



REGULATIONS APPLICABLE TO 7 ASIDE BLITZ COMPETITIONS COISTE NA NÓG CONTAE SHLIGIGH



General-The G.A.A. Rules will apply to this competition subject to any variations hereunder.

Panels of a maximum of 12 players with the competition games to be seven aside.

Team sheets to be produced to referee before each game.

Substitutions -Unlimited. All players on team sheet to be given game time. There is no requirement for sub slips. However players must wear the jersey number listed on the team sheet.

All games to start at the appointed time.

The initial stages will be played on a league basis with two points awarded for a win and one for a draw.

Where **two** teams are tied on points the positions on the table will be determined in the first instance by result of the match between the two teams and if that resulted in a draw in the next instance by the following means and in the order specified:

- 1- scoring difference (subtracting the total scores against from the total scores for) .
- 2- the highest total score for
- 3- Scoring average (divide total score against into total score for).

Where **three** teams are tied on points the positions on the table will be determined by the following means and in the order specified:

- 1- scoring difference (subtracting the total scores against from the total scores for) .
- 2- the highest total score for
- 3- Scoring average (divide total score against into total score for).

Should there still be tie after all of the above criteria have been exhausted to determine first and second positions in the group, the placing shall be determined by 5 shots for points from the 30 m line with no player facing the kicker.

Players have the option of taking the kick off the ground or from the hand. The ball has to be kicked before the player crosses the 30 metre line.

Only points count. Should the teams be still tied, taking of points will continue under the sudden death procedure by using the remaining members of the panel. Should there be a tie for first, second and third positions in the group, the placings shall be determined by 5 shots for points from the 30m line by all 3 teams.

Shots are to be taken into goals already in use for competition.

Normal playing rules will apply with the following exceptions:

Each team may use as many substitutions as they wish within the panel of 12 players. Substitutions can be made as often as wished but only with the consent of the referee, at a break in play and from the centre of the side line.

Kick outs after wides or scores can be taken from the hand or from the ground no more than 5 metres from the posts.

There will be no square balls.

There are no penalties—All fouls occurring within 13 metres of the end-line shall be taken from a point 13 metres from the end-line directly in line with the position where the offence occurred.

45's are taken from the ground.

The width of the pitch should be 50 metres and the length of the pitch is from one sideline to the other.

Players sent off as a result of two yellow cards will be suspended for the rest of the match while players who receive a straight red card are suspended for the rest of the tournament.

Any player receiving 3 bookings during the competition shall be suspended for his next game in the competition.

Only a player acting as a goalkeeper and wearing a distinctive jersey is entitled to the privilege of a goalkeeper.

Teams must supply their own footballs.

At Semi Final and Final stage-Teams level at end of game

10 minutes (2 x 5 minutes) extra time to be played

If still a draw, 5 frees (by 5 different players) to be taken for points from the 30 metre line with no player facing the kicker. Players have the option of taking the kick off the ground or from the hand. The ball has to be kicked before the player crosses the 30 metre line. Only points count. Should the teams be still tied, taking of points will continue under the sudden death procedure by using the remaining members of the panel.

The team with the most points at that stage will be deemed the winner. If still level 'sudden death' frees by different players are to be taken until one team has scored a point and the other misses. Frees either by the hand or from the ground shall be taken at a central point identified by the referee.

The **referee's decision** on any question of fact and in regard to the time shall be **final**.

Coiste na Nog shall have complete control of the tournament. Any decision of the committee **shall be final**.

Coiste na Nog are indebted to the hosting clubs for the use of their fine facilities and for hosting our sevens this year. We request that you respect their facilities and keep dressing rooms, pitches etc tidy.

Size 5 Footballs must be used.

Disputes must be made in writing within 15 minutes of the completion of the game to the co-ordinator.

Disiplinary Matters-7 aside Competition Control Committee (C.C.C.)

The above committee shall adjudicate on all disciplinary matters where a hearing is requested relation to the enforcement of rules during the Competition.

Formats

6 team format in a division. (All games 20 minutes in total)

Two groups of three. Top two teams in each group to qualify for semi-finals, with the two winning semi finalists to represent the division.

Round 1 at 6:30pm

Round 2 at 7:05

Round 3 at 7:40

Semi Finals 8:15

5 team format

All teams to play each other. ***(All games 16 minutes in total)***

Round 1 at 6:30pm

Round 2 at 7pm

Round 3 at 7:30p

Round 4 at 8pm

Round 5 at 8:30pm

Teams placed first and second after the round robin of the five team format to represent the division in the finals.

4 team format (All games 20 minutes in total)

All teams to play each other.

Round 1 at 6:30pm

Round 2 at 7:00pm

Round 3 at 7:30pm

Teams placed first and second after the round robin of the four team format to represent the division in the finals.

3 team format

All teams to play each other. ***(All Games 15 minutes aside.)***

Round 1 at 6:30pm

Round 2 at 7:15pm

Round 3 at 8pm

Teams placed first and second after the round robin of the three team format to represent the division in the finals.

Finals in Scarden.

There will be a trophy for the 7 aside championship winners. The presentation will take place immediately after the finals in Scarden. All games to be 18 minutes in total.

If a team notifies Coiste na Nog that they cannot attend the finals in advance, Coiste na Nog reserve the right to invite another team.

The u18 finals to commence at 6:30 on the 10th June in Scarden.

The u16 finals to commence at 6:30 on the 17th June in Scarden.

Two groups of four teams.

A draw will be made to determine the teams in each group. Teams from the same division will not be in the same group.

Top two teams in each group move on to the championship trophy semi finals. Trophy Semi Finals as follows

Team 1 Group 1 Versus Team 2 Group 2

Team 1 Group 2 Versus Team 2 Group 1

Winners to the final