

East Cork Board
League, Championship Rules &
Grading Procedures 2022
Ratified 24th November 2021
Approved 12th January 2022

Content

U6 Non-Competitive League	Page 2
U8 Non-Competitive League	Page 3
U10 Non-Competitive League	Page 4
U12 Non-Competitive League	Page 5
League Rules U13 – Minor	Page 6
Championship Rules	Page 10
Gradings Procedures	Page 12

East Cork League and Playing Rules 2022

These U6 ,U8,U10,U12 Non-Competitive Rules are issued pursuant to Rules 180, 181 and 182 of the LGFA Official Guide 2021 or as amended; they were ratified at the Annual General Meeting of the East Cork Board which was held on 24th November 2021.

Under 6 Non-Competitive League

Aim: To introduce players to game for the first time

- 2 Zones: Line across halfway. Backs/forwards in zone assigned. No Midfielders
- Play to commence with throw in at centre
- After score, the ball to be thrown in from half way mark
- 2 touch rule (one hop one solo or 2 solo's)
- Ball can be picked off the ground with the ball provided the player is on her feet.
- No 45's (ball is deemed wide if goes over end line)
- No penalties
- 3 points for over the bar, 1 point for under the cross bar
- Nearest player: Player who is fouled will take the free from her hand. Opponents Player who is nearest the side-line to take from her hands
- Results are not formally recorded (LGFA General Rule 285)
- Referees' decision is final

Silent Sideline rule applies

Equipment

- Goal post (8ft x 6ft) Training goals optional
- Jerseys or numbered bibs
- Size 1 first touch ball
- Cones for halfway line and side lines

Time

- 20 min games (10 min per half)
- At least 2 games per occasion

Playing the Game

- Max 7 a side
- Pitch 30m x 25m
- 2 Zones: line across halfway Backs/Forwards remain in zone
- Players should rotate positions
- Unlimited subs if applicable
- Players should get equal playing time

Go games Ref or Grab your Whistle Ref are eligible to ref the match

Ref Fee: €10 from each side

Under 8 Non-Competitive League

Aim:

To develop the basic technical skills (catching and kicking) in a controlled competitive environment

- Play to commence with a throw in in the centre
- Throw in at centre after score
- Goal keeper may advance 10m for a kick out
- Two skills per possession, one hop one solo (in any order) or 2 solos
- The ball can be picked off the ground with the hands provided the player involved is on her feet
- A player who is fouled to take the free from her hands
- Opponents player who is nearest to the ball that crosses the sideline to take kick from her hands
- No frees closer than 10 m from the goals (no penalties)
- There will be no (45's) any ball that goes over the end line is deemed wide resulting in a kick out.
- 3 points when the ball is played over the cross bar
- 1 point when the ball is played under the cross bar
- Referees decision is final.

Silent Sideline rule applies

Playing the Game

- Max 9 a side
 - Pitch 65m x 40m approx.
 - Unlimited subs if applicable
 - Players should rotate positions
 - Players should get equal playing time
- 20 minutes games
- 10 minutes per half

Mentors are encouraged to rotate positions at half time.

Results are not recorded.

Ref: go games ref or Grab your Whistle ref are eligible to ref.

Ref Fee: €10 from each team.

Equipment

- Well secured portable goal posts (3M x 1.8M)
- Training poles can be used as goal posts if necessary.
- Numbered Bibs or Jerseys
- First Touch football

Recommended Playing Area: 65m x 40m

U10 Non-Competitive League

AIM: To consolidate the basic technical skills developed at U8 level in an environment where players are also encouraged to develop tactical awareness i.e.: decide on the best option in terms of making use of and or creating time and space

- Play to commence with a throw in in the centre
- Throw in at centre after score
- Goal keeper may advance 10m for a kick out
- Two skills per possession, one hop one solo (in any order) or 2 solos
- The ball can be picked off the ground with the hands provided the player involved is on her feet
- A player who is fouled to take the free from her hands
- Opponents player who is nearest to the ball that crosses the sideline to take kick from her hands
- No frees closer than 10 m from the goals (no penalties)
- 45's: Player who last strikes the ball on attacking team takes from halfway line in line where ball crosses end line
Referee chooses player nearest/last struck to take free
- 1 point when the ball is played over the cross bar
- 3 points when the ball is played under the cross bar
- Referees decision is final

Silent Sideline rule applies

Playing the Game

- Max 11 a side
- Pitch 90m x 40m approx.
- Unlimited subs if applicable
- Players should rotate positions
- All players should get equal playing time

Time Duration

- 40 minutes games
- 20 minutes per half
- 1 game per occasion
- €10 Referees Fee per team

Equipment

- Well secured portable goal posts (4.5M x 2.2M)
- Numbered Jerseys
- Quick Touch football (size 3)

Recommended Playing Area: 65m x 40m

Mentors are encouraged to rotate positions of players

Ref: Go Games/Grab your whistle Ref are eligible to ref the match.

U12 Non-Competitive League format

AIM: To consolidate the basic technical skills developed at U10 level in an environment where players are also encouraged to develop tactical awareness i.e.: decide on the best option in terms of making use of and or creating time and space

- Play to commence with a throw in in the centre
- Goal Keeper to take kick out after score
- Goal Keeper may advance 13m for a kick out
- Two skills per possession, one hop one solo (in any order) or 2 solos
- The ball can be picked off the ground with the hands provided the player involved is on her feet.
- A player who is fouled to take free from her hands
- Opponent's player who is nearest to the ball when the ball crosses the side-line to take kick from her hands
- No fees closer than 13m from the goals.
- Penalties if awarded are taken from 11m line
- 45's be taken 40M out and from the hand
- 1 point when the ball is played over the cross bar, 3 points when the ball is played under the bar
- Unlimited substitutions all available players to be given approximately equal playing time.
- Referees Decision is final

Silent Sideline rule applies

Playing the Game

- Max 13 a side
 - Pitch 90m x 100m approx. Well Secured portable goal post (4.5M x 2.2M)
 - Unlimited subs if applicable
 - All players should get equal playing time
- Size 4 footballs to be used where possible
Ref fees €20 a side

Go Games/Grab your Whistle Refs are eligible to ref

2022 LEAGUE PLAYING RULES U13 to Minor.

These League Rules are issued pursuant to Rules 180, 181 and 182 of the LGFA Official Guide 2021 or as amended; they were ratified at the Annual General Meeting of the East Cork Board which was held on 24th November 2021.

1. Fixture Dates.

A. Games to be played on or before dates given. Exceptions only in the event of both teams agreeing an alternative date, providing this date does not interfere with another fixture date. The East Cork Board Fixture Secretary must be informed in advance in writing of the new date and she/he will confirm with both clubs in writing if the new date is acceptable.

B. If both clubs agree an alternative date and time for their fixture and this is confirmed by the Fixture Secretary, this date then becomes the default date and time for the fixture.

C. The Fixtures committee has the right to re-fix a game beyond the given deadline in very exceptional circumstances.

D. Fixtures must be played in the order drawn and notified unless agreed by the Fixture Secretary.

E. Home Club to notify the Fixture Secretary of the agreed date, time and venue at least 3 days in advance of the fixture where possible in order to advertise the fixture and organise the referee.

2. Throw in times.

A. In the event of both teams being unable to agree a throw in time, the East Cork board default time of 3.00p.m. will be imposed for Saturday/Sunday fixtures. In the case of a Midweek fixture 7.30pm will be deemed the throw in time. Where floodlights are not available and light maybe an issue this time may be adjusted by the fixtures committee.

3. Pitches.

A. If the home side cannot provide a pitch in good time, they must concede home advantage. Contact to be made with the Fixture Secretary if there is a change of Venue. In the event that both teams being unable to provide a venue, both teams must agree an alternative date, providing this date does not interfere with the next fixture date and the East Cork Fixture Secretary has been informed and will confirm with both clubs if the new date is acceptable. See rule 1. If both teams cannot agree to a new fixture date within two days of the original fixture date, a new date and time will be set by the Fixtures committee.

B. Ladies Gaelic Football is played on a full size GAA pitch from Under 14 upwards. The pitch may be reduced in size for Under 13 and younger grades. The pitch, or field of play, should be rectangular, between 130m and 145m in length and 80m and 90m in width.

4. Balls Size.

A. Size 4 Ball

5. Referees.

A. Fees of €40 for U14's U16's Minor Junior Intermediate & Senior games.

B. Away side must organise a neutral referee and advise the opposition team with the Referee's name at least 48hrs in advance.

C. The appointed referee must return a completed match report to the East Cork Secretary within 24hrs of the match. Referees who consistently fail to return completed reports will be reported to Coda. In the case of any serious incidents the match report must be submitted within 24hrs.

D. The East Cork Board will appoint the referee for finals only. The East Cork Board will pay for referees in a final if there is a collection at the gate.

E. Only LGFA registered referees, approved by the board will be used.

6. Results.

A. Both teams to notify the Fixture Secretary of a match result by text, no later than midnight the day of the game, the following is the contact number 089242996 Failure to notify Fixture Secretary of result directly after the match will result in a €15 fine being levied.

Details in text

1. Club and opposition
2. Age Group
3. Grade
4. Round in the League or Championship
5. Score line

7. Walkovers.

A. Walkovers can only be awarded by the fixtures committee following consultation with both teams involved. Failure to play a fixture may result in a walkover not being awarded to either team.

B. Where a team cannot field on the given fixture date and time, and where the opposition are unable or unwilling to facilitate a change, the fixtures committee shall have the power to deem the result a walkover.

C. Any team failing to fulfil two fixtures will be subject to CODA rules . A team awarded a walkover by the Fixtures committee will be deemed to have fulfilled that fixture. If a team gives two walkovers or more in the East Cork League, they will be subject to CODA rules.

D. Clubs who give walkovers will be subject to CODA rules. This will affect the team's grading in 2 years in the case of a juvenile team from minor down and for the following year U21 and Junior level.

E. Clubs who have not completed their league fixtures will be subject to CODA rules.

8. Withdrawing from Competition.

A. Any club which withdraws from the competition after their first fixture date will be referred to CODA

9. Final league Standings.

A. In the case where there is only one league group in A or B the top 4 teams go through to semi-finals Team in 1st will play the Team in 4th position and 2nd will play 3rdh position. Winners will progress to the higher-grade final; runners up will progress to the lower grade final.

1. In the A League winners of semi-final progress to the East Cork A league final and qualify to A in the county competition.

2. Losing semi-finalists in the A semi-finals League will default to the East Cork B League final and qualify to B in the County competition.
3. In the B League semi-final winners progress to the East Cork C league final and qualify to C in the county competition. Note: Teams here will also be regraded to the higher league in 2 years.
4. Losing semi-finalist in the B semi-final League will default to the East Cork D League final and qualify to D in the County competition.
5. In the event of a draw in a semi-final extra time must be played. 10 minutes a side.
6. Finals will go to a replay.

B. In the event of two teams finishing level on league points the winner of that head-to-head is ranked higher. If the result of that match was a draw then a playoff is required.

In the event of three teams finishing level on points, a three-way playoff to determine their rank in the league and extra time will be played if necessary to determine a result.

10. Promotion.

A. The top 2 teams which qualify to the top final in the B league "C" final will automatically be promoted to the A league in 2 years' time

11. Relegation.

A. The Bottom 2 teams in the A League will be relegated to the B League in 2 years' time.

12. First Fifteens.

A. Clubs with second teams in the league must nominate their best fifteen active players, who will only be permitted to play with their first team. Clubs with third teams must nominate 15 players on their A team and 15 for their B teams, none of these 30 players can play with their C team. Players not expected to play in the 2022 should not be named in a clubs first fifteen. Players of a lower age group who are considered better than an older girl must be named in the best active 15 players, E.g., U13 player better than an U14 must be named in the first 15 (It is the responsibility of the club to provide this list 4 working days before their first fixture, failure to do so will be subject to CODA Rules.

LGFA rules must be followed when naming and fielding players.

These rules may change and it is the club's responsibility to adhere to all current LGFA rules when naming players.

Rule 44 In order for a player to be eligible to play for a Club she must be a Full or Youth Registered Member of that Club in accordance with Rules 136 to 141. In order to play for a County team, she must be a Full or Youth Registered member of a Club.

Rule 55 Where any unit/team is alleged to have played an unregistered player, the objection shall be referred to CODA within seven days of the alleged offence.

Rule 149 Should a Club or County play overage or illegal players they shall be subject to the CODA Rules.

Rule 123 Where a Club has two teams competing in Championship games within the County, it must name its 15 best players for the higher-grade team for Championship games (A team). Should any

other player outside of this list play in the Higher-Grade Championship, they cannot play the Championship in the Lower Grade.

13. Mouth guard MUST be worn by all players.

14. Duration of games.

The duration of Competitive Games from and including U14 upwards is 30 mins per half - 1 hour. 2. An interval not exceeding 15 minutes shall be allowed at half time in normal time, and 5 minutes at half time in extra time.

15. COVID.

A. Due to the current change in guidelines for play we advise you check regularly with the below link for the most up to date rules.

B. <https://www.gaa.ie/news/gaelic-games-latest-covid-update/>

East Cork LGFA Championship Rules 2022

These Championship Rules are issued pursuant to Rules 180, 181 and 182 of the LGFA Official Guide 2021 or as amended; they were ratified at the Annual General Meeting of the East Cork Board which was held on 24th November 2021.

Fixture Dates

1. Games to be played on or before dates given. Exceptions only in the event of both teams agreeing an alternative date, providing this date does not interfere with another fixture date. The East Cork Board Fixture Secretary must be informed in advance in writing of the new date and she/he will confirm with both clubs in writing if the new date is acceptable.

2. If both clubs agree an alternative date and time for their fixture and this is confirmed by the Fixture Secretary, this date then becomes the default date and time for the fixture.

3. The Fixtures committee has the right to re-fix a game beyond the given deadline in very exceptional circumstances.

4. Fixtures must be played in the order drawn and notified unless agreed by the Fixture Secretary.

5. Home Club to notify the Fixture Secretary of the agreed date, time and venue at least 3 days in advance of the fixture where possible in order to advertise the fixture and organise the referee.

Throw in times

6. In the event of both teams being unable to agree a throw in time, the East Cork board default time of 3.00p.m. will be imposed for Saturday/Sunday fixtures. In the case of a Midweek fixture 7.30pm will be deemed the throw in time. Where floodlights are not available and light maybe an issue this time may be adjusted by the fixtures committee.

Pitches

7. If the home side cannot provide pitch in good time, they must concede home advantage. Contact to be made with the Fixture Secretary if there is a change of Venue. In the event that both teams being unable to provide a venue, both teams must agree an alternative date, providing this date does not interfere with the next fixture date and the East Cork Fixture Secretary has been informed and will confirm with both clubs if the new date is acceptable. See rule 1.

Referees

8. The East Cork Board will appoint the referee for finals only. Fees €40 for U14's U16's Minor Junior Intermediate & Senior games. East Cork Board will pay for referees in the final if there is a collection at the gate.

Format of Games

9. Games will be Round Robin format. Gradings will be based on the current year league results.

10. Any club that enters more than one team – Team A has to play their first-round match before team B can commence their first match.

11. 5 Substitutions shall be allowed. An additional 5 subs are allowed where extra time is played, which consists of 10 mins each way. Prior agreement between clubs can be agreed regarding roll on roll of subs but referee needs to be notified.

12. Quarter and semi-Finals require a result on the day. Rules 363 and 366 will apply where one period of extra time will be played (10 min a side) followed by a point shoot-out from 30 metres. For Final – If a draw at the end of normal play, then replay. The replay final requires result on the day – rules 363 and 366 will apply.

GRADINGS PROCEDURES FOR EAST CORK LGFA COMPETITIONS 2022

These Grading Procedures are issued pursuant to Rules 180, 181 and 182 of the LGFA Official Guide 2021 or as amended; they were ratified at the Annual General Meeting of the East Cork Board which was held on 24th November 2021.

At the commencement of each season each team will be graded using the following procedures pursuant to Rules 180, 181 & 182 of the LGFA Official Guide 2021 or as amended.

1. All clubs in the division will be written to by the East Cork Board Secretary and asked to submit the number of teams they will be entering in each competition for the coming season and any relevant submissions.
2. The Fixtures Committee made up of the Fixtures Secretary, Divisional Chairperson and the elected delegates shall form the Fixtures Committee; they will then grade each team and these gradings will be sent to all clubs.
3. On receipt of gradings Clubs will be afforded the right to a review and an Oral Hearing to appeal their grading.
4. A request for Review must be received by the East Cork Board Secretary within 48hrs after original grading's being sent out; the review request must be signed by the Club Secretary and sent to the Divisional Secretary from the club's official email account.
5. This Review will then be scheduled and heard by the East Cork Board Fixtures Committee within 7 days.
6. The result of the Review will be sent to clubs within 24hrs of the Review.
7. The Gradings Committee will be made up of the following people, as referenced in point 2 earlier in the document the 3 elected executive members of the board (not including the Chairperson) that is Vice chair, Secretary, Fixtures Secretary and will also include 4 non-executive members elected from the floor at the AGM or thereafter by the East Cork Board ; Committee Members can serve for a 3-year period. (As per rule 182(a) of official guide 2021.)
8. This committee will be chaired by the Fixtures Secretary who will only vote in the event of a tie.
9. A quorum of 4 committee members present will suffice for a review request to be heard.
10. Once review procedures are finished, the final gradings along with all fixtures and competition rules will be put before the next East Cork Board meeting for ratification.
11. Once ratified all grading's, fixtures and competition rules will sent to the county board executive for approval in line with rule 181 of the official guide 2021, and to comply with rule 182(c) also.
12. In terms of how grading's are arrived at the following rules and procedures will apply
 - (a) Any team that wins a competition **MUST** play at the next highest grade 2 years later in the case of underage, and the following year in terms of adult teams.
 - (b) Any team that finishes top of a one group league will be promoted to the next higher grade 2 years later at Underage.
 - (c) The East Cork Board will reserve the right in the case of age groups that are split into two groups at the same grade to promote both top teams or just one team from the grade paying attention to the factors in section 12(f)
 - (d) Any team who finishes bottom of it's league in a one group only age group will be relegated to the next lower grade 2 years later in the case of underage and the following year in terms of adult teams. Teams may request not to be relegated if they so choose.
 - (e) The board will reserve the right in the case of age groups that are split into two groups at the same grade to relegate both bottom teams or just one team from the grade paying attention to the factors in section 12(f)

(f) All other gradings will be made considering the following factors, previous results, player numbers, transfers in and out, permissions to play inwards, Number of teams entered to allow for evenly split groups, ability of a team to compete at a grade and any other factors or submissions it deems pertinent.

(g) It is the obligation of each club to declare any Transfers into its club or permissions to play granted to it eligible for the coming season prior to the grading's procedures commencing each year.

(h) In the league if a club have 2 or more games outstanding from their league fixtures as in not played, the club will automatically be graded to the higher grade in 2 years.

(i) The bottom 2 teams in A will be relegated to B league in 2 years and the top 2 teams in B will be promoted into A in 2 years.

(j) New clubs entering the division will be graded at the lowest level. They can request to be regarded to a higher grade.