

RULES OF 7-A-SIDE COMPETITION

1. A Club is defined as that registered with the registrar of the Ladies Gaelic Football Association.
2. Playing rules of Ladies Gaelic Football shall apply including the “square rule” and Sin Bin rule
3. **Any team who withdraws within 7 days of the competition or fails to turn up on the day will forfeit their entry fee of £150 or E150.**
4. Teams shall be notified of their fixtures and must register with the competition co-ordinator located in the Club rooms of Crossmaglen Rangers GFC at **or before 9.30 a.m.** All players must be present at time of registration.
5. Teams must produce their team list panel on the **Official team list form** at the time of registration. Clubs are asked to make sure players wear the number they are registered to wear.
6. Teams cannot play a player outside of this panel during the course of the Competition, should they do so they will be expelled from the tournament.
7. Any team more than 10 minutes late taking the field shall forfeit the game.
8. All games in the group stages and quarter finals shall be 8 minutes per half. (See Number 9 and 10 below).
9. Teams shall be divided into 4 groups, with a maximum of 4 teams in each group. The group will be run on a league basis with 3 points for a win and 1 point for a draw. (We are anticipating 16 teams taking part but this may change).
10. Each team shall play a total of 48 minutes in their group matches – 3 group matches consisting of 8 minutes per half. However, in the event of a team or teams in any group failing to turn up on the day and if a standby team is not available, the remaining teams in the group shall play more than 10 minutes per half to make up the 40 minutes, so that an advantage will not be accrued by any team at the quarter-final stage.
11. Should there be a group tie for first and second positions in the group, the placing shall be determined by score difference from the preliminary rounds.
12. After the initial group stages, first and second place teams will process to the cup competition, while third and fourth position will process to the shield competition. Games will be 10 minutes a half in the semi-finals and finals.
13. Drawn games in the quarter- finals, semi-finals and finals will be decided as follows:
 - A single period of extra time will be played (8 mins for QFs, 10 mins for SFs & finals).
 - Following this, if the result is still drawn, teams will compete in free kicks from the 21. This will be a best of 5 and then sudden death.
14. Each team may use as many substitutions as they wish within the panel of **12 players**. Each substitute must report to the **subs co-ordinator** from the centre of the field, where they will collect **a baton** and must hand it to the player being substituted.
15. The Substitute must know the number of the player she is replacing. No player can enter the pitch without **a baton**.

16. Clubs **must** bring 2 sets of Jerseys of different colours – so that no two teams have identical colours. If two sets of jerseys are not available, bibs can be used.
17. Clubs **must supply 1 Umpire and 1 Linesperson** for each of their games.
18. Any player receiving 3 bookings during the competition shall be suspended for her next game.
19. Any player receiving a straight red card shall be suspended for the remainder of the tournament.
20. The **referee's decision** on any question of fact and in regard to the time shall be **final**.
21. The organising committee shall have complete control of the tournament. Any decision of the committee **shall be final**.
22. Litterbins will be provided at each pitch - so please use them.
23. Toilets are available in both sets of changing rooms, and additional toilets will be available in the club rooms. (Football boots should be removed when using these facilities)
24. Clubs are requested to leave the dressing rooms clean and tidy when they are finished using them.
25. Food will be provided in the Rangers hall after the event, each team will be given a food ticket on the morning of the event.
26. **Gum shields are compulsory, in line with the LGFA guidelines.**
27. **All teams who wish to compete in the 7s competition must in form their county board, provincial council and Croke park if they are outside of Ulster, to ensure that their players are covered by the injury fund.**

On behalf of Crossmaglen Ladies GFC, I would like to thank you for your participation and we look forward to a sporting event to celebrate the development of Ladies Gaelic football in the Ireland and the UK.