



CAMANACHD ASSOCIATION BYELAW 1 2022

BYELAW 1: RULES OF PLAY

1.1 The Field of Play

The Field of Play shall be as shown in the accompanying plan.

1.1.1 Dimensions

The Field of Play shall be rectangular, its length being not more than 170 yards (155 metres) nor less than 140 yards (128 metres) and its breadth not more than 80 yards (73 metres) nor less than 70 yards (64 metres).

The Camanachd Association recommends a smaller playing area for age group shinty or 9 and 6 a side shinty.

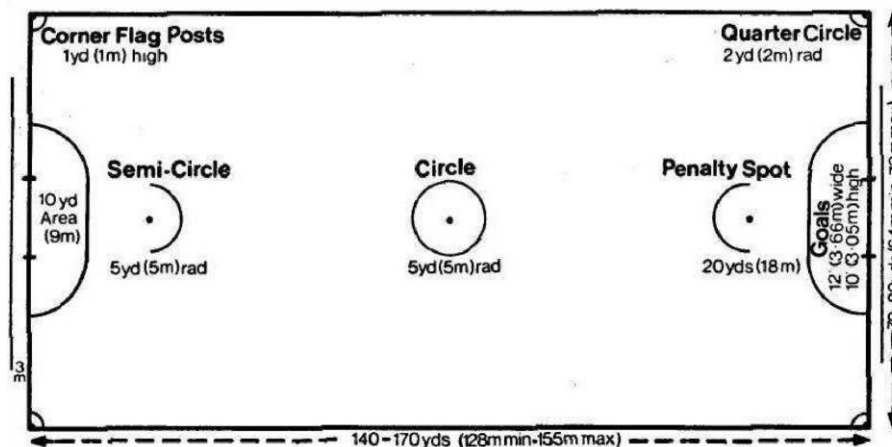
1.1.2 Marking

The Field of Play shall be marked with distinctive lines, the longer boundary lines being called the side-lines and the shorter the byelines. A Technical Area maximum 8 metres long and 0.5 metres back from the side line with a maximum depth of 4 metres should be marked at the side of the field for each team for a televised Semi-Final or Final. All substitutes, support staff and coaches (up to 9 in total) should stay within this area for the duration of the game unless authorised to leave the area by the referee or the fourth official. Substitutes can leave the area to warm up but must not interfere with the game. Whilst in the Technical Area everyone is to be seated with exception of the coach who will be permitted to stand during the game if necessary.

1.1.3 The lines across the goals joining the goalposts shall be called the goal-lines.

1.1.4 A flag on a post not less than 3 feet 6 inches (1 metre) high and having a non-pointed top shall be placed at each corner.

FIELD OF PLAY Dimensions



- 1.1.5* The centre of the field shall be indicated by a suitable mark and a circle of 5 yard (5 metre) radius shall be marked round it.
- 1.1.6* Ten Yard Area (Nine Metre Area) In front of each goal a line shall be drawn, 12 feet (3.66metres) long, parallel to and 10 yards (9 metres) from the goal-line. The line shall be continued each way to meet the byeline by quarter circles, having the inside of the goalposts as centres. The space enclosed by this line, and the bye-line, shall be known as the Ten Yard Area (Nine Metre Area).
- 1.1.7* Corner Area From each corner flag-post a quarter circle, having a radius of 2 yards (2 metres) shall be drawn inside the Field of Play.
- 1.1.8* Penalty Spot At each end of the Field of Play, a suitable mark shall be made in front of the goal, 20 yards (18 metres) from the mid-point of the goal line. These shall be the penalty-hit marks. A semi-circle of 5 yard (5 metres) radius shall be drawn behind each penalty-hit mark.
- 1.1.9* The goals shall be placed on the centre of each bye-line and shall consist of two upright posts, equidistant from the corner flags and 12 feet (3.66 metres) apart (inside measurement), joined by a horizontal cross-bar, the lower edge of which shall be 10 feet (3.05 metres) from the ground. The width and depth of the uprights and the cross-bar shall be not more than 4 inches (10cms) and not less than 3 inches (7.5cms).
- 1.1.10* The goals shall be provided with nets attached to the uprights and crossbars, and fixed square with the goals at a distance of not less than 3 feet (1 metre) behind the goal-line and cross-bar.
- 1.1.11* All lines, with the exception of the goal-line, should be a minimum of 1 inch (4cms) and a maximum of 3 inches (7.5cms) wide.
- 1.1.12* The goal-line shall be the same width as the depth of the upright.
- 1.1.13* The field of play shall be fenced off at a distance of not less than 6 feet (2 metres) outside the bye-lines and side-lines.
- 1.1.14* Where it is not possible to protect the whole of the field of play with a fence, both goals must be protected in the rear by a fence of wood, wire or rope over a minimum distance of 15 feet (5 metres) from either side of the goalposts and not less than 6 feet (2 metres) from the parallel to the byeline. Only the goal-judges shall be permitted between this line and the byeline during play.
- 1.1.15* The cross-bars and uprights must be made of wood or metal and shall be painted white. They may be square, rectangular in shape, and no bar, strut or board, except at the top, shall connect the uprights and the posts supporting the goal-nets.

1.2 Players Participating

- 1.2.1 A match shall be played by two teams, each consisting of not more than twelve players one of whom shall be the goalkeeper.
- 1.2.1.b All players in the adult game must be aged 16 at the time of registering for the season in question. A club can field a player under this age on the condition that a parent/guardian consent form is completed and countersigned by a club representative confirming that the player is ready to compete in the adult game.

The minimum age for participation in the adult game is 13 years of age

- 1.2.2 A maximum of 5 Substitutes can be named per team, any 3 being permitted to play during a match, except in representative matches where the maximum permitted to play shall be four per team. A player who has been replaced by a substitute can himself/herself be used as a substitute to replace a player at a later stage during a match. The Referee must be informed when a substitution is to take place and this is done by the Referee receiving a completed substitution card from the player coming on (on the 1st occasion only) informing the referee of the player's name and number, also the name and number of the player coming off. Subsequent substitutions will be noted by the referee.

1.2.3 Punishment

If, without the Referee being notified, a player or a named substitute, changes places with the goal-keeper during the game, or at any interval during the game in which extra time is played, and then handles the ball within the Ten Yard Area (Nine Metre Area), a penalty-hit shall be awarded.

Decisions of Interpretation

- 1.2.4 A competitive match shall not be considered valid if there are fewer than 8 players in either team.
- 1.2.5 Names of substitutes must be included in team lines, any three of whom shall be eligible to play.
- 1.2.6 A substitute may only be permitted to enter the field of play, at the midpoint of either side-line, during a stoppage in the game and after he/she has received a signal from the Referee authorising him/her to do so. A substitute shall be deemed to be a player and shall be subject to the jurisdiction of the Referee whether called up to play or not.

1.3 The Ball

The ball shall be spherical – the interior shall be cork and worsted or other approved material and the outer cover shall be of leather or other leather-like

approved material. The circumference of the ball shall not be more than 8 inches (20cms) and not less than 7 1/2 inches (19cms). The weight of the ball, at the start of the game shall be not more than 3 ounces (85gms) nor less than 2 1/2 ounces (70gms). The ball shall not be changed during the game unless authorised by the Referee.

1.4 Players Equipment

1.4.1 Teams shall play in distinguishing colours and goal keepers shall wear colours which distinguish them from outfield players and the Referee. Goalkeepers and outfield players' jerseys shall be numbered to correspond with the team lines.

1.4.2 A player shall not wear anything which is dangerous to another player nor shall a player use a caman which is in a condition which is dangerous to another player.

1.4.3 Boots must conform to the following standard:

- a) Studs must be of solid construction and made of leather, rubber, plastic, aluminium or similar material. Where studs have a metal seat for screw type studs, the metal seat shall not be visible.
- b) Studs with a metal tip are permissible provided they do not have a pointed tip, and there are no sharp or ragged edges which could be dangerous to other players. Studs moulded to the boot are permissible.

1.4.4 **With only the exceptions noted below -Any person participating in Camanachd Association competitions must wear a helmet and face-guard which is compliant with the specifications noted below.**

Any breach of the rule will result in an individual not being allowed to participate by the Official(s) in charge of the game until a compliant helmet and/ or face- guard is provided.

- Helmets and face- guards shall be certified as fit for purpose. The Camanachd Association approved helmet and face- guard meets the requirements of European Council Regulation (EU) 2016/425 and Safety standard IS :355 "Personal Protective Equipment " Article 10.
- Any helmet and face-guard must meet these standards which are designed such that they prevent the passage of a struck shinty ball or swung standard caman through the guard. (Maximum grid size of 60mm horizontal x 28mm vertical)
- Helmets must be secured by a chin strap.
- Helmets and face guards must be free from any sharp edges and or projections.

Exceptions to this Rule:

- First Shinty competitions when different camans and balls are in use.

- When an individual opts not to wear **an approved** helmet and/or face-guard and has signed a Liability Waiver prior to the start of the shinty playing season. **(For the avoidance of doubt:- any player who seeks a waiver will still be permitted to use any protective head gear to which they are accustomed provided that it has a chin strap and is free from sharp edges and /or projections. This will include helmets without visors and helmets with wide gap face guards.)**
- Players who have graduated through from the youth game are expected to continue to wear a Helmet/Faceguard.
- It shall be a specific disciplinary offence for a player to represent directly or indirectly that they have signed and registered a Liability Waiver if they have not in fact done so.

1.4.4 b) An approved Helmet and Faceguard will become mandatory for all players in shinty on 1st January 2030.

1.4.5 The caman must conform to the following standard:

- a) The head of the caman must not be of a size larger than can pass through a ring of diameter of 2½ inches (6.3cms).
- b) No plates, screws, or metal in any form shall be attached to or form part of the caman.
- c) No equipment should be used in any competition run under the auspices of the Camanachd Association unless first approved by the Board of the Company. No liability shall be attached to the Camanachd Association on equipment so approved.

Decisions of Interpretation

1.4.6 A player whose caman is broken during a game may play the ball before obtaining a replacement caman, providing the broken caman is not in a condition which is dangerous to himself/herself or another player. A player changing his/her caman must do so at the side-lines or bye-lines.

1.4.7 A player whose equipment does not comply with the above will not be permitted to participate in the game.
This clause would apply to all equipment.

1.5 Referees

1.5.1 A referee shall be appointed to officiate in each game. His/her authority and the exercise of the powers granted to him/her by the Rules of Play commence as soon as he/she enters the field of play. His/her power of penalising shall extend to offences committed when play has been temporarily suspended, or when the ball is out of play. His/her decisions on points of fact connected with the play shall be final, so far as the results of the game are concerned.

1.5.2 He/she shall:

- a) Enforce the Rules of Play
- b) Refrain from penalising in cases where he/she is satisfied that, by doing so, he/she would be giving an advantage to the offending team.
- c) Keep a record of the game; act as timekeeper and allow the full or agreed time, adding there to all time lost through accident or other cause.
- d) Have discretionary power to stop the game for any infringement of the Rules and to suspend or terminate the game whenever, by reason of the elements, interference by spectators, or other causes, he/she deems such a stoppage necessary. He/she shall stop the game and call the two captains into the centre circle, informing them of his/her decision and the reasons for abandoning the game. In such a case he/she shall submit a detailed report, which should be in the Chief Executive Officer's hands not later than the fifth day following the match.
- e) From the time he/she enters the field of play, caution any player or Team Official guilty of misconduct as defined in byelaw 1.13. Similarly dismiss from the field of play or touchline any player or team official guilty of second cautionable offence under byelaw 1.13 or a single dismissal offence as defined in byelaw 1.14. In such cases, the Referee shall send the name of the offender to the CEO not later than the fifth day following the match in accordance with the provisions of the Disciplinary Procedures.

When dismissed from the field of play, the player or Team Official shall go from the field of play to the dressing room. It will be the responsibility of the Club to ensure that any dismissed player or Team Official is removed from the touchline. If any further problems arise from the sending off, the referee should inform both the player or Team Official and the Club that they will be the subject of a Special Report to the Association.

- f) Allow no person other than the players, Goal Judges and Linesmen to enter the field of play without his/her permission.
- g) Stop the game if, in his/her opinion, a player has been seriously injured, have the player removed as soon as possible from the field of play, and

immediately resume the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play.

- h) Signal for recommencement of the game after all stoppages.
- i) In cases upon which a referee administers six or more cautions in any match, he/she shall submit, in addition to a Match Report, a Special Report.
- j) In cases upon which a referee administers 3 or more sending-off offences in any match, he/she or she shall submit, in addition to a Match Report, a Special Report.

Decisions of Interpretation

- 1.5.3 The referee shall report to the appropriate authority misconduct on the part of the spectators, club office bearers, goal judges, team officials, players, named substitutes, or other persons which takes place either on the field of play or in its vicinity at any time prior to, during, or after the match in question so that appropriate action can be taken by the authority concerned.

Where this offence is by a player, named substitute or team official a "Misconduct Report" must be completed and forwarded to the Camanachd Association Office within 5 days of the game. If the offence is committed by someone other than a player named in the team lines for that game a "Special Report" must be completed and forwarded to the Camanachd Association Office.

For the purposes of this byelaw, a "Team Official" shall be defined as a team manager, coach, assistant coach, physio, trainer, Club office-bearer or any other club related persons who may from time to time make up the touchline support for a team.

- 1.5.4 In no case shall the Referee consider the intervention of a Goal Judge if he/she, himself/herself, has seen the incident and, from his/her position on the field, is better able to judge.
- 1.5.5 The Referee can only reverse his/her decision so long as the game has not been restarted.
- 1.5.6 If the Referee has decided to apply the advantage clause and to let the game proceed he/she cannot revoke his/her decision if the presumed advantage is not realised, even though he/she has not, by any gesture, indicated his/her decision. This does not exempt the offending player from being dealt with by the Referee.
- 1.5.7 The Referee shall not allow any person to enter the field until play has stopped and only then if he/she has given them a signal to do so. This applies to club trainers, etc.

- 1.5.8 In the case of serious injury, the Referee should exercise extreme care before removing the injured player from the field and, if possible, seek the opinion of any qualified medical person in attendance.

1.6 Goal Judges

- 1.6.1 Two Goal Judges shall be appointed, whose duty (subject to the decision of the Referee) shall be to indicate:
- a) When a goal is scored.
 - b) When the ball is out of play over the bye-line and whether a bye-hit or a corner should be awarded.
 - c) When an attacking player is off-side.
- 1.6.2 They shall assist the Referee to control the game in accordance with the Rules. In the event of undue interference or improper conduct by a Goal Judge, the Referee shall dispense with his/her services and arrange for a substitute to be appointed. (The matter shall be reported by the Referee to the appropriate authority.)

Decisions of Interpretation

- 1.6.3 Goal Judges, where neutral, shall draw the Referee's attention to any breach of the Rules of Play of which they become aware if they consider that the Referee may not have seen it; but the Referee shall always be the judge of the decision to be taken. Goal Judges shall not change ends at half-time.

1.7 Linesmen

- 1.7.1 Four Linesmen shall be appointed where available, whose duty (subject to the decision of the Referee) shall be to indicate when the ball is out of play, over the side-lines, and which side is entitled to the hit-in.

Decisions of Interpretation

- 1.7.2 Linesmen shall not change over at half time.

1.8 Duration of the Game

- 1.8.1 The duration of the game shall be two equal periods of 45 minutes, subject to the following:
- a) Allowance shall be made in each period for time lost due to injury.
 - b) Time shall be extended to permit a penalty-hit being taken at or after expiration of the normal period in each half.

- c) The half-time interval shall not be of more than ten minutes duration.
- d) The ball must be in play when each half is terminated.

Decisions of Interpretation

- 1.8.2 The duration of the game may be less than 90 minutes if a shorter period is mutually agreed upon and it is permissible under the Rules of the Competition. The agree time shall be divided into two equal periods.

1.9 Start of Play - The Throw-Up

- 1.9.1 At the beginning of the game, choice of ends shall be decided by the toss of a coin.
- 1.9.2 The Referee having blown his/her whistle, shall start the game by throwing up the ball to a minimum height of 12 feet (4 metres) between two opposing players standing at the centre spot, at least 3 feet (1 metre) apart, with their camans crossed above head level. The players shall not shift their stance until the ball is struck in the air, or touches the ground. No other player shall be within 5 yards (5 metres) of the centre spot until the ball has been played. A goal scored direct from a throw-up shall count.
- 1.9.3 After a goal has been scored the game shall be restarted in like manner.
- 1.9.4 After half-time (when restarting after half-time) ends shall be changed and the game restarted in like manner.
- 1.9.5 After any temporary suspension (when restarting after a temporary suspension from any cause not mentioned in these Rules of Play, provided immediately prior to the suspension the ball has not passed out of the field of play) the Referee shall throw the ball up at the place where it was when play was suspended.

Decisions of Interpretation

- 1.9.6 If the ball, when thrown up by the Referee, strikes one or both of the camans, it shall again be thrown up to the required height by the Referee.
- 1.9.7 If the two centre players are one left-handed and the other right-handed, the choice of the side for the throw up shall alternate throughout the game.
- 1.9.8 If one player should use his/her caman to hold his/her opponent's caman and prevent his/her opponent playing the ball, or shift his/her stance, he/she shall be penalised by the award of a free-hit to his/her opponent.
- 1.9.9 If the ball is within the Ten Yard Area (Nine Metre Area) when play is temporarily suspended, the Referee shall restart the game with a throw-up outside the area at the spot nearest to where it was when play was suspended.

1.10 Method of Scoring

- 1.10.1 A goal is scored when the whole of the ball has passed over the goal-line and under the cross-bar, except when resulting directly from a free-hit or when it has been kicked, carried or propelled by hand or arm by a player of the attacking side.
- 1.10.2 The team scoring the greatest number of goals during a game shall be the winner; if no goals, or an equal number of goals, are scored, the game shall be termed a "draw".

Decisions of Interpretation

- 1.10.3 Rule 1.10.2 defines the only method according to which a match is won or drawn; no variations whatsoever can be authorised. A goal cannot be allowed if the ball has been prevented by some outside agency from passing over the goal-line. If this happens in the normal course of play, other than at the taking of a penalty-hit, the game must be stopped and restarted by the Referee throwing up the ball outside the Ten Yard Area (Nine Metre Area) at a point nearest to where the interference took place.

1.11 Ball In and Out of Play

- 1.11.1 The ball is in play at all times from the start of the match to the finish including:
 - a) If it rebounds from a goalpost, cross-bar or corner flag-post into the field of play.
 - b) If it rebounds off the Referee.
 - c) In the event of a supposed infringement of the Rules of Play, until a decision is given.

1.11.2 The ball is out of play:

- a) When it has wholly crossed the goal-line, bye-line or side-line, whether on the ground or in the air.
- b) When the game has been stopped by the Referee

1.12 Fouls and Misconduct

1.12.1 Result from a player who intentionally commits any of the following offences:

- a) Kicks the ball;
- b) Kicks or attempts to kick an opponent;
- c) Jumps at an opponent;
- d) Charges an opponent from behind;
- e) Charges an opponent in a violent or dangerous manner;
- f) Uses his/her caman in a violent or dangerous manner;
- g) Pushes an opponent;
- h) Trips an opponent, i.e. throwing or attempting to throw him/her by use of the legs or caman;
- i) Strikes or attempts to strike an opponent with his/her hand, arm or caman;
- j) Strikes or impedes an opponent's caman, except to "block", "hook" or "cleek" a caman which is within striking distance of the ball;
- k) Throws his/her caman;
- l) Attempts to participate in the game without his/her caman in his/her hand;
- m) Holds an opponent or an opponent's caman;
- n) Obstructs an opponent, i.e. running between the opponent and the ball or interposing the body so as to form an obstacle to an opponent;
- o) Handles the ball, i.e. carries, strikes or propels the ball with his/her hand or arm; *Note:* The goalkeeper is permitted to stop and slap the ball with his/her open hand within the Ten Yard Area (Nine Metre Area).

- p) Heads the ball; shall be penalised by the award of a free-hit to be taken by the opposing side at the place where the offence occurred.

Decisions of Interpretation

- 1.12.2 Should a player of the defending side commit one of the afore-mentioned offences within the Ten Yard Area (Nine Metre Area) he/she shall be penalised by the award of a penalty-hit.
- 1.12.3 A penalty-hit can be awarded irrespective of the position of the ball, if in play, at the time an offence is committed within the Ten Yard Area (Nine Metre Area).
- 1.12.4 A player may stop the ball with one foot provided that it is at rest on the ground at the moment of contact.
- 1.12.5 A player may stop the ball with both feet while he/she is moving provided that both heels are together at the moment of contact. If both feet are off the ground at the moment of contact, the Referee shall be the sole judge of whether or not the player intentionally kicked the ball. Where the ball plays the player it is not a foul.
- 1.12.6 A player is allowed to play an opponent's caman with his/her own caman to "block", "hook" or "cleek" a caman which is within striking distance of the ball. "Cleeking" a caman from below is permitted but lifting an opponent's caman excessively to the risk of injury is foul play. Similarly knocking aside an opponent's club in the air before the arrival of the ball is foul play. Hacking down onto an opponent's caman is not permitted under any circumstances.
- 1.12.7 If, in the opinion of the Referee, a player deliberately hits the ball out of play to waste time the Referee shall caution the player for ungentlemanly conduct and award a free hit.
- 1.12.8 Hitting the ball with one hand on the caman is not a foul, unless, in the opinion of the referee, the caman is being swung in a dangerous manner.

1.12.9 Hitting the ball while lying on the ground is not a foul, unless in the opinion of the referee the player is endangering himself/herself when attempting to play the ball or he/she is swinging his/her caman in a dangerous and reckless manner while still lying on the ground

1.13 Cautionable Offences

A player shall be cautioned if he/she is guilty of:

- a) Reckless or dangerous swinging of the caman
- b) Obstruction or charging an opponent in a violent manner involving dangerous bodily contact.
- c) Adopting a threatening attitude
- d) Feigning injury
- e) Deliberate tripping
- f) Deliberate handball
- g) Undermining the authority of the Referee through dissension by word or action
- h) Persistent infringement of the rules of play after a verbal warning to include any of the following: Fouls as defined in byelaw 1.12 (Fouls and Misconduct) and to include shirt pulling, time wasting and encroaching.
- i) Swearing and foul language (including self-frustration directed at oneself) after a verbal warning.
- j) Deliberately preventing a clear goal scoring opportunity through foul play.

Decisions of interpretation for byelaw 1.13 h:

A warning for persistent fouling shall be issued after a minimum of three fouls has been committed by an individual player. The warning must be specific to the player and it must be made clear that a caution will follow if the player continues to foul. It is NOT appropriate to issue a general warning to players such as "the next man in the defence who fouls will receive a caution"

The same procedure will apply if a further caution is to be issued to an individual player for persistent fouling.

Decision of interpretation for byelaw 1.13 i:

The guidelines which have been in place since 2016 require that should a player be heard to swear by the referee or use other foul language then the player shall be warned if he/she repeats the offence a caution will be issued. Should the player continue to swear after receiving a caution then a second caution shall result in the player being dismissed.

If the swearing is aggressive or abusive or directed specifically at the referee or a goal judge, then there are grounds for immediate dismissal of the offending player from the field of play as defined in byelaw 1.14b.

Decisions of interpretation for byelaw 1.13 j:

The referee is required to judge whether the foul play was deliberate AND that a clear goal scoring opportunity existed. Otherwise only a free-hit should be awarded to the attacking team.

1.14 Sending off Offences

A player shall be sent off the field of play if he/she is guilty of:

- a) Violent Conduct
- b) Abusive or Offensive Language
- c) Spitting at an opponent or an official
- d) Being guilty of a second cautionable offence having received a caution

1.15 Off-side

- 1.15.1* An attacking player shall be off-side if he/she is within the Ten Yard Area (Nine Metre Area) when the ball enters that area either on the ground or in the air.

Note: The Ten Yard Area (Nine Metre Area) includes the goal area between the goal line and the nets.

- 1.15.2 Punishment*

For an infringement of this rule a free-hit shall be taken by a player of the defending side from the place where the infringement occurred.

Decisions of Interpretation

- 1.15.3* A player is considered to be off-side if any part of his/her body or stick is within the Ten Yard Area (Nine Metre Area) before the ball enters that area. A player who steps over the bye-line to avoid being off-side shall not be allowed to enter the field of play while the ball is within the Ten Yard Area (Nine Metre Area).

1.16 Bye-hit

- 1.16.1 When the whole of the ball passes over the bye-line, either in the air or on the ground, having been last played by one of the attacking side, it shall be hit direct into play from a point within the Ten Yard Area (Nine Metre Area).
- 1.16.2 The striker shall not play the ball a second time until it has touched or been played by another player. No player shall be within 5 yards (5 metres) of the striker when the hit is being taken.
- 1.16.3 A goal from such a hit shall count.
- 1.16.4 *Punishment*

If a player taking a bye-hit plays the ball a second time before it has been played by another player a free-hit shall be awarded to the opposing team, or, if the infringement occurred inside the Ten Yard Area (Nine Metre Area), a penalty-hit shall be awarded to the opposing team.

1.17 Corner-hit

- 1.17.1 When the whole ball passes over the bye-line, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner-hit from the quarter circle at the nearest corner flag-post, which must not be removed. A goal may be scored direct from a corner-hit.
- 1.17.2 No player shall be within 5 yards (5 metres) of the striker when the hit is being taken. The striker shall not play the ball a second time until it has touched or been played by another player.
- 1.17.3 *Punishment*

If a player taking a corner-hit plays the ball a second time before it has been played by another player, a free-hit shall be awarded to the opposing side.

1.18 Hit-in

- 1.18.1 When the whole ball passes over the side-line, whether in the air or on the ground, it shall be hit into play, by an overhead hit, by a player of the team opposite to that of the player who last touched it.
- 1.18.2 In taking the hit the player shall stand outside the sideline, facing the field of play, with both feet on the ground and in a position square to the sideline. The caman shall be withdrawn directly overhead and at the time of contact both the ball and the caman shall be directly overhead. The player taking the hit will be allowed three efforts to throw the ball up but can only swing once.

If the player taking the hit misses the ball with a swing on any of the three throws the opposing team shall be awarded the hit-in. The striker shall not play the ball a second time until it has touched or been played by another player and shall not obstruct or impede such a player attempting to touch or play the ball. No player shall be within 5 yards (5 metres) of the striker when the hit is being taken.

1.18.3 A goal may be scored direct from a hit-in.

1.18.4 *Punishment*

If the ball is hit-in improperly the hit-in shall be taken by a player of the opposing side.

1.18.5 If a player taking a hit-in plays the ball a second time before it has been played by another player, a free-hit shall be awarded to the opposing team.

1.19 Free-hit

1.19.1 A free-hit is awarded for any infringement of the Rules, except by a defending player within the Ten Yard Area (Nine Metre Area) and shall be taken by the opposing side, from the place where the offence occurred.

1.19.2 The ball must be struck by the club, or scooped, and it shall not be deemed in play until it has travelled the distance of its own circumference.

1.19.3 No player shall be within 5 yards (5 metres) of the striker while the hit is being taken. The striker shall not play the ball a second time until it has touched or been played by another player. A goal from such a hit shall NOT count.

1.19.4 *Punishment*

If a player taking a free-hit plays the ball a second time before it has been played by another player, a free-hit shall be awarded to the opposing team.

Decisions of Interpretation

1.19.5 The Referee has the discretionary power to refrain from awarding a free-hit if, in his/her opinion, it will benefit the offender.

1.19.6 If any player stands within 5 yards (5 metres) of the striker when the hit is being taken, the Referee has the discretionary power to order the hit to be retaken.

1.20 Penalty-hit

1.20.1 A penalty-hit is awarded for any infringement of the Rules by a defending player within the Ten Yard Area (Nine Metre Area) and shall be taken by the

opposing side from the penalty-spot. When the hit is being taken, all players, with the exception of the player taking the hit and the defending goal-keeper shall be within the field of play but outside the 5 yard (5metre) semi-circle behind the penalty spot.

- 1.20.2 The defending goal-keeper must stand, without moving his/her feet, on his/her own goal-line until the hit is taken.
- 1.20.3 If the ball on being struck does not reach the goal-line or bye-line, the hit shall be held to be a bye.
- 1.20.4 The player taking the hit shall not play the ball a second time until it has touched or been played by another player. If necessary, time of play shall be extended at half-time or at full-time to allow a penalty-hit to be taken.
- 1.20.5 A goal from such a hit shall count.

Punishment for any infringement of this Rule:

- 1.20.6 By the defending team, the hit shall be retaken if a goal has not resulted.
- 1.20.7 By the attacking team other than the player taking the hit, if a goal is scored it shall be disallowed and the hit retaken.
- 1.20.8 By the player taking the hit, committed after the ball is in play, a player of the defending side shall take a free-hit at the place where the infringement occurred.

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- 1.20.9 If a retake has been awarded a change of penalty taker is permissible.

1.20.10 Rules for Penalty Play-Off

When it is necessary to decide a tie after extra time, the following rules shall operate for a penalty play-off:

- a) At the end of extra time, the referee should call both captains together and ask for the names of penalty takers.
- b) A team shall nominate five penalty takers.
- c) A team may not change the nominations after they have been made.
- d) The referee will decide by the toss of a coin which team will strike first. Each team will then take five penalties alternately.
- e) If no decision is made after five penalties each, a sudden-death play-off will take place with each team taking it in turn to hit one penalty shot in the same player sequence until one team has scored more goals than the other after an equal number of shots.
- f) All players not involved in the play-off will be ordered to the sideline at the centre of the field.
- g) Any players taking part in the play-off, but not in the striking side should be in the centre circle with a goal judge.
- h) Only players on the field at the end of play will take part in the play-off.

1.21 Playing Season

The playing season for the Association Competition shall be from 1 March to 30 November, annually, unless expressly altered by a General Meeting in terms of Article 4.2.

