



BYELAWS OF THE CAMANACHD ASSOCIATION 2025

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.

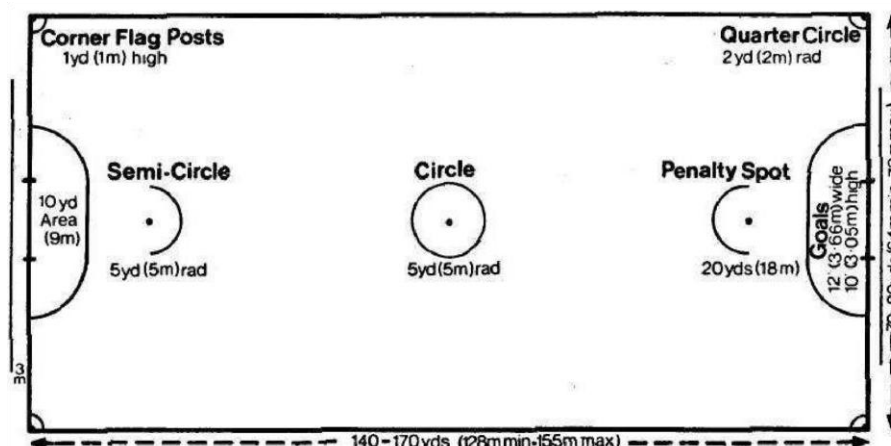
1.1.2 Marking

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.

Any person under the age of 25 in/or training for Camanachd Association competitions must wear a compliant helmet with specifications noted below.

Specifications for Helmets

- Helmets shall be certified as fit for purpose. The Camanachd Association approved helmet must meet the requirements of Personal Protective Equipment Regulation (EU) 2016/425. The helmet must

conform to one of the following Safety standards I.S. 355:2006, ISO 10256-2:2016 or ASTM F1045-16.

- 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 or Bauer IMS 5.0 helmet, faceguard or visor).
- Helmets must be secured by a chin strap.
- Helmets must be free from any sharp edges and or projections.
- It is a players and a clubs responsibility to ensure they are wearing compliant kit.
- It shall be a specific disciplinary offence for a player to represent directly or indirectly that they are wearing a compliant helmet and faceguard when they are not.

Exceptions to this Rule:

- First Shinty competitions when first shinty camans and balls are in use are encouraged to wear helmets where these are accessible however the plastic and rubber material used are designed for use by beginners and therefore helmets are not mandatory.
- 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.

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 aforementioned 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 maybe 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.

Decisions of Interpretation

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.

BYELAW 2: RULES OF CAMANACHD TROPHY COMPETITION

- 2.1 The rules of the Camanachd Trophy Competition will form the principles of all cup competitions organised by the Camanachd Association except where otherwise stated.
- 2.2 The Trophy shall be called the Camanachd Association Challenge Cup or as otherwise agreed by the Annual General Meeting of the Association. The Board shall have the option to add the name of a sponsor to the trophy title.
- 2.3 The competition shall be played annually. Eligibility criteria shall be as defined in Byelaw 3.10.
- 2.4 The Competition shall be conducted according to the Rules of Play and the Memorandum and Articles of the Association, other than any exceptions specified in Byelaw 2 or Byelaw 3.
- 2.5 The competition shall proceed as arranged by the Board.
- 2.6 The draw shall take place at a Board Meeting or otherwise directed by the Board. The clubs first drawn in the ballot shall have the choice of ground, but the Chief Executive Officer (CEO), or other person delegated authority by him/her, shall have the power to have the game transferred to another venue in accordance with Byelaw 3.2.2.
- 2.7 The Final tie shall be played in successive years in: The North Area excluding Lochaber, The South Area and Lochaber. The venue and date shall be fixed by the Board who shall have the power to change the sequence should circumstances so require.
- 2.8 The CEO shall intimate to each of the clubs, the name of the club it is drawn against, the date when the tie is to be played and the throw up time. Clubs may mutually agree to change the throw up time only with the approval of the CEO or person acting with his/her delegated authority.
- 2.9 Any club under suspension or intending to withdraw from the competition must give notice to the Secretary of the opposing club at least four days before the date fixed for playing or they may be reported to the CEO, who shall have power either to compel such offending club to pay expenses incurred by their opponents or take such action as he/she thinks necessary.
- 2.10 Teams must play in distinguishable colours. In the event of two opposing teams having similar colours, the home team shall make the change. In the Final, Semi-Finals and matches played on neutral ground both teams shall change their colours.
- 2.11 On points of fact connected with play going on, the decision of the Referee shall be final. On questions of interpretation of the Rules of the Game, a team aggrieved may lodge a protest at the end of the match, in accordance with

Byelaw 3.9. But the referee's decision must be acted upon the field although under protest.

- 2.12 The Referee shall have full power to decide before or during any stage of the match whether or not it should be continued in view of the weather, state of the ground or any other circumstance.
- 2.13 At the conclusion of a game any club wishing to lodge a protest over an ineligible player must intimate to the Referee through a Club Official, their intent and the terms of the protest. Then, within seven days, the detailed terms of the protest must be conveyed, in writing, to the CEO, the Referee and the opposing Club.
- 2.14 Up to and including the Semi-Finals, the net proceeds shall be divided between the two clubs and paid out within fourteen days. The participants in all Senior Cup Finals will receive expenses on the following basis: All clubs participating in the Finals will receive travel expenses the equivalent of five cars, at 40p per mile from their home town to the venue of the final. Where clubs are required to travel in excess of 150 miles to finals a subsistence allowance will be paid for the night before the final, for seventeen players and four officials at a rate per person decided by the Board. This allowance will be granted at the discretion of the Board and only payable on production of a proper claim made on a prescribed claim form accompanied by the appropriate receipts within 21 days of the final. The participants in the designated cup finals will receive the following payments: Camanachd Cup Final £500; Balliemore Cup Final £250; Sir William Sutherland Cup Final £250; MacTavish Cup Final £250. Payment must be made to clubs within one month of the final.
- 2.15 The winners of the Final tie shall receive the Challenge Cup and seventeen gold medals or badges, the runners-up seventeen silver medals or badges. The Challenge Cup shall be suitably engraved with the name of the winners by a person appointed by the Board. The cost of this will be met by the Association. In all Camanachd Association Cup Competitions appropriate medals shall be presented to the coach of the winners and runners-up.

A document in the following terms shall be granted on behalf of the winning club:

"We A.B. Secretary of the Z.Y. Club and C.D., E.F. and G.H. members and representing the said club, which has now been declared to have won the Camanachd Association Challenge Trophy, which trophy we have received, do hereby, on behalf of the said club, and individually and collectively engage to return same in good order and condition to the CEO of the Association for the time being on or before the 1 June next."

The Association shall maintain the trophy and the Albert Smith Medal in good order. The cost of repair of any damage caused whilst the trophy is in the possession of a member club, or the medal is in the possession of the winner shall be re-charged to the club. The trophy shall be in the possession of a

member club from the moment that it is handed to the captain of the winning club following the final tie. The Albert Smith Medal shall be in the possession of the club whose player has won it, from the moment that it is given to the Player of the Match following the final tie. The club shall be responsible for the safekeeping of the Albert Smith Medal. Both shall be deemed to be in the possession of the club until such time as they are returned to the Association, or as provided for in the following paragraph.

The CEO may take possession of the trophy or the medal at any time for any purpose.

BYELAW 3

3.1 COMPETITION REGULATIONS AND PROCEDURES

- 3.1.1 Each member club and affiliated association shall furnish the Chief Executive Officer (CEO) of the Association with all the information requested on the competition entry and membership form, which shall be in his/her hands by 31st December annually.
- 3.1.2 Failure to submit any Competition Entry and Membership Renewal Form by the stipulated date may result in Non-Inclusion in the draw for the Association Competitions, against which decision there shall be no right of appeal.
- 3.1.3 The other cup competitions organised by the Camanachd Association shall be conducted under the same rule conditions as that of the Camanachd Cup competition except those applying to the apportionment of proceeds and the eligibility of entry, as detailed in BYELAW 3. The Board, via the CEO, reserves the right to allocate clubs not participating in league competitions to cup competitions as appropriate. All trophies to be suitably engraved by a silversmith appointed and paid by the Company.
- 3.1.4 Failure to comply with any requirements made by the Association in relation to the organisation or promotion of any competition or competitions, other than as provided for in these Byelaws, shall be considered by the CEO, and may result in the offending club or clubs being referred to the Behaviour in Sport Committee, as provided for in the Association's Rules for Disciplinary Procedures.
- 3.1.5 The Association shall maintain all trophies in good order. The cost of repair of any damage caused whilst a trophy is in the possession of a member club shall be recharged to that club. A trophy shall be in the possession of a member club from the moment that it is handed to the captain of the winning club. It shall remain in the possession of the club until such time as it is returned to the Association. The CEO may take possession of a trophy at any time for any purpose.
- 3.1.6 All trophies shall be suitably engraved with the name of the winners by a person appointed by the Board. The cost of this will be met by the Association.
- 3.1.7 The Camanachd Association shall each year produce a fixtures calendar for all competitions as outlined in Byelaw 3. This fixtures calendar shall be made public to all Members by the 31st of January each year.
- a) The CA will provide a Club with a minimum of 7 days' notice if a fixture is to be scheduled for a gap week or changed from Home to Away.
 - b) When both Clubs agree and when confirmation is given by the CEO or other delegated authority a match can be brought forward by up to five

days or delayed by up to six days from the date of a scheduled Saturday fixture. Agreement will be granted only when there are no impending disciplinary issues and will be at the sole discretion of the CEO or other delegated authority.

3.2 POSTPONEMENT OF A SCHEDULED MATCH

A scheduled fixture will only be postponed if:

- 3.2.1 One of the competing teams requests a postponement due to the death of an **active** player or coach, **either** because they have died in the days just prior to a match, **or** if their funeral service will take place on the day of a match. For the avoidance of doubt an '**active player or coach**' refers to a player or coach actively involved with the club during the current season.

If club members wished to attend a Saturday funeral of someone other than an active player or coach then the match start time can be altered at the discretion of the CEO or delegated substitute.

In exceptional circumstances clubs may contact the CEO or delegated substitute in writing to request special dispensation.

NOTIFICATION AND PROCEDURE

Notification of a request for a postponement due to the death must be received by the CEO or delegated substitute as soon as is reasonably possible, who will then inform the opposing Club and match officials.

- 3.2.2 The pitch of the home Club is declared **unplayable**, and they are unable to provide a suitable alternative, and/or the fixture cannot be reversed to the opposition's pitch, and/or the CEO or delegated substitute is unable to select a suitable available pitch.

NOTIFICATION AND PROCEDURE

Clubs are required to monitor the condition of their pitch during the days prior to a scheduled fixture and liaise accordingly with the CA, their opposition and the appointed match officials.

If the home Club becomes aware that the scheduled pitch is unlikely to be playable, notification must be given to the CEO or delegated substitute at the earliest opportunity. The home Club should propose an alternative pitch for approval by the CEO or delegated substitute. Following approval, the home Club should notify the opposition and appointed match officials at the earliest opportunity.

Thereafter, if there is concern that both the scheduled pitch and the alternative pitch might be unplayable, the home Club should notify the CEO or delegated substitute immediately it becomes known, but not later than **36 hours** prior to the scheduled throw-up. The CEO or delegated substitute may instruct a referee or other competent person to inspect the pitch in the

company of an official of the home Club. The decision of the referee or other competent person will be final.

Should the scheduled and alternative pitch of the home Club be declared unplayable, the CEO or delegated substitute will, at the earliest opportunity, confirm to the participating Clubs and appointed match officials if the fixture is to be reversed with the match played at the opposition's pitch, or if the match is to be played at an available pitch selected by the CA. A reversal to the oppositions pitch will only take place if that fixture has not taken already place, unless agreed by both of the participating clubs. Confirmation can be given at any time up to the point where it would no longer be reasonable for the teams to reach the pitch one hour before the scheduled throw-up time.

Fixture reversal will not be applied in North & South Division 2 without the agreement of the participating Clubs. In all other league and cup competitions Fixture reversal will not be applied if the scheduled and alternative pitches become unplayable within 24 hours of the scheduled throw-up and the distance to the opposition's pitch exceeds 100 road miles.

[Guidance Note: The above obliges Clubs to make arrangements for travel at short notice when it can be reasonably foreseen that the scheduled pitch might be unplayable. Further guidance is contained in the Club Fixture Handbook issued to Clubs prior to the start of each season. Not planning accordingly may result in a Club's failure to play a scheduled fixture, as detailed in Byelaw 3.5]

- 3.2.3 If a cup tie is cancelled, due to an unplayable pitch, and the visiting Club has travelled to the match after being advised that the pitch was playable, the rescheduled fixture will be transferred to the home pitch of the away team who will then take on the responsibilities of the home team.
- 3.2.4 The home club shall be liable for any expenses incurred by the opposition and/or match officials as a result of any failure by the former to give the required notice detailed in 3.2.2 above.

3.3 ABANDONMENT OF A MATCH

- 3.3.1 The referee may decide, for whatever reason, that it is not in the interests of the sport, or those participating or attending as spectators, for the game to be played to a conclusion. He/she therefore has the authority to abandon the match before it is completed.
- 3.3.2 If a match is abandoned, the referee will make a full report to the Association, explaining the circumstances that led to the abandonment of the match.
- 3.3.3 In the normal course of events any abandoned match will be rescheduled. However, if both teams wish that the score of the match at the time of abandonment should stand, they must request that the Referee intimate

same to the CEO who, having examined the details of the Referee's Report and having consulted with the President, will make the final decision. Should the teams fail to agree that the score of the match at the time of abandonment should stand the Referee will intimate this along with his/her detailed Report to the CEO, who, having consulted with the President, will make the final decision

- 3.3.4 If the appointed Referee is unable to start a match or becomes unable to officiate during the course of the match then the match will be abandoned, unless:
- a) A reserve Referee has been appointed to the match in advance, or
 - b) The CA (CEO or delegated substitute) is able to appoint a suitable alternative Referee to the match who will enable the match to start within 30 minutes of the scheduled throw-up time or recommence within 30 minutes following any stoppage during the course of the match.
- 3.3.5 When a match has been abandoned, the CEO shall check the register of players suspended via disciplinary procedures. Should a player's suspension from competition be affected then the CEO shall inform the player and his/her club accordingly (see Rules for Disciplinary Procedures). For the avoidance of doubt the procedure regarding any yellow cards and/or red cards shown during an abandoned match will be the same as if the match had been completed.
- 3.3.6 If a match is abandoned for behavioural or misconduct reasons, the circumstances shall be referred to the Disciplinary Committee, or if the circumstances suggest, to the Behaviour in Sport Committee, as provided for in the Association's Rules for Disciplinary Procedures.
- 3.3.7 If a cup tie is abandoned, due to an unplayable pitch, the rescheduled fixture will be transferred to the home pitch of the away team who will then take on the responsibilities of the home team.

3.4 RE-SCHEDULED CUP MATCH

- 3.4.1 Re-scheduling of cup competition matches shall be as per Byelaw 3.8. Such a decision will be taken and intimated to both clubs at an appropriate time prior to the match and shall be final.

3.5 FAILURE TO PLAY SCHEDULED MATCHES

3.5.1 Failure to play a scheduled League fixture, other than by reason of postponement due to pitch conditions as provided for in Byelaw 3.2.2, in the Premiership, National Division, North Area Division 1 and South Area Division 1, shall result in a penalty of two points being deducted from the offending team's league points total. The match will be rescheduled as per the COO's instructions. Any subsequent failure in the same season shall have the same consequence plus a fine of £100 on the club failing, which shall increase by £10 on each subsequent failure.

3.5.2 Failure to play a scheduled fixture in North or South Division 2, other than by reason of postponement as provided for in **3.2**, shall result in the match being declared won by the team not responsible for the failure and that team shall have two points added to its total league points. In addition, the offending team shall be penalised by the deduction of one point from its total league points.

A team failing to fulfil three matches in a season shall result in that team being fined the sum of £100, which shall increase by £10 on each subsequent failure.

Where a league comprises seven teams or less, Clubs in that league can request a match be rescheduled. This request must be made in writing to the CA and include the written agreement of the opposition.

3.5.3 Failure to play a scheduled Cup fixture, other than by reason of postponement as provided for in **3.2**, shall result in the match being declared won by the team not responsible for the failure.

3.5.4 Failure to pay any fine imposed shall result in referral to the Behaviour in Sport Committee for consideration of any additional sanction.

3.5.5 If a club withdraws from the League without fulfilling their fixtures the points and goals scored and conceded from their fulfilled fixtures shall be removed from the league.

3.6 TEAM LINES

3.6.1 A game shall not start before the referee is provided with legible team lines showing the full name, playing numbers and Membership number of all players and substitutes listed for that particular game. Should delay in receipt of such team lines prevent completion of the game the referee shall report the circumstances to the CEO which may result in the game being awarded to the opposing team. After each game the referee shall forward the team lines to the appointed keeper of the player register within five days of the playing thereof.

3.6.2 Should any club include on their team lines a player or players not eligible to play for that club, or not eligible to play in a specific grade for that club, it shall automatically forfeit the game/points to their opponents and shall be fined the sum of £150.

3.6.3 Any club which includes on their team lines a player or players who wear(s) a Non-Compliant Helmet and has not signed a Helmet Liability Waiver Form, having breached Byelaw 1.4.7 shall be fined the sum of £50.

3.7 TRANSFER OF PLAYERS

3.7.1 Any player who plays in a cup competition in a specific season shall not play for any other club in that competition in that season.

3.7.2 A player may transfer and play for another club in that season, provided that, before he/she so plays for another club, there is a correctly completed Transfer of Player Form agreeing to the proposed transfer, held by the CEO. The CEO shall maintain the register of players.

3.7.3 It shall be the responsibility of the club to which the player wishes to transfer to ensure that such a Form has been fully and correctly completed and forwarded to the CEO and an acknowledgement received, before permitting such a player to play competitively for that club.

3.7.4 It shall be the responsibility of the club from which the player wishes to transfer to return the transfer form, fully and correctly completed within fourteen days of receiving it from the club to which the player wishes to transfer.

3.7.5 A player may transfer, but not play for his/her new club after the earlier of:
a) The new club having completed 80% of their league programme or
b) 1st August.

3.7.6 A player may play for any team between 1st November and 1st March in each year without transferring. In any competition running over the specified end of season date the conditions of paragraph 3.7.1 above shall apply.

3.7.7 Any player having transferred to and played for a second club in a specific season, and any club having permitted such a player to so play, in contravention of the above requirements, shall be the subject of a referral to the Behaviour in Sport Committee.

3.7.8 The Behaviour in Sport Committee shall, if they find the case established, impose penalties as set out in the Rules for Disciplinary Procedures. An appeal, in accordance with the provisions in the Rules for Disciplinary Procedures, will be competent.

3.7.9 The Club from which a player wishes to transfer may refuse to agree to such a request to transfer. Any player or club, wishing to appeal as a result of such refusal, may do so in writing to the CEO. Any such appeal shall be heard by the Behaviour in Sport Committee as soon as possible, and, in any event, within fourteen days of receipt. Notice of appeal shall not allow any change in circumstances.

- 3.7.10 In hearing such appeal the Behaviour in Sport Committee shall hear any evidence they consider relevant. The result of an appeal shall be notified to the player and clubs concerned, in writing. The decision of the Behaviour in Sport Committee shall be final when sitting to consider such cases.
- 3.7.11 Any player appearing on a nominated pool submitted by his/her present club, shall carry that nomination with him/her to the receiving club thereby increasing the nominated pool of that club for the remainder of a specific season.
- 3.7.12 The present club will not be required to nominate another player to maintain required numbers. It shall be the responsibility of the receiving club to ascertain the player's status in this respect. Similarly, a player who has debarred himself/herself from any specific competition, or competitions, through playing a prescribed number of games in named competitions, shall carry that with him/her to the receiving club.
- 3.7.13 It shall be the responsibility of the receiving club to ascertain his/her status. The conditions and rules as set out above, pertaining to the submission of the form, shall apply also to these requirements.
- 3.7.14 The foregoing requirements shall not apply to those playing in the Schools' Camanachd Association.
- 3.7.15 Copies of Transfer of Player Form may be had from the CEO on request.
- 3.7.16 Should any club include on their team lines a player or players not eligible to play for that club, or not eligible to play in a specific grade for that club, shall automatically forfeit the game/points to their opponents and shall be fined the sum of £150.

3.8 CUP COMPETITIONS

3.8.1 Semi-Finals

Semi-final ties, with the exception of the Camanachd Association Challenge Cup, the Macaulay Cup, the Balliemore Cup, the Sutherland Cup & the Chieftain's Cup will be played at the pitch of the first named team as decided by the competition draw.

In the event of the pitch being unplayable the tie will be switched to the home venue of the second named club in accordance with Byelaw 3.2.2, or to a neutral venue agreed and proposed by the competing clubs and which is acceptable to the CEO or delegated substitute. All costs relating to these ties, including those of the match officials, must be met by the two competing teams with the first named club responsible for payment on the day of the match.

The semi-finals of the Camanachd Association Challenge Cup, Balliemore Cup, Sir William Sutherland Cup and Chieftain's Cup shall be played on a neutral pitch chosen by the Association. All costs relating to these semi-finals must be met equally by the two competing teams, including those of the match officials, with the first named club responsible for ensuring payment is made on the day.

The semi-finals of the Macaulay Association Cup shall be played on a pitch chosen by the Macaulay Association and agreed by the Chief Executive Officer.

3.8.2 Replays, Extra Time and Penalty Play-Offs.

In all cup competitions a winner shall be decided in the first game. No replays will take place. When a match results in a draw at full time, extra time of 30 minutes duration will be played and a penalty play-off will take place if necessary.

3.9 PROTESTS

3.9.1 If a club team wishes to lodge a protest about events immediately before, during or after a match, an Office Bearer or Committee Member shall inform the referee and an Office Bearer or Committee Member of the opposing team within 30 minutes of the end of the match and shall, at the same time, inform them of the grounds of protest. The team making the protest shall be required to confirm it in writing to the CEO within 48 hours of the end of the match (Sunday excluded). This should be accompanied by a protest fee of £50 (fifty pounds) that shall be returned should the protest be upheld. An e-mail intimation of the protest will be accepted, provided the protest fee is lodged within the timescale. The CEO will confirm receipt of the protest to both clubs and the match officials and the nature of the protest.

3.9.2 Any objection to the pitch, goal posts, the laying out of the field of play, other appurtenances of the game, or relating to the officials in charge of the game, must be intimated to the referee before the start of the match by an Office Bearer or Committee Member of the club.

3.9.3 Any protest made shall be dealt with by the Behaviour in Sport Committee in accordance with the Rules for Disciplinary Procedures. The decision of the Committee shall be final.

3.10 ELIGIBILITY CRITERIA FOR CUP AND LEAGUE COMPETITIONS AND RULES FOR PROMOTION AND RELEGATION IN LEAGUE COMPETITION

NB: All references to 'North' shall refer to those clubs whose geographical base lies above a line drawn on a map of Scotland, running from Onich to Stonehaven. All references to 'South' shall refer to those clubs whose geographical base lies below this line.

3.10.1 National Cup Competitions

a) The Camanachd Association Challenge Trophy

The competition shall be open to teams in the Premiership, National Division, North Division One and South Division One, with the exception of reserve teams playing in North Division One or South Division One.

The teams from National Division, North Division One and South Division One shall compete against each other in preliminary rounds and the first round of the competition to give a total of six teams from these divisions going forward to the second round. Premiership Teams will enter the draw at the second round.

The Competition shall be conducted on the basis of an open draw throughout.

b) The Balliemore Cup

The competition shall be open to a club's first team that competes in the National Division, North Division One, or South Division One.

The Competition shall be conducted on the basis of an open draw throughout.

c) The Sir William Sutherland Cup

The competition shall be open to all teams playing in North Division Two and South Division Two and any reserve teams playing in North Division One or South Division One. A member club not currently competing in league competition is also eligible to enter this competition.

Each two team club shall submit a list of ten recognised First Team Players (The Player Pool) who will not be eligible to play in any league or cup competition for a reserve team.

These names must be in the hands of the CEO one week before the commencement of the competition each year.

The CEO will consider written applications for alteration to the list at any time up until 7 days before a match is due to be played. The CEO shall have the authority at any time to request substitution of any players not playing on a regular basis. No amendment to the Player Pool shall be permitted after 1st August.

Failure to submit a team pool by the stipulated date shall result in the club being automatically fined a sum of £20.

In addition, a player is ineligible to play in the Sir William Sutherland Cup Competition if he/she has played five or more first team matches in the Premiership or National Division; or five or more matches for a first team or single team in North Division 1 or South Division 1. A player under the age

of 17 on the 1st January of the year of competition will be exempt from this rule.

The first two rounds of the Competition shall be conducted on a localised basis with the later rounds an open draw.

d) The Macaulay Cup

The Macaulay Association will invite 8 South teams and 8 North teams to participate in the Macaulay Cup. The teams shall be picked from the Premier League, the National League, South Div 1 and North Div 1 excluding reserve teams. Teams shall compete on a South and North area basis up to and including the semi-finals. The final will be played in Oban and shall be contested between the winners of the South and North semi-finals. Consideration will be given to teams gaining promotion to the Premier League over teams being relegated from the Premier League and consideration may also be taken of teams standings at the end of the current season and depending on cup tournaments being available to teams. Other competition details shall be as agreed from time to time by the Macaulay Association in consultation with the Camanachd Association.

c) The Chieftain's Cup

The competition shall be open to Single Team Club's that compete in the Area Leagues The first round of the Competition shall be conducted on an Area basis with the later rounds an open draw.

3.10.2 Area Cup Competition

a) Glasgow Celtic Society Cup

The competition shall be open to all South clubs playing in the Premiership, National Division and South Division One, with the exception of reserve teams playing in South Division One.

The competition shall be conducted on the basis of an open draw throughout, with draws for all the rounds up to the final being made prior to the start of the season, unless agreed otherwise by the Glasgow Celtic Society and the Chief Executive Officer.

b) The MacTavish Cup

The competition shall be open to all North clubs playing in the Premiership, National Division, and North Division One with the exception of reserve teams playing in North Division One.

The competition shall be conducted on the basis of an open draw throughout, with draws for all the rounds up to the final being made prior to the start of the season, unless otherwise agreed by the Chief Executive Officer.

c) Bullough Cup

The competition shall be open to all reserve/reserve standard teams playing in South Division Two and any reserve team playing in South Division One. A member club not currently competing in league competition is also eligible to enter this competition.

Eligibility is as per Sir William Sutherland Cup Rules.

The competition shall be conducted on the basis of an open draw throughout, with draws for all the rounds up to the final being made prior to the start of the season.

d) Strathdearn Cup

The competition shall be open to all reserve/reserve standard teams playing in North Division Two and any reserve team playing in North Division One. A member club not currently competing in league competition is also eligible to enter this competition.

Eligibility is as per Sir William Sutherland Cup Rules.

The competition shall be conducted on the basis of an open draw throughout, with draws for all the rounds up to the final being made prior to the start of the season.

3.10.3 National and Area Leagues

The National Leagues comprise the Premiership and National Division.

a) Premiership

The league shall comprise of ten teams. Each team shall play the others twice in a season, one game 'at home' and the other 'away'.

The rules applying to promotion and relegation will be that:

1. The team with most points at the end of the season, or the better goal difference if two or more teams are equal on points or having scored the greatest number of goals if goal difference is equal shall be the Premiership Champions.
2. The two teams with the least points at the end of the season, or the poorer goal difference if teams are equal on points, or the least number of goals scored if goal difference is equal, shall be relegated to the National Division. If three or more teams are equal on points, goal difference and goals scored in the head to head result will determine the outcome.

b) National Division

The league shall comprise of eight teams or as may be decided by the Board. Each team shall play the others twice in a season, one game 'at home' and the other 'away'.

Reserve teams are not eligible to play in the National Division.

The rules applying to promotion and relegation will be that:

1. The team with most points at the end of the season, or the better goal difference if two or more teams are equal on points or having scored the greatest number of goals if goal difference is equal shall be the National Division Champions and be promoted to the Premiership.
2. The team finishing with the second highest number of points or the better goal difference if two or more teams are equal on points or having scored the greater number of goals if goal difference is equal shall be promoted to the Premiership.
3. The team with the least points at the end of the season, or the poorer goal difference if teams are equal on points, or the least number of goals scored if goal difference is equal, shall be relegated to the relevant North or South Area Division One. If two or more teams are equal on points, goal difference and goals scored, a play-off match between those teams shall take place. This 'play-off match shall take place at a neutral venue and shall be played to a finish, i.e. extra-time and a penalty play-off being utilised if necessary.
4. Should both North Division One and South Division One be won by Reserve Teams the highest placed eligible teams in both divisions will be invited to apply for promotion. If one club accepts the invitation they shall be promoted. If the invitation is declined by both eligible teams then there will be no promotion to or relegation from the National League.

c) North & South Area Division 1

North Division One shall comprise ten teams, or as may be decided by the Board. South Division One shall comprise eight teams, or as may be decided by the Board. Each team shall play the others twice in a season, one game 'at home' and the other 'away'.

The rules applying to promotion and relegation will be that:

1. The team with most points at the end of the season, or the better goal difference if two or more teams are equal on points, or having scored the greatest number of goals if goal difference is equal in each division shall be the champion of that league.
2. The league champions of North and South Division One shall meet in a play-off match to decide which team will be promoted to National Division in the following season. This 'play-off match shall take place at a neutral venue and shall be played to a finish, i.e. extra-time and a penalty play-

off being utilised if necessary. If a Reserve Team wins their League, there will be no "Play-Off" as the Reserve Team is not eligible for promotion to the National Division. If both North Division One and South Division One are won by Reserve Teams, there will be no promotion to the National Division.

3. If a Reserve Team wins their League, they will not be eligible for promotion to the National Division. If both North Division One and South Division One are won by Reserve Teams the highest placed eligible team in each respective league will be invited to be promoted. If one club accepts the invitation they shall be promoted. If both clubs accept the invitation to be promoted, they shall meet in a play-off match to decide which team will be promoted to the National Division in the following season. This 'play-off match shall take place at the conclusion of the leagues at a neutral venue and shall be played to a finish, i.e. extra-time and a penalty playoff being utilised if necessary.
4. The team with least points at the end of the season, or the poorer goal difference if two or more teams are equal on points or the least number of goals scored, in each league shall be eligible for relegation to the relevant North or South Division Two.
5. Relegation shall be dependent upon a team being eligible for promotion from Division Two. If the team winning Division Two is not eligible for promotion, there will be no relegation from Division One at the end of that season.

d) North & South Area Division 2

North Area Division Two shall comprise ten teams, or as may be decided by the Board dependant on circumstances. South Area Division Two shall comprise eight teams, or as may be decided by the Board dependant on circumstances. Each team shall play the others twice in a season, one game 'at home' and the other 'away'.

The rules applying to promotion will be that:

1. The team with most points at the end of the season shall be the champion of the league.
2. If two teams are equal on points at the top of the league at the end of the season, they shall compete against each other in a play-off match to decide who shall be champion. This 'play-off match shall take place a neutral venue and shall be played to a finish, i.e. extra-time and a penalty play-off being utilised if necessary.
3. Except as provided for below, the league champions shall be promoted to their area league Division One in the following season.

e) Reserve teams eligibility

1. Reserve teams are eligible for promotion to their respective Area League Division One. A reserve team cannot, in any circumstances, be promoted to the Premiership or National Division. A reserve team cannot in any circumstances play in the same league or cup competition as their first team.
2. A player is ineligible to play in league matches for their clubs reserve team if they have played 75% or more of the clubs scheduled first team League Matches. A player under the age of 17 on the 1st January of the year of competition will be exempt from this rule.

f) Conflicts in Matters of Relegation

It is the case that in all matters of relegation, a club's first and reserve teams cannot compete in the same league.

If the team being relegated is a club's first team and the club's reserve team is currently a member of the league that the first team is being relegated into, the reserve team will drop into a lower area league.

If the first team is due to be relegated to the lowest division available in the area and their reserve team already competes in it, the CEO will refer the case to the Association Board of Directors for a ruling permitting the first team to remain in the division from which they are due to be relegated. In these circumstances the Board shall also decide on whether or not a team not finishing bottom of the league will be relegated from the division. This process shall also rule on the eligibility of the team due to be promoted from the lowest division being permitted to do so. The Board's decision shall be final.

g) Relegation Requests

Teams are required to participate at the correct level in league & cup competitions. Should a Club request their team to participate at a lower level, the CA shall be minded to refuse such a request.

- i) In exceptional circumstances, the CA may agree to a Club's request for their team to play in a lower league. In these circumstances that team will forfeit 20% of available league points (rounded up to the nearest whole number) and may also face restriction on entry into the cup competitions associated with that league.
- ii) In the event of competition restructuring, the position of teams playing in the newly formed leagues shall be determined by their final league position (following promotion/relegation) at the end of the playing season immediately prior to the new structure coming into place.

BYELAW 4: COMPETITION FOR CHILDREN AND YOUNG PEOPLE

These are the laws for the organisation and management of youth competitions and, for the purposes of the development and well-being of youth shinty, override the provisions of any other Byelaw with which there might seem to be conflict.

4.1 Definition of Child or Young Person

A child or young person is any person under the age of 18. A 'youth' for the purposes of understanding the term 'youth shinty' for a particular playing season, is any person under the age of 17 on the 1st January in the year in which that season commences.

This difference in age definitions is required to ensure maximum benefit for those who may have to make a claim on the Association's insurance policy for players. It is imperative that clubs registering members must give accurate information relating to age/date of birth for all members.

4.2 Equipment

4.2.1 Helmets

Any person competing in the Camanachd Association Youth competitions up to and including U 17 level, as within Bye-Law 4.1, must wear a helmet and faceguard designed for protective purposes. This rule shall also apply to any person able to participate within the Under 17 level, playing in a team competing in any Senior competition covered by Bye-Laws 2 or 3. An exception to this Rule is granted for First Shinty competitions, owing to its use of different camans and balls.

It is the responsibility of those in charge of the team in which children or young people are playing, to satisfy themselves about the correct age of each child or young person. If in any doubt, the referee will seek a verbal statement of confirmation from an official of the team concerned as to the age of the child or young person.

A referee is obliged to bar any child or young person who is eligible to participate at U17 level and is not wearing a helmet and faceguard from taking part in a match.

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.

Specifications for Helmets

Helmets shall be certified as fit for purpose. The Camanachd Association approved helmet must meet the requirements of Personal Protective Equipment Regulation (EU) 2016/425. The helmet must conform to one of the

following Safety standards I.S. 355:2006, ISO 10256-2:2016 or ASTM F1045-16.

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 must be free from any sharp edges and or projections.

It is a players and a clubs responsibility to ensure they are wearing compliant kit.

It shall be a specific disciplinary offence for a player to represent directly or indirectly that they are wearing a compliant helmet and faceguard when they are not.

Exceptions to this Rule:

First Shinty competitions when first shinty camans and balls are in use are encouraged to wear helmets where these are accessible however the plastic and rubber material used are designed for use by beginners and therefore helmets are not mandatory.

- 4.2.2 **Shin Guards** Shin Guards must be worn in all training, games and competitions. These must be made of a suitable material to provide reasonable protection and must be secured in place. Coaches should encourage shinty players to wear shin guards which protect both shins and ankles.

4.3 Variations to Byelaw 1 Rules of Play and Playing Season

4.3.1 Adaptations to the Field of Play

For youth competitions the Camanachd Association promote, encourage and consent to the use of All-Weather 3rd Generation surfaces, where the required pitch dimensions are appropriate for the level of competition.

Under-12 6-a-side Competitions

A Pitch Dimensions

The length of the pitch will be no more than 73 metres and no less than 55 metres. The width of the pitch will be no more than 46 metres and no less than 37 metres.

B Goal Dimensions

The goals will be 12 feet (3.66m) wide by 8 feet (2.44m) high.

Under-14 6-a-side Competitions

A Pitch Dimensions

The length of the pitch will be no more than 91 metres and no less than 77.5 metres. The width of the pitch will be no more than 64 metres and no less than 50 metres.

B Goal Dimensions

The goals will be 12 feet (3.66m) wide by 8 feet (2.44m) high.

U-14 9/12-a-side Competitions

A Pitch Dimensions

The length of the pitch will be no more than 128 metres and no less than 100 metres (82m 9-a-side). The width of the pitch will be no more than 73 metres and no less than 55 metres (55m 9-a-side).

B Goal Dimensions

The goals will be 12 feet (3.66m) wide by 8 feet (2.44m) high.

U-17 6-a-side Competitions

A Pitch Dimensions

The length of the pitch will be no more than 91 metres and no less than 77.5 metres. The width of the pitch will be no more than 64 metres and no less than 55 metres.

B Goal Dimensions

The goals will be 12 feet (3.66m) wide by 8 feet (2.44m) high.

U-17 9/12-a-side Competitions

A Pitch Dimensions

The length of the pitch will be no more than 155 metres and no less than 128 metres (100m 9-a-side). The width of the pitch will be no more than 73 metres and no less than 64 metres (55m 9-a-side).

B Goal Dimensions

The goals will be 12 feet (3.66m) wide by 10 feet (3.05m) high.

4.3.2 Number of Players

The number of players within youth competitions is set out as per the individual competition rules, which constitutes the Camanachd Association Youth competition programme.

4.3.3 Substitutions

Rolling substitutes are permitted in all Camanachd Association Youth Competitions, i.e. players taken off, can be put back on the field of play. A substitute may only be permitted to enter the field of play at the mid point of either side-line, during a stoppage in the game having received a signal of authorisation from the referee.

4.3.4 Provision of Referees – condition of entry

Every club with at least one senior team, wishing to enter a juvenile competition run by the Camanachd Association, shall be required to identify at least one referee who is either qualified as a Foundation referee or is enrolled to attend a Foundation referee course. The nominated referee will commit to refereeing youth games for their home club and may be invited to officiate at other youth games within their local area, at their convenience. These youth competition referees must be separate and distinct from referees currently active and officiating at senior level.

4.4 Camanachd Association Youth Competition Programme

Under-14 Competitions

(Under 14 on the 1st January on the year of competition)

Under 14 6-a-side Competitions (6 players and up to 2 substitutes)

- **North of Scotland Under 14 6-a-side Championship:**
Participants within this competition shall be teams from the North of Scotland (as set out in Byelaw 3.10)
- **South of Scotland Under 14 6-a-side Championship:** Participants within this festival shall be teams from the South of Scotland (as set out in Byelaw 3.10) National Under 14 6-a-side Championship: Participation in this event will be open to all

Under 14 National Cup Competitions

- **Kenneth MacMaster Cup** (12 players plus up to 3 substitutes)
The competition is open to all clubs and will be conducted on a knockout basis.
- **National Development Trophy** (9 players plus up to 3 substitutes)
The competition is open to clubs/teams who do not participate in the Kenneth MacMaster Cup. Clubs with sufficient player resources may enter the Development Trophy as well as the Kenneth MacMaster Cup, but must submit a player pool of 10 named players to the Camanachd Association from the Kenneth MacMaster Cup team who cannot participate within the Development Trophy. The competition shall take the form of localised leagues (as determined by CA Development staff) with qualifiers from the local leagues qualifying for regional play-offs to determine who wins through to compete in the final. Staff will reserve the right to encourage teams that have evidenced sufficient development to compete in the Kenneth MacMaster competition.
- **South Area Under 14 Leagues** (12 players plus up to 3 substitutes)
The competition is open to all South area clubs (as set out in Byelaw 3.10). Leagues will be structured on a geographical basis within the South area, clubs being allocated to a particular league by CA Development Staff. The South League final shall be competed at 12-a-side.
- **North Area Under 14 League** (12 players plus up to 3 substitutes)
The competition is open to all North clubs (as set out by Byelaw 3.10). League will be structures in two phases:
Phase 1: Geographical basis within the North area, clubs being allocated to a particular league by CA Development staff.
Phase 2: League standings within phase 1 shall determine the standard of division with which the teams shall compete for the Division 1, Division 2 and Division 3 titles.

Under-17 Competitions

(Under 17 on the 1st January on the year of competition)

Under-17 6-a-side Competitions (6 players plus up to 2 substitutes)

- **North of Scotland Under 17 6-a-side Championship:** Participants within this competition shall be teams from the North of Scotland (as set out in Byelaw 3.10)
- **South of Scotland Under 17 6-a-side Championship:** Participants within this competition shall be teams from the South of Scotland (as set out in Byelaw 3.10)
- **National Under 17 6-a-side Championship:** Participation in this event will be open to all

Under 17 Cup Competitions

- **MacQuiston Cup** (12 players plus up to 3 substitutes)
The competition is open to all South (as set out in Byelaw 3.10) area clubs and shall be competed for on a league or knockout basis dependant on entry numbers.
- **MacTavish Juvenile Cup** (12 players plus up to 3 substitutes)
The competition is open to all North (as set out in Byelaw 3.10) area clubs and shall be competed on a knockout basis.

Under 17 League Competitions

- **London Shield** (12 players plus up to 3 substitutes)
The competition is open to all clubs. Leagues will be structured in a geographical basis, with clubs being allocated to a particular league by CA Development staff. Qualifiers from the league structure shall compete in a knockout competition to determine National League Winners.
- **W J Cameron Development Competition** (9 players with up to 3 substitutes). This competition is open to all clubs not participating in the London Shield competition. Leagues will be structured on a geographical basis, with clubs being allocated to a particular league by CA Development staff. Qualifiers from the league structure shall compete in a knockout competition to determine the National League winners.

4.5 Variations to Byelaw 3 Competition Regulations and Procedures

4.5.1 Transfer of Players

A youth player (Under 17) within a club that is not able to field an Under 14 or Under 17 team (including development competitions), within Youth League or Cup competitions shall be able to represent another team without the need to transfer (with the permission of the parent club). A player can only represent one club at each age group, i.e. a player can only play Under 17 shinty for one club in that season, unless a transfer is requested and

approved. A club can borrow up to a maximum of two players in total and must enter the competition under a combined team name. This must be clearly detailed on the youth competition entry form and communicated to your respective Regional Development Officer. When the U-14 & U-17 youth leagues and cup competition commences the combined team name cannot be extended and players will be unable to move without a transfer been approved between the respective clubs.

Teams wishing to participate under a combined team of more than two players in the U-14 & U-17 main leagues and Development Competitions may do so with the agreement of their Regional Development Officer and participate on a participation only basis with no points added or taken away.

The deadline for any youth transfers is the 30th of May each year.

4.5.2 Suspensions

Any suspensions incurred whilst competing for another team will be served at either the level the offence was incurred or for his/her host team as determined by the Camanachd Association.

Suspended Under-14 players will serve their ban in all Under-14 competitions. If due to age a player is unable to complete the suspension it will be carried forward to Under-17 level in matches following the age ineligibility date.

Suspended Under-17 players will serve their ban in all Under-17 competitions. If due to age a player is unable to complete the suspension it will be carried forward to adult level in matches following the age ineligibility date.

Suspended players cannot play for **any youth team** until their suspension is served at the appropriate age group.

4.5.3 Eligibility Criteria (Byelaw 3.10)

Unless specifically stated within the competition criteria the CA Development Staff reserve the right to modify the geographical boundaries set within Byelaw 3.10 in order to assist with the development of the game.

BYELAW 5: CODES OF CONDUCT

5.1 THE PRINCIPLES OF PARTNERSHIP IN SHINTY

5.1.1 Shinty is essentially a player's game. However, in order that the game is well organised, played safely and in congenial surroundings, everyone involved has a key role to play; player, referee, coach/teacher, organiser, parent, volunteer and supporter.

- a) The Camanachd Association will endeavour through our policies, procedures, actions and decision-making to ensure that no employee, volunteer or member receives less favourable treatment on the grounds of age, sex, gender identity, disability, marital or civil partnership status, pregnancy or maternity, religion, race, ethnic origin, nationality, socioeconomic status or sexual orientation.
- b) In addition, The Camanachd Association recognises that we live in a diverse society and will endeavour to ensure that all employees, volunteers and members are given the same opportunity regardless of their socio-economic background.
- c) The Camanachd Association is committed to ensuring equitable access to shinty and fair treatment for all who wish to participate.

5.1.2 Those involved, or becoming involved, in Shinty will gain greater enjoyment, excitement and satisfaction from that involvement if they respect and apply the spirit and ethos of these CODES.

5.1.3 They apply to all levels of the game and acknowledge the core values of respect for self, others and the laws of the game. The positive input of volunteers enriches and strengthens the sport.

5.1.4 Especially when involved with children and young people these CODES can help Shinty remain the great family sporting activity that it is.

- a) Agree issues relating to Duty of Care (e.g. responsibility for travelling to and from games).
- b) Encourage parents to support all Shinty activities reminding them that they are an integral part of the school/club community.
- c) Ensure that parents understand that the "win at all costs" ethos is not acceptable in Shinty and is counterproductive to the individual development of any player.
- d) Inform everyone about specialist equipment required (e.g. helmets) and where it can be purchased.
- e) Ensure everyone is aware of what is acceptable touchline behaviour.
- f) Gain agreement and permission for all matters involving children.
- g) Ensure that parents have realistic aspirations for their child and are aware of his/her strengths and weaknesses.

5.2 CODE FOR COACHES

- 5.2.1 Coaches should develop and maintain a positive involvement with the Camanachd Association Coach Development Programme.
- 5.2.2 Make a personal commitment to keep themselves informed on sound coaching principles and, for those working with children and young people, the principles of growth and development of young people.
- 5.2.3 Coaches must be registered with the Association. This registration creates a commitment on the part of the coach to adhere to and be subject to the Association's Child & Vulnerable Adult Protection Policy and Procedures.
- 5.2.4 Remember that all players need a coach they can respect - be generous with praise when it is deserved and set a good example.
- 5.2.5 Be pragmatic with demands on the players' time, energy and enthusiasm.
- 5.2.6 Remember that children and young people have other interests and demands on their time and should be encouraged to enjoy those other activities.
- 5.2.7 Teach players that the laws of the sport are mutual agreements, which no one should evade or break.
- 5.2.8 Ensure that all players participate - average and below average participants need and deserve fair time and attention. Some players play for fun.
- 5.2.9 Promote respect for opponents, match officials, opposing coaches and spectators.
- 5.2.10 Seek and follow medical advice as to when an injured player is ready to participate again.
- 5.2.11 Never criticise match officials during or after the match in front of players or spectators - always thank officials and if they have made any decisions, which require clarification, discuss that privately with them afterwards.
- 5.2.12 Encourage young people to develop an ethos of fair play.
Insist on fair and disciplined play - do not tolerate foul play, cheating, violence or bad language. They are disruptive to the game.

5.3 CODE FOR PLAYERS

- 5.3.1 Be positive; always try to make the game better for yourself and your team.
- 5.3.2 Abide by the laws of the game. Respecting decisions of match officials. The abuse of match officials is unacceptable.
- 5.3.3 Control your temper - use of foul language brings the game into disrepute.
- 5.3.4 Be a good sport - respect all good performance, whether by your team or by the opposition.
- 5.3.5 The aim of playing is to have fun, improve your skills and do your best. At the end of play, thank your opponents and the match officials for their involvement.
- 5.3.6 Win with humility - Lose with dignity.

5.4 CODE FOR PARENTS

- 5.4.1 Do not force an unwilling youngster to participate.
- 5.4.2 Never ridicule or shout at children for making a mistake or losing.
- 5.4.3 Encourage all children to play by the laws of the game.
- 5.4.4 Teach young people that honest effort is as important as victory so that the result of each contest is accepted without undue disappointment.
- 5.4.5 Turn defeat into victory by helping young people to develop a positive work ethic for self and team improvement.
- 5.4.6 Remember that young people learn from good examples.
- 5.4.7 Respect the role of match officials, before, during and after the game.
- 5.4.8 Support all efforts to remove verbal and physical abuse from all levels of the game.
- 5.4.9 Recognise the value and importance of volunteer coaches and officials. They give their time and resources to provide recreational activities for your children.
- 5.4.10 Be aware of the Camanachd Association Child Protection Policy.

5.5 CODE FOR SPECTATORS

- 5.5.1 Help the players to enjoy themselves, by lending positive support.
- 5.5.2 The abuse of players, coaches or officials is unacceptable. Be positive and support our team.
- 5.5.3 Acknowledge and respect good performance by both teams.
- 5.5.4 Spectators should not enter the playing enclosure. The running of the game is the remit of the match officials.
- 5.5.5 Remember that the players are playing for FUN. The game they play belongs to them. They are not professionals or international gladiators.

5.6 CODE FOR REFEREES

- 5.6.1 Make a personal commitment to keep abreast of refereeing principles.
- 5.6.2 Apply the rules in a manner that discourages violent play and promotes sportsmanship and fair play.
- 5.6.3 Be fully aware of the context of the game you are refereeing, e.g. age group.
- 5.6.4 Ensure that the spirit of the game is not lost. Your control of the game is a significant factor influencing whether the participants and the spectators enjoy their day out.
- 5.6.5 Remember that the players are there for FUN. You can make a positive contribution to their enjoyment.
- 5.6.6 Help clubs ensure that these CODES are being applied.
- 5.6.7 When refereeing young players, constructive coaching can be as useful as good refereeing.

5.7 DUTY OF CARE

- 5.7.1 The working relationship is between the sports officials who provide the opportunity to play and the players, both young and old, who take up that opportunity and participate. This relationship is one of mutual responsibility across the agencies involved.
- 5.7.2 Adults must appreciate the effect that their behaviour has on the actions and reactions of young people. The more exciting and passionate the circumstance, the more important is the example set by the Adults.

5.7.3 The Club:

5.7.4 The Club must take all reasonable measures to ensure that all adults are suitable for the tasks they perform in the provision of Shinty for young people. See: Child Protection Policy and Procedures.

5.7.5 The Participants:

- a) Everyone involved should be aware of these CODES and work to make them effective.
- b) Outwith the playing of the game adults should be aware of the safety and wellbeing of the young people in their charge, and should set an appropriate example.
- c) All players should recognise the responsibility they carry for their own wellbeing, and that of other participants, before, during and after the Game.

5.7.6 During the game:

- a) The control of what happens on the field of play is the sole responsibility of the match officials and the players involved.
- b) People on the touchline should not interfere with the playing of the game or enter the playing field unless asked to do so by the referee, e.g. to attend an injured player.

5.7.7 Exceptional Circumstances:

- a) Should circumstances arise where the Laws of the Game are flaunted to the extent that control of the situation has moved beyond the match officials and the players, the adults in charge can assume that the game has ceased and a common law situation has arisen. In such circumstances the adults are advised not to become involved in the situation and to remove the players from the scene to a place of safety.
- b) Such a situation should never arise if the ethos of these CODES is adhered to.

5.8 Sporting Integrity

A Player, Committee Member, Coach, Club Official or Match Official is obliged to:

- 5.8.1 Not place or attempt to place a bet on a match or competition in which he/she or his/her club participates in.
- 5.8.2 Not solicit or facilitate, or attempt to solicit or facilitate, another person to bet on a match or other event or competition in which he/she or his/her club participates in.

- 5.8.3 Not offer, or attempt to offer, a bribe in order to fix or contrive a result or the progress of a match or other event or competition in which he/she or his/her club participates in.
- 5.8.4 Not receive, or seek or attempt to receive, or seek a bribe in order to fix or contrive a result or the progress of a match or other event or competition in which he/she or his/her club participates in.
- 5.8.5 Report any approach or other activity which contravenes, or which may contravene, the sport's rules on betting, co-operate with any investigation and/or request for information including the provision of documentation (e.g. telephone/betting records to officials engaged in the investigation of suspected integrity issues in the sport in relation to betting).
- 5.8.6 Perform to the best of his/her ability in any match or other event in which he/she participates in.

BYELAW 6: CHILD PROTECTION & PROCEDURES

6.1 CHILD PROTECTION POLICY AND PROCEDURES

- 6.1.1 The Camanachd Association accepts that it is the responsibility of every adult to protect children from abuse. All children have the right to be protected from all forms of abuse and discrimination and to be treated equally regardless of age, gender, racial origin, culture, religious belief, language, disability or sexual identity.
- 6.1.2 Child abuse, particularly child sexual abuse can arouse strong emotions in those facing such a situation and it is important to understand these feelings and not allow them to interfere with our judgement about any action to take.
- 6.1.3 Abuse can occur within many situations including the home, school and the sporting environment. Some individuals will actively seek employment or voluntary work with children in order to harm them. Everyone working in shinty - in a paid or voluntary capacity, together with those working in affiliated associations - has a role to play in safeguarding the welfare of children and preventing their abuse.
- 6.1.4 A coach, instructor, teacher or volunteer may have regular contact with children and be an important link in identifying cases where a child needs protection. When establishing guidelines to protect children, it is important to recognise that the organisation has both a moral and legal obligation to ensure it provides the highest possible standard of care.
- 6.1.5 The Camanachd Association recognises that it has a responsibility to:
- a) Safeguard and promote the interests and well-being of children with whom it is working;
 - b) Take all reasonable practical steps to protect them from harm, discrimination, coercion, degrading treatment; and
 - c) Respect their rights, wishes and feelings. Child protection policies and procedures can:
 - d) Offer safeguards to the children with whom we work, and to our members of staff, volunteers and those in affiliated organisations.
 - e) Help maintain high standards of professionalism and practice within the Camanachd Association and affiliated organisations.
- 6.1.6 To help prevent abuse of children, all individuals, clubs and affiliated associations are held, by virtue of their membership of the Association, to have committed themselves to the implementation of this policy. It is the responsibility of club officials to ensure that everyone involved in the care of children is aware of and has access to, this policy and accompanying procedures and guidance that the Association will publish, and knows what to do if there are concerns about abuse.

6.2 PRINCIPLES

6.2.1 This policy, and accompanying procedures and guidance, are based on the following principles:

- a) The child's welfare is paramount.
- b) All children whatever their age, culture, disability, gender, language, racial origin, religious belief and/or sexual identity have the right to protection from abuse.
- c) All suspicious and allegations of abuse will be taken seriously; and responded to swiftly and appropriately.
- d) Anyone under the age of 18 years should be considered as a child for the purpose of this document.

6.2.2 Working in partnership with children and their parents/carers is essential for the protection of the children. The Camanachd Association recognises the statutory responsibility of the social services department to ensure the welfare of children and is committed to working together with the local agencies and Area Child Protection Committee (ACPC) and to complying with their procedures.

6.3 THE RIGHTS OF THE YOUNG SHINTY PLAYER

The Camanachd Association values the rights of a child and recognises the general principles of the UN Convention on the Rights of the Child (UNCRC) and the principles of "Getting it Right for Every Child" (GIRFEC).

- 6.3.1 The right to enjoy themselves both in practice and in competition with a variety of activities which are both fun and instructional.
- 6.3.2 The right to play like a child and not to be treated like an adult, either on or off the playing field.
- 6.3.3 The right to take part in competitions with rules adapted to their level of ability at each stage of their psychomotor development.
- 6.3.4 The right to play in conditions of the greatest possible safety.
- 6.3.5 The right to participate in all aspects of the game.
- 6.3.6 The right to be trained by experienced and qualified coaches.
- 6.3.7 The right to be able to gain experience for themselves, by resolving themselves the problems which arise both in practice and in official competition.
- 6.3.8 The right to be treated with dignity both by their coach and their opponents and team mates.

6.3.9 The right to play with children their own age who have similar chances of winning.

6.3.10 The right not to be a champion.

6.4 PROCEDURES AND GUIDANCE

6.4.1 The Camanachd Association shall publish child protection procedures and guidance and shall ensure implementation by organising appropriate training programmes and adopting good child protection management practices.

6.5 REVIEW

6.5.1 This policy and accompanying procedures and guidance will be regularly monitored and reviewed:

- a) In accordance with changes in legislation and guidance on the protection of children or any changes within the Camanachd Association.
- b) Following any issues of concerns raised about the protection of children within the game of shinty.
- c) In all other circumstances, every 3 years.

BYE-LAW 7
ANTI DOPING POLICY

7. DOPING CONTROL

- 7.1 The Association is opposed to the use of prohibited drugs in the game and will undertake whatever steps are necessary to ensure its members do not partake of any of the banned substances listed in the International Olympic Committees Medical Commission or the world Anti-Doping Agency (the WADA) United Kingdom Anti-Doping (UKAD) 2015 Code. Full Anti-Doping information is available on the Camanachd Association website www.shinty.com and from the head office. To this end, participants in the game may be subject to random testing. Doping is fundamentally contrary to the spirit of sport. The Camanachd Association supports anti-doping measures and adopts the UK Anti-Doping Rules published by UK Anti-Doping, as amended from time to time. The current version of the Anti-Doping Rules of the Association can be found on www.shinty.com and can be requested from the Camanachd Association Head Office.
- 7.2 The procedure shall have the power to carry out both In-Competition testing and No Advance Notice Out-of-Competition sample collection of those within the jurisdiction of the Association.
- 7.3 The method of testing will be by way of urine and or blood samples. While every effort will be made to maintain the player's privacy, the urine sample must be witnessed by a Doping Control Officer.
- 7.4 The banned use of drugs in sport are identified as being under four categories:
- Stimulants, e.g. Amphetamines
 - Narcotic analgesics (pain killers) e.g. morphine
 - Anabolic steroids to increase muscle and aggression
 - Tranquillisers and relaxants, e.g. beta-blockers and alcohol
- 7.5 It is each Athlete's personal duty to ensure that no Prohibited Substance enters his/her body. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their Samples. Doctors are normally able to prescribe adequate medication not including prohibited drugs.
- 7.6 Any player evading sample collection, or without compelling justification, refusing or failing to submit to Sample collection after notification of Testing as authorised in the UK Anti-Doping Rules adopted by the Association will result in an anti-Doping Rule Violation.
- 7.7 The Anti-Doping Rules apply to all Athletes and Athletes Support Personnel who are members of the NGB and/or of member of affiliate organisations or licensees of the NGB (including any clubs, team, associations or leagues. You can keep the one year suspensions for clubs as a disciplinary procedure, but ASP obstructing and or tampering with the Doping Control process can be charged with an ADRV e.g. 2.5, 2.9
- 7.8 Where it is determined, that an Athlete or Other Person has a case to answer under Article 2 of the UK Anti-Doping Rules, then UKAD shall as soon as practicable notify the athlete of other Person in writing (the "Notice of Charge"). The Notice of Charge will specify the date of Provisional Suspension.

7.9 Anti-Doping Rule Violations arising under the UK Anti-Doping rules shall be submitted for the determination by the National Anti-Doping Panel, in accordance with the NADP Rules, as amended from time to time.

BYELAW 8: DISCIPLINARY RULES

- 8.1 The rules and procedures governing disciplinary matters within the sport of shinty shall be published in an document entitled 'Rules for Disciplinary Procedures', which shall be subject to review and amendment by the Board from time to time or by the members of the Association voting upon a resolution at a General meeting.
- 8.2 The Chief Executive Officer shall meet, once per year, jointly with the members of the Disciplinary, Behaviour in Sport and Appeals Committees for the purposes of reviewing the processes and procedures for managing and administering the disciplinary rules. The President, Directors of the Association and any other person invited by the CEO may also attend this meeting. Any proposal emerging for amendment to the 'Rules for Disciplinary Procedures' must be approved by the Board of Directors.

BYELAW 9: COMMITTEE REMITS

9.1 FINANCE

Committee responsible for all financial matters including budgeting and management reporting, resources, equipment, IT and especially income collection.

9.2 COMPETITIONS

Committee responsible for integrating fixtures including postponements, and allocating referees to matches excluding cup finals, Macaulay Association and Celtic Association competitions, Schools Camanachd Association, Women's Camanachd Association.

9.3 CLUB AND VOLUNTEER DEVELOPMENT

Committee responsible for Club Development, Child Protection and responsible for all volunteer training requirements from club to board induction within the Camanachd Association.

9.4 COACHING

Committee responsible for all coaching matters including staff tutors, first aid and coaching course calendar and youth development.

9.5 OFFICIALS

Committee responsible for recruitment and training of all assessors and recruitment, training and grading of all referees, goal judges and linesmen and allocation of officials to cup finals.

9.6 COMMUNICATIONS

Committee responsible for sponsorship, press relations, branding, income generation and communications.

BYELAW 10: PROCEDURES FOR CANDIDATE SELECTION TO THE BOARD

10 NOMINATIONS FOR ELECTIONS OF PRESIDENT AND DIRECTORS

10.1 Where in terms of Articles 5.6 and 5.7 there is a requirement imposed on a meeting to elect a President or Directors, the arrangements for such elections shall be as set out in this Byelaw.

10.2 Election of Directors

10.3 The Chief Executive Officer shall issue a notice inviting nominations for vacant posts 10 weeks prior to the date of the Annual General Meeting. Nominations must be submitted on a prescribed pro-forma that will be issued along with the notice inviting nominations and advising of the deadline for return of nominations. An individual wishing to seek nomination who has not otherwise received a copy of the proforma may request one from the Chief Executive Officer.

10.4 Nominations shall be lodged with the Chief Executive Officer six weeks prior to the date of the Annual General Meeting.

10.5 Each nominee must be a registered member of the Company.

10.6 Each nomination form must:-

- (a) carry the signature of the nominee confirming his/her willingness to act in the relevant post if successful;
- (b) have all sections of the pro-forma completed;
- (c) must be endorsed by a member Club or Association through the signature of a relevant office bearer.

10.7 All of the nominations in each case shall be circulated with the intimation of the Agenda in terms of Article 5.4.

10.8 Election of the President

10.9 When there is a requirement to elect a President, a President-elect shall be appointed to facilitate a smooth transition from one President to another. During the period in which a person is President-elect, he/she shall shadow the President in the performance of his/her duties and shall avail themselves of the advice and guidance of the President in preparation for assuming the office of President. Unless opposed in terms of paragraph 10.18 below, the President-elect shall be confirmed in office at the Annual General Meeting.

10.10 At least six months prior to the expiry of a President's term of office, the Chief Executive Officer shall invite nominations for the appointment of a President-elect. Nominations shall be lodged with the Chief Executive Officer within one calendar month of the date on which the above invitation was issued. Nominations must be submitted on a prescribed pro-forma that shall be issued along with the notice inviting nominations. An individual wishing to seek nomination that has not otherwise received a copy of the pro-forma may request one from the Chief Executive Officer.

- 10.11 Each nomination form must:
- (a) carry the signature of the nominee confirming his/her willingness to act in the relevant post if successful;
 - (b) have all sections of the pro-forma completed;
 - (c) have the signed support of four individuals
 - i) one of whom is an existing member of the Board of Directors,
 - ii) one of whom is, in the case of a nominee who is a member of an affiliated club or association, a representative of that club or association,
 - iii) two of who are, or represent, other voting members of the A Association.
- 10.12 Should there be more than one nomination, the Chief Executive Officer shall organise a ballot in which voting members will be invited to indicate their choice of candidate. Should there be more than two candidates, the person(s) not in first or second place in the ballot shall drop out and a second round of balloting shall be conducted between the candidates finishing first and second in the first round.
- 10.13 Ballots may be conducted by postal, electronic or other such means as may be determined by the Board, with voting members being informed of the date and time by which completed ballot papers must be in the hands of the independent Returning Officer appointed by the Board. Such a ballot shall be completed before the date that is four months before the date of the Annual General Meeting.
- 10.14 The candidates in any ballot shall be offered the opportunity to prepare a written statement, in addition to that on their nomination form, setting out their case to be elected as President. This shall be issued along with the ballot paper.
- 10.15 The Board shall appoint an independent Returning Officer to receive and count votes cast in a ballot. Ballot papers shall carry a reference code that will allow the Returning Officer to check ballot papers received against the list of voting members. The Returning Officer shall inform the Chief Executive Officer of the number of votes cast for each candidate. The decision of the Returning Officer shall be final. The list of those who voted and for whom they voted shall not be made available to the Board unless a candidate in the election mounts a challenge to the ballot.
- 10.16 The declaration of the name of the person appointed as President-elect shall constitute formal notice of that person's name being presented to the subsequent Annual General Meeting for election as President, in accordance with Articles 5.3 and 5.4.
- 10.17 Should the person appointed not be an existing member of the Board of Directors, then he/she shall attend Board meetings as an observer up to the time of his/her election at the Annual General Meeting.
- 10.18 Notwithstanding the foregoing, Article 5.3 allows a nomination for President to be made up to 6 weeks before the date set for the Annual General Meeting at which the post becomes vacant. Should any individual wish to cause a ballot at the Annual General Meeting between him/her and the President-elect, then it is his/her responsibility to initiate the process of obtaining a nomination pro-forma and seeking nominations. If such a nomination is received, a ballot shall be held at the Annual General Meeting in accordance with Article 5.6.

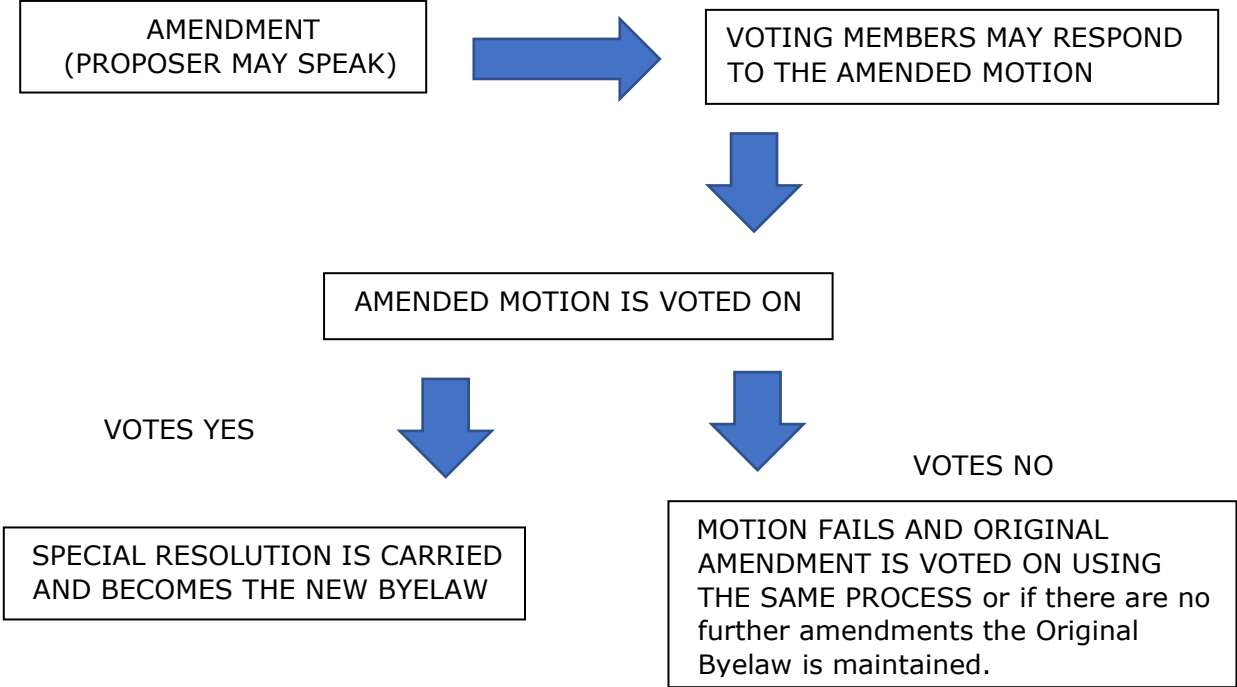
BYELAW 11: COMMITTEE STANDING ORDERS

11 STANDING ORDERS FOR THE CONDUCT OF BOARD OF DIRECTORS AND COMMITTEES

- 11.1 Meetings of the Board and Committees will be called by notice sent to the nominated address of members seven days before the meeting. The Notice will contain the Agenda for the Meeting, Minutes of the previous Meeting and any motions and papers to be dealt with at the meeting. The Chief Executive Officer will be responsible for the calling of meetings.
- 11.2 If the quorum for any meeting is not present within thirty minutes of the time for starting, the meeting will be adjourned and will be reconvened for the same place at the same time within fourteen days later. Those then attending that meeting shall constitute a quorum for the meeting.
- 11.3 It shall be competent with the approval of the Chairman of the Meeting for business which has not been specified in the Notice calling the meeting to be dealt with at the meeting.
- 11.4 General Meetings

The proposer of any resolution may speak in support of the resolution for not more than ten minutes. No other speaker may speak for more than five minutes or more than once in the same discussion except to call attention to a point of order. It shall be competent for the proposer of the original resolution to sum up in reply to the debate after which the discussion will be closed prior to the resolution being put to the meeting by the Chair.

MOTIONS AND AMENDMENTS FLOWCHART



11.5 Any amendments to the Memorandum, the Articles of Association or to the Rules of Play of the Sport shall be considered at the AGM with any additional proposals being considered in a future board meeting. All proposals should follow the timelines detailed in the Articles of Association and should be presented formally to the Camanachd Association using the following table as a guide.

Byelaw Name and Number (Write 'new' if currently does not exist)	Please copy existing Byelaw	Please write your proposed Byelaw	Additional Context

BYELAW 12: CONSULTATION PROCEDURES

12 CONSULTATION AND COMMUNICATION

- 12.1 In order to provide for consultation and communication between the Board and the Members of the Company, the Board shall be entitled to hold or call Group or North or South Area Meetings for the purpose of hearing from the Clubs, Members and Associations in any Group or Area and also to provide opportunities for the Board to discuss with said parties proposals in connection with the sport and all related matters.
- 12.2 The Board will make arrangements with the appropriate Group or Area as to a venue and a date and time for the meeting and will then provide a minimum of seven days notice of the meeting and of the items to be discussed with any supporting papers to be presented.
- 12.3 The Board will not necessarily be constrained as to how it consults or communicates in relation to these Byelaws, Articles of Association or any amendments proposed thereto and shall be able to deal with these matters by way of a forum or a questionnaire where appropriate.

