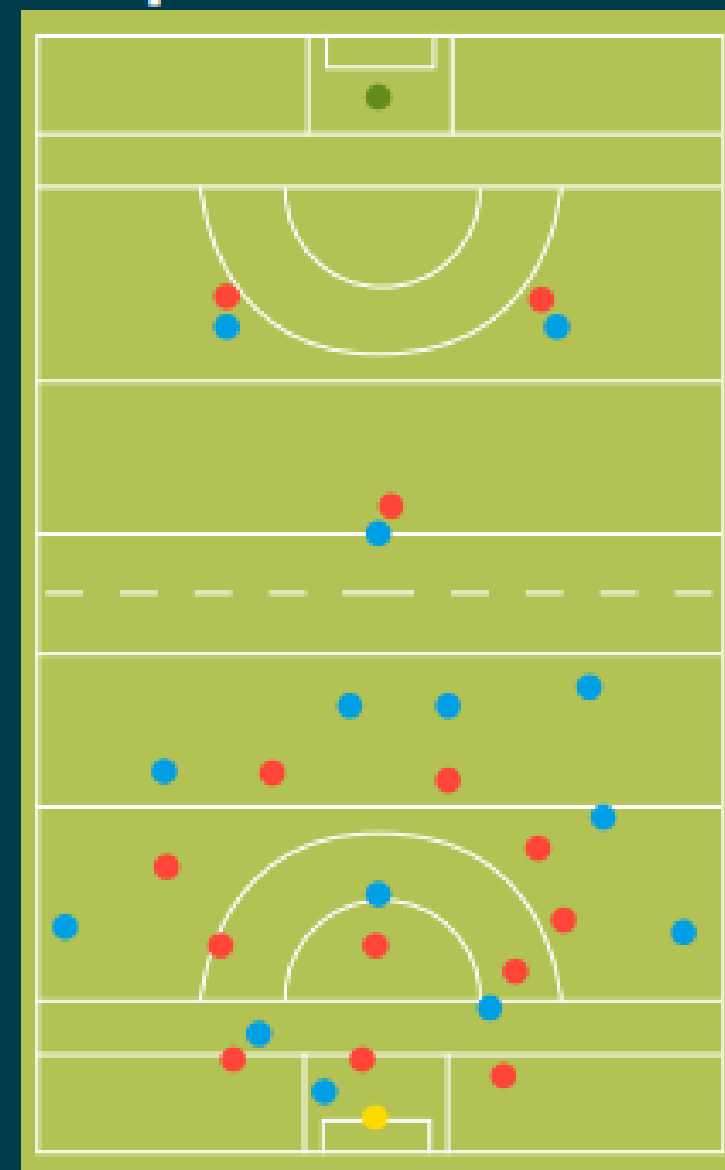
A player is ordered off the field of play, his team may adjust the number of players required inside the midfield line so they will always have a maximum 11 attacking or a maximum 11 defending players (excluding the goalkeeper) i.e. a team will not be disadvantaged defensively or in attack, due to the 3/3 Structure Rule, by having a player ordered off the field of play.

Injured players

A player(s) not seriously injured and who requires treatment, must be treated off the field of play. His team may adjust the number of players required inside the halfway line so as they will always have a maximum 11 attacking or a maximum 11 defending players (excluding the goalkeeper) i.e. a team will not be disadvantaged defensively or in attack, due to the 3/3 Structure Rule, by having a player(s) receiving treatment off the field of play.

3 Up

Blue attacking team
Red defending team



Example of how the 3/3 Structure Rule might look.

5B. 3/3 STRUCTURE RULE

Penalties

- A player crosses the halfway line in the act of carrying, receiving or intercepting the ball, and leaving less than the minimum required players of their team inside the halfway line.
Penalty - Free kick shall be awarded to the opposing team from the place where the player crossed the halfway line (similar to Rule 2.9)
- A player(s) from both teams moves simultaneously across the halfway line in the act of competing for the ball, leaving less than the minimum required players of their respective teams inside the halfway line.
Penalty - Throw in the ball where the foul occurred. (similar to Rule 2.3 and 4.34)
- The defending team withdraws player(s) and fails to keep 3 players up field in the opposition half of the pitch, in order to gain a numerical advantage in their defence.
Penalty - Free kick on offending teams' 20m line in front of scoring space
- The attacking team withdraws a player(s) and fails to keep 3 players in their own half of the pitch, in order to gain a numerical advantage in their attack.
Penalty - Free kick on offending team's 20m line in front of the scoring space.
- The goalkeeper playing as one of the players that must remain inside the opposition half of the field.
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The attacking team withdraws a player(s) outside of the halfway line to gain a numerical advantage in their attack and if the ball is turned over by the defending team, the referee may allow an advantage to develop. If no advantage accrues, a Free kick is awarded against the offending team on their 20m line in front of the scoring space.

Black/Red Cards

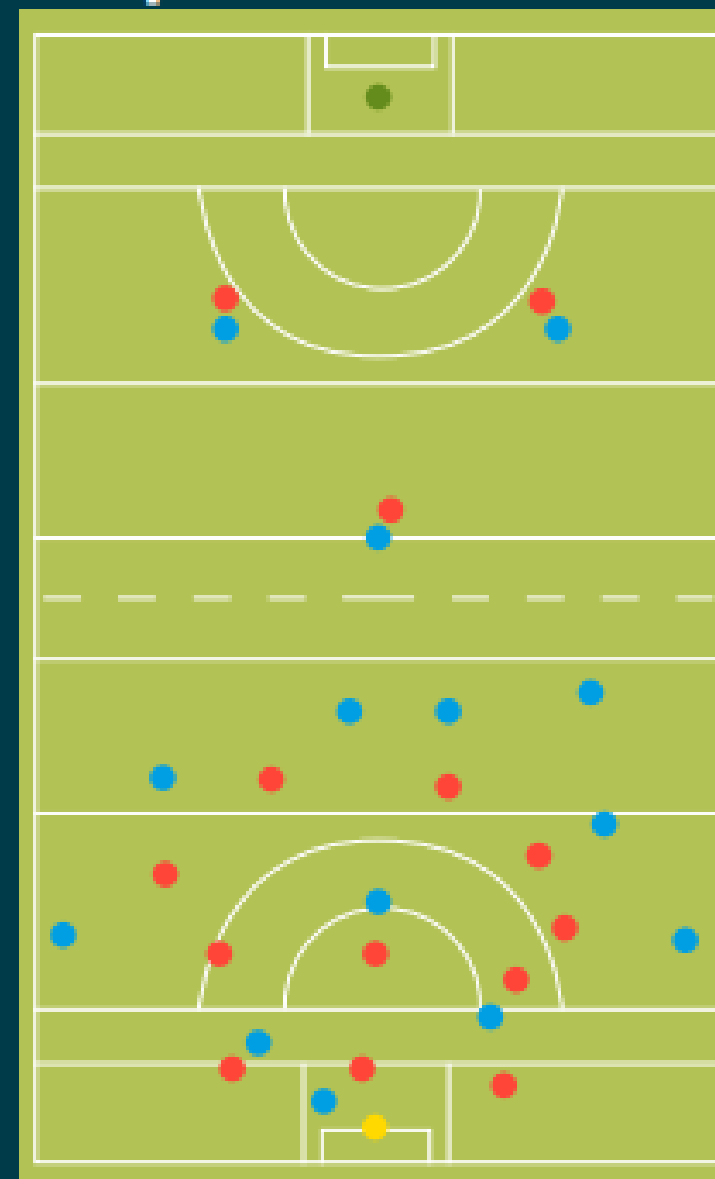
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3 Up

Blue attacking team
Red defending team



Example of how the 3/3 Structure Rule might look.

THE 7 CORE ENHANCEMENTS

1
1 V 1
FOR THROW IN
TO START
THE GAME



2
PLAYERS
MAY BE
INSIDE 20M
BEFORE KO



3
NO BACK PASS
TO GOALKEEPER
MUST BE PASSED
1/2 LINE



4
40M
SCORING ARC,
AND SCORING
SYSTEM



5
3/3
UP/BACK



6
SOLO
&
GO



7
ADVANCED
MARK
INSIDE 20M

7

Dissent



Game
Administration

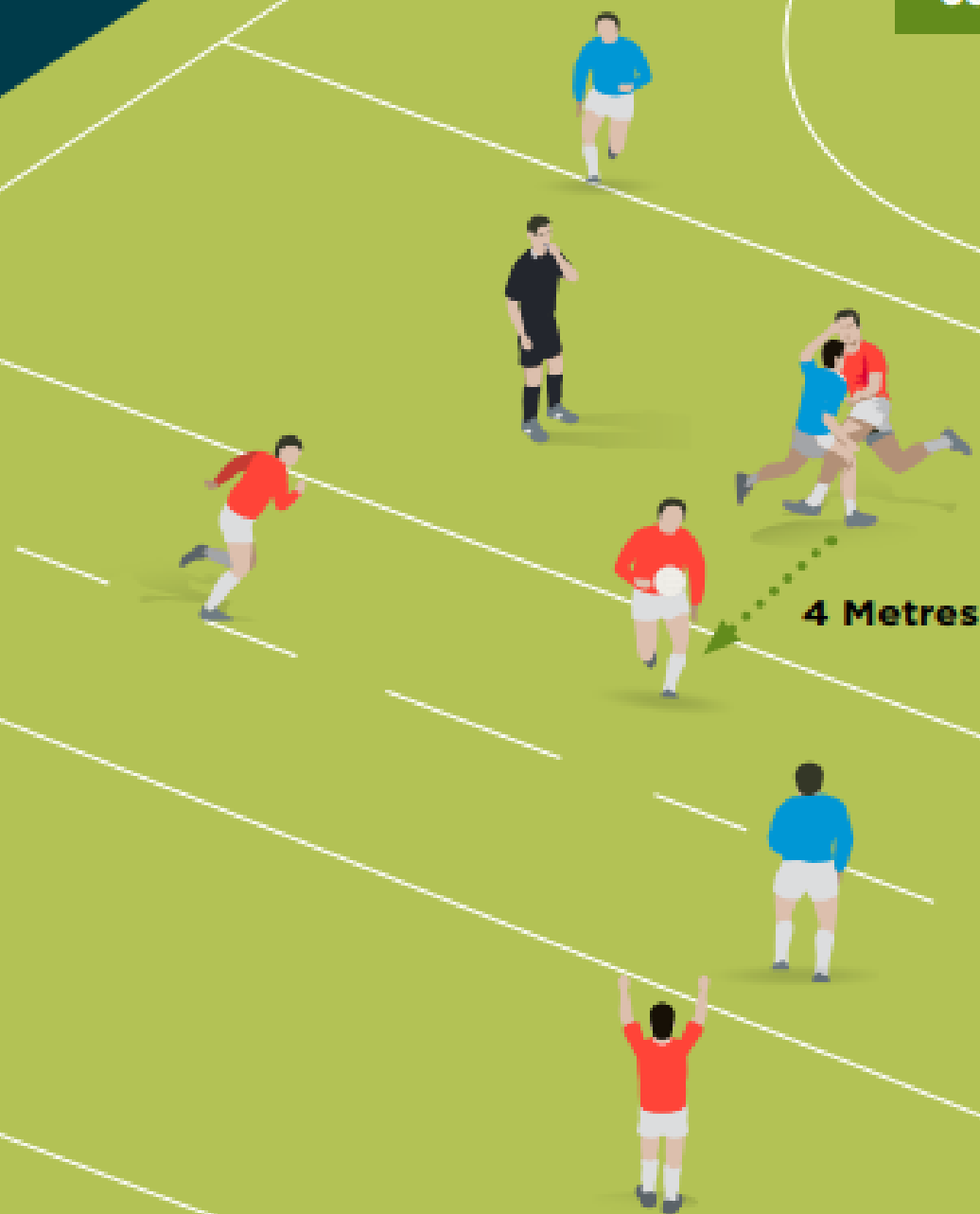
6. SOLO & GO RULE

PRINCIPLE CONCEPT

To speed up play when a player is fouled.

Currently a player must have the referee's permission to take a quick free (Rule 2.6 "With the Referee's consent, a free kick may be taken immediately").

Introducing a Solo & Go whereby if a player is fouled, he may immediately take a Solo & Go, will significantly speed up the game and present many advantages to the team in possession.



6. SOLO & GO RULE

Penalties

- The player does not need the Referee's consent to immediately take the Solo & Go Free kick.
- The referee may allow an advantage up to 4m, in a forward direction, from where the foul was committed to allow the player fouled, and in possession, to take a Solo & Go Free kick.
- The Solo & Go must go in a forward direction. Sideways is deemed to be in a forward direction.
- A Solo and Go must be taken immediately. If the Solo and Go is not taken immediately, the free kick must be taken from the place of the foul.
- The player making the Solo & Go cannot be challenged within 4m from the position where the Solo & Go was taken. Penalty: another Free kick shall be awarded 50m in a more advantageous position up to the opposition 13m line.
- Any player on the team of the player fouled can take the Solo & Go - it must be taken 4m from where the foul occurred.
- The ball must be released from the hand(s) before making contact with the foot i.e. not a 'Tap & Go'.
- A Solo & Go cannot be made inside the opposition 20m line.
- If a fouled player or his teammate are going to avail of a free-kick for a shot from the position of the foul, they must indicate this by raised an arm upright. In this instance the free-kick shall be taken from the place where the foul occurred, either from the hand or on the ground, and opposition players must retreat 13m to allow the player space to take the kick. The referee will mark the spot with vanishing foam.
- The player in possession, after indicating they are availing of a free-kick, may not take a Solo and Go. Penalty: Free kick to the opposition.



THE 7 CORE ENHANCEMENTS

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40M
SCORING ARC,
AND SCORING
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5
3/3
UP/BACK



6
SOLO
&
GO



7
ADVANCED
MARK
INSIDE 20M



Dissent



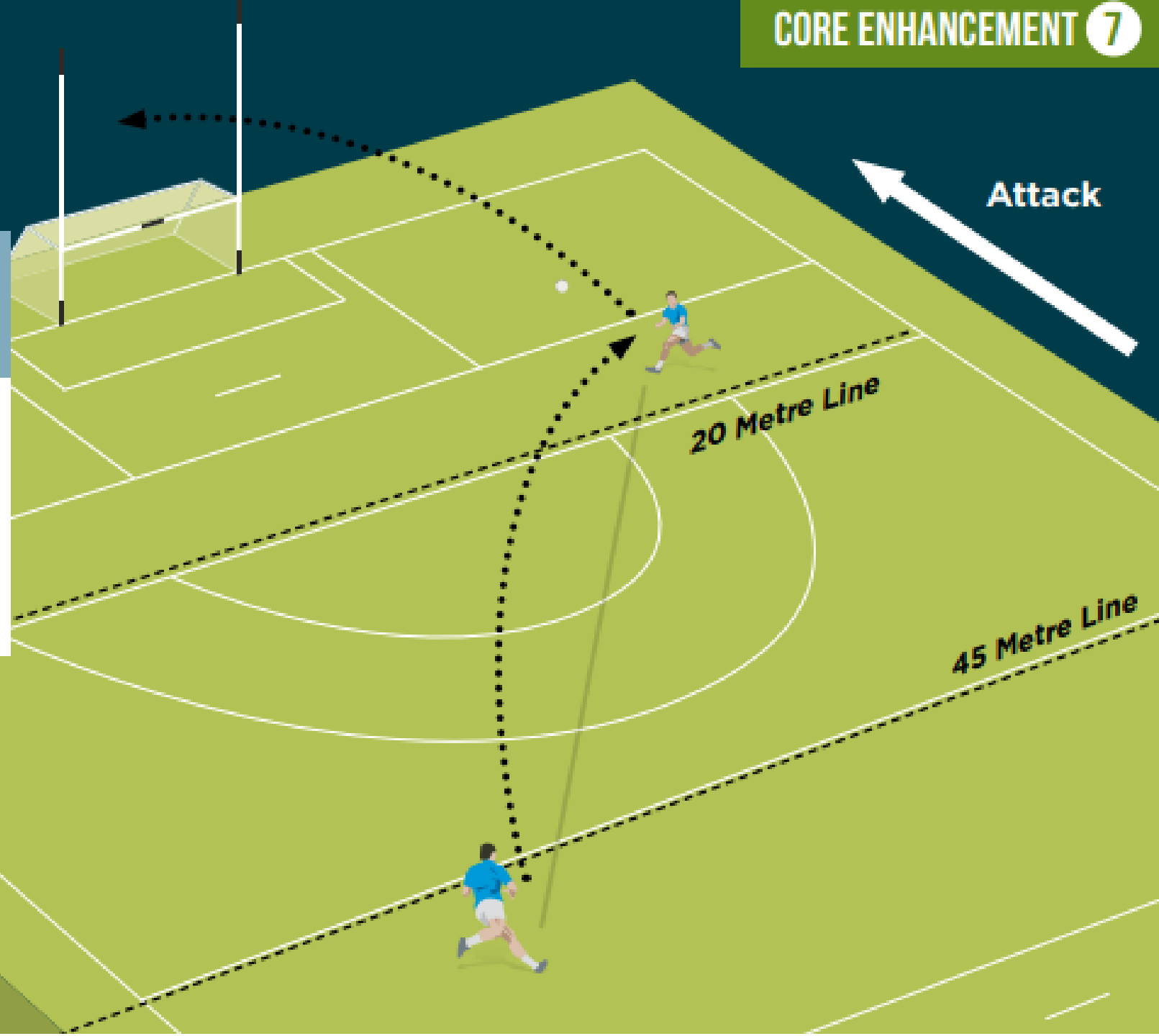
Game
Administration

7. ADVANCED MARK INSIDE THE 20M LINE

PRINCIPLE CONCEPT

The new Advanced Mark is introduced to encourage long range kick passing and high fielding.

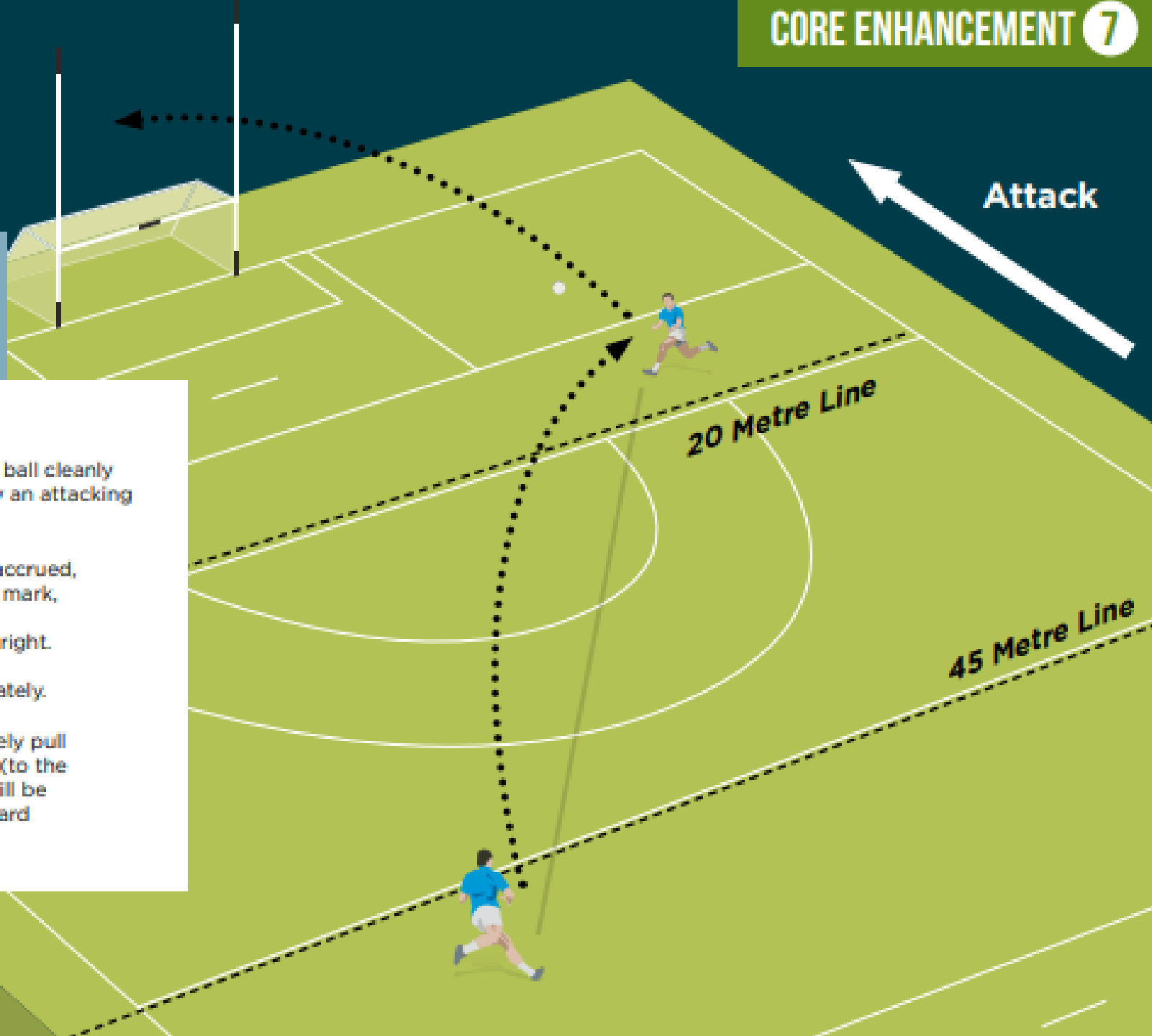
An additional benefit, adding to excitement, will allow the player who made the Mark to continue for a score (either goal or point). If neither is taken, the Mark will be given from where the catch was made.



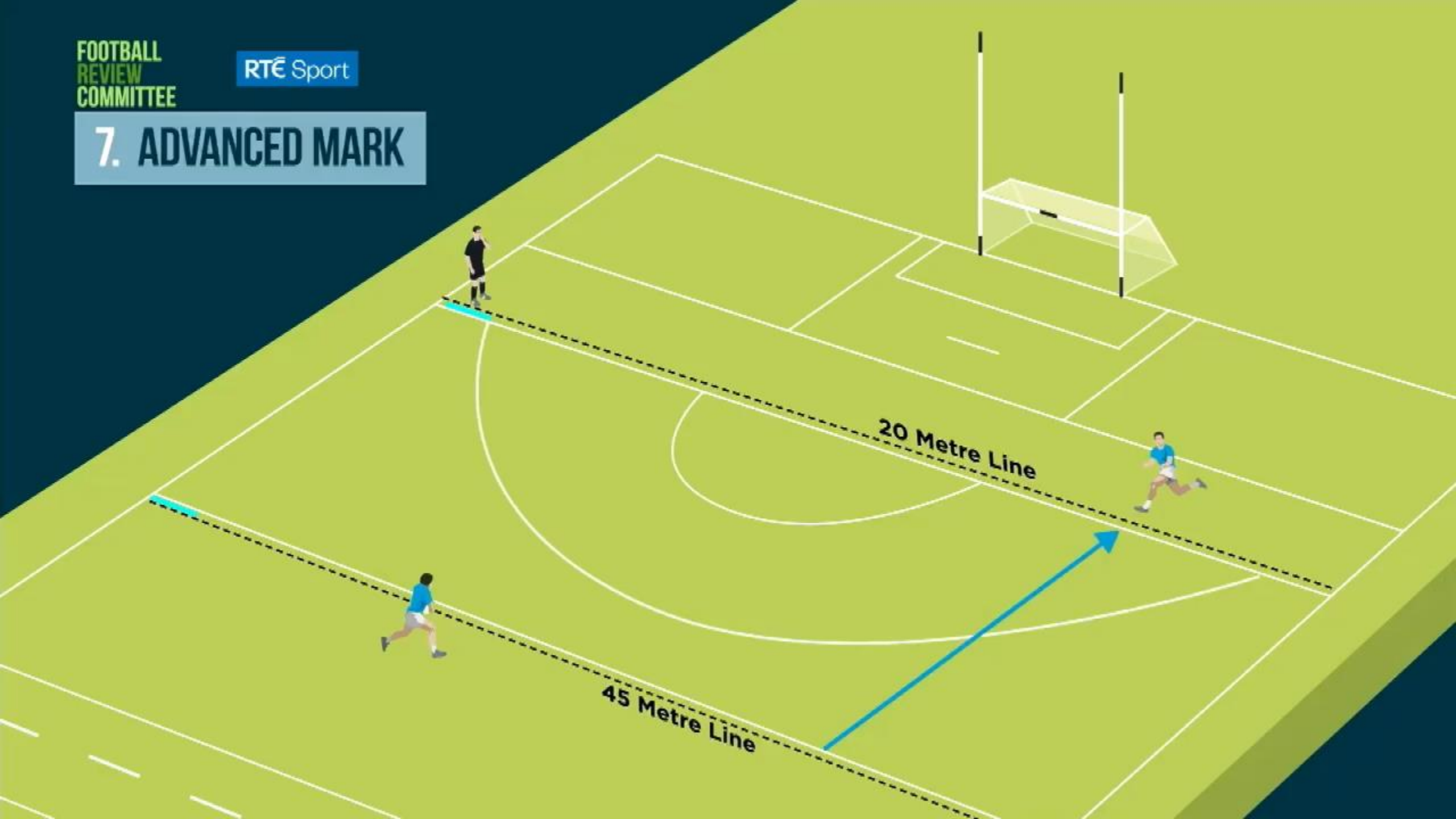
7. ADVANCED MARK INSIDE THE 20M LINE

Expanded notes:

- An advanced mark is allowed when a player catches the ball cleanly on or inside the 20m line from a kick in play delivered by an attacking player on or before the opposing team's 45m line; and
- The player may play on immediately. If no advantage is accrued, a free kick will be taken from the position of the original mark,
- Or the player may avail of the mark by raising an arm upright.
- If the player opts to play on, he may be tackled immediately.
- Rule 5.41 (a) still applies. As in if the defender "deliberately pull down an opponent" to deny a goal-scoring opportunity (to the player who makes the Advanced Mark), a penalty kick will be awarded and the offender shall be issued with a Black Card and sent to the Sin Bin for 10 minutes.



7. ADVANCED MARK



THE 7 CORE ENHANCEMENTS

1
1 V 1
FOR THROW IN
TO START
THE GAME

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PLAYERS
MAY BE
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BEFORE KO

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SCORING ARC,
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5
3/3
UP/BACK

6
SOLO
&
GO

7
ADVANCED
MARK
INSIDE 20M

Dissent

Game
Administration

1. STOP CLOCK (PUBLIC CLOCK)

PRINCIPLE CONCEPT

Following a proposal by FRC 2012/2013, at the November 2013 meeting of Ard Chomhairle, it was agreed that the new Clock/Hooter system should be trialled during the Sigerson and Fitzgibbon Cup Finals in 2014 "after which Ard Chomhairle will finalise its views on its implementation". Protocols adopted for these Trials were approved by Coiste Bainisti.

The trial was carried out over six games. A report was completed after the trials which outlined that "we believe that the Clock/Hooter system will be an addition to the presentation of our inter county championship games. However, we also believe, that our playing rules at present do not necessarily provide for what it was hoped the Clock/Hooter system would achieve. It is our view that if the system is implemented without changes to the existing playing rules, it creates considerable risk for the Association". Following this report no actions were completed.

FRC 2024/2025 propose to introduce the Stop Clock, with rule change proposals, which will bring clarity to timekeeping for officials, players, mentors and spectators. This will also bring more excitement to the games, as witnessed in Ladies Football.



Clock Start



Clock Stop



1. STOP CLOCK (PUBLIC CLOCK)

Expanded notes:

- The clock will count down (where possible).
- The Stop Clock is started and stopped by a match official (the '5th official') on the signal of the Referee.
- To start the clock the Referee will signal by winding one arm like a windmill and blowing the whistle.
- To stop the clock the Referee will signal by crossing both hands over his head and blowing his whistle.
- The clock will be stopped by the Referee for: Injuries that require on-field treatment, issuing yellow, black or red cards, all substitutions, a melee or for a deliberate or incidental delay.
- The clock will run through kick outs, free kicks and 45's. After the hooter sounds, the end of the first half or full time is called.



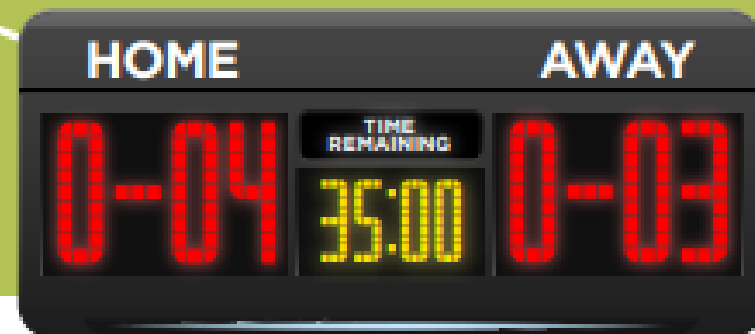
Clock Start



Clock Stop

TBD:

- Immediately (as is the currently the case in Gaelic Park, New York); or
- When the ball is put out of play i.e. a wide or sideline (this option was recommended in the report following the trials in 2014); or
- When the ball crosses the end line of the opposition half.



Exceptions when the hooter sounds:

- If the hooter sounds, a score counts if the ball is in flight.
- If the hooter sounds while a team is in possession and the ball goes out for the 45, it may be taken.
- If a free kick is awarded before the hooter sounds, the free kick may be taken and full time is called if a point or goal is scored, or a wide or if the ball is touched by a team-mate.
- If the hooter sounds while a team is in possession and a free kick conceded by the opposition, the resulting free kick will be taken. Full time is called if a point or goal is scored, or if the ball goes wide or if the ball is touched by a team-mate.

2. VANISHING WHITE FOAM

PRINCIPLE CONCEPT

Players kicking frees for scores frequently advance a few metres beyond the place where the free was awarded, to a more advantageous position, before kicking the ball. The use of vanishing white foam by the Referee will clearly indicate where the free kick should be taken from.

Expanded notes:

Amend Rules of Control, Rule 1.2, Duties of a Referee, to include new rule for Gaelic Football:

- To indicate the place from which all free kicks shall be taken in Gaelic Football. Inside the 65m line, vanishing white foam will be used to mark the spot, when the player indicates his intent not to avail of a tap and go by extending one hand in the air.
- Penalty for breaching the line of the white foam - Throw Up the ball between a player from each team.



4. ADVANTAGE RULE

PRINCIPLE CONCEPT

This rule supports the ambition of the Association to make Gaelic Games the most attractive amateur sport in the world to play and watch. The current advantage rule (5.40) permits "When an Aggressive Foul is committed, the Referee may allow the play to continue if the referee considers that this presents the potential of a goal-scoring opportunity or another advantage to the team offended by creating or capitalising on time and space". Although this is a well written rule, the second paragraph of Rule 5.40 limits the advantage to five seconds.

The FRC proposal will allow the referee to exercise more judgement without the limitation of 5 seconds (this practice has been observed in this year's football and hurling championships) and allows the advantage to develop for the team in possession until a clear and real advantage has been accrued or if no advantage is accruing.



4. ADVANTAGE RULE

Expanded notes:

Amend 2nd paragraph of Rule 5.40:

- The Referee shall signal that advantage by raising an arm upright and shall allow the advantage to run by maintaining that arm in the upright position until such time it becomes clear that no advantage has accrued.
- If the referee deems that the non-offending team has gained a clear and real advantage, or that enough ground has been made forward, the advantage ends and the referee will indicate that the team has made advantage by saying "advantage over", lowers his arm and play continues as normal
- If the referee deems that the team in possession has had it long enough and no positive advantage is accruing, he will say "no advantage gained" and will take the ball back to the point of the infraction.
- If the non-offending team commits an infringement before they have accrued an advantage, the referee will stop play and apply the penalty for the first infringement.
- If the defending team commits another foul when the advantage is ongoing, the free will be given from the more favourable position.
- Advantage must not be applied if it is suspected that a player is seriously injured.



5. EMPOWERING LINE UMPIRES

PRINCIPLE CONCEPT

To promote increased cooperation between Referees and Line Umpires, and to assist Referees' decision making with timely information, the rule book requires amendment to immediately allow Line Umpires bring to the attention of the Referee, rather than in a break in play as per the current rule, any instance of foul play in addition to immediately assisting a referee in determining the validity of a score.

Expanded notes:

Amend Rules of Control, Rule 3, Line Umpires

Rule 3.1 (v):

- The Line Umpires shall bring to the attention of the Referee, any instances of foul play... which have not been noticed by the Referee.
- They may also, assist in determining the validity of a score.

