



RULE BOOK



Contents

OFFICIAL GUIDE

Official Playing Rules of the Game: GAA Fun & Run

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EQUIPMENT NEEDED

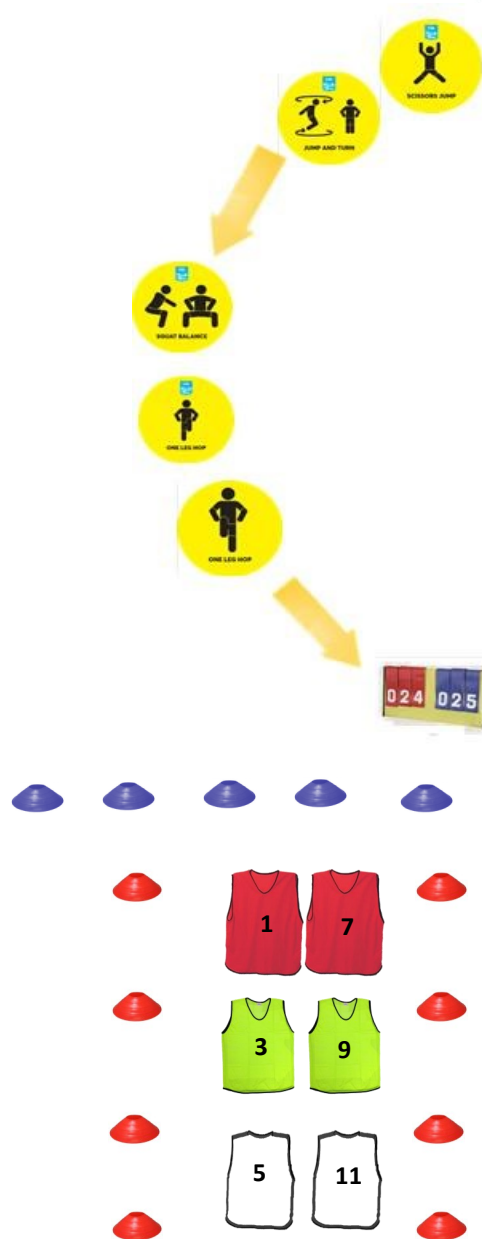
- 1 x Tee for the ball
- 18 x Bases - Yellow circular rubber mats printed with exercise on both sides
- 4 x Directional Arrows
- 1 x Bucket - Carrier bag becomes bucket for the ball
- 1 x Score Board
- 1 x Rule Book
- 1x Large, bright sliothar
- 1 x Kicking Tee
- 12 x Vests - 6 Blue, 6 Red
- 1 x Football
- 1 x stack of disc cone (10 X yellow, 10 X green, 10 X red, 10 X blue 10X white)

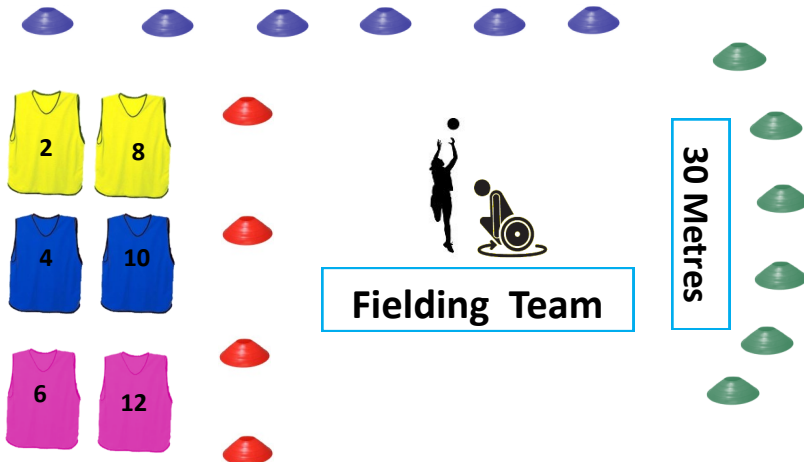
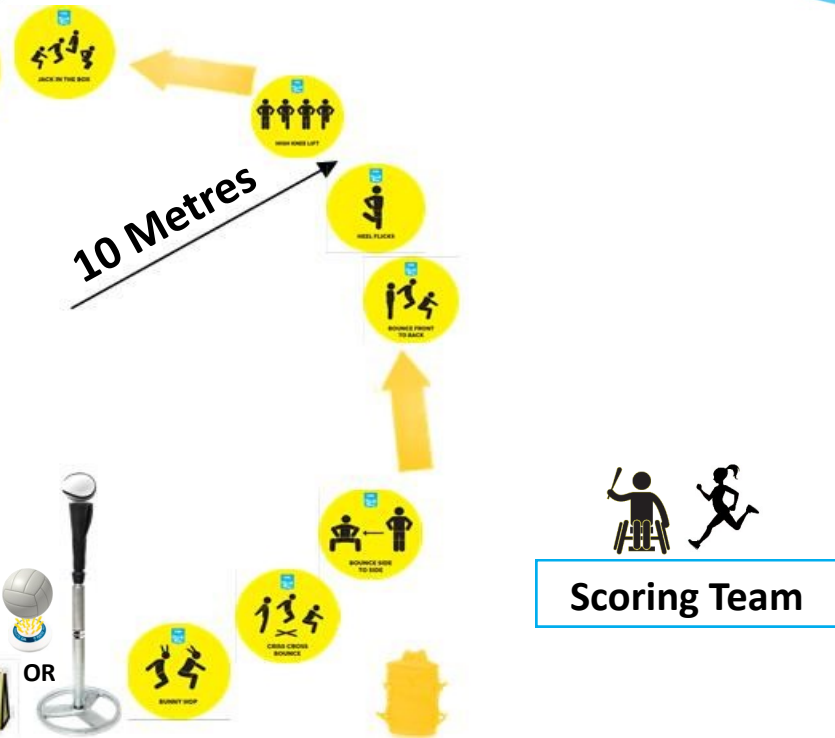


Game

KEY

	Base
	Tee
	Bucket
	Score Board
	Directional Arrow
	Section 1
	Section 2
	Section 3
	Section 4
	Section 5
	Section 6
	Scoring Team
	Fielding Team
	Disc Cones (Diff Colours)
	Kicking Tee







Rules

ABOUT THE GAME - RULES

GAA Fun & Run is a team-based game that can be played by people of all ages, genders and abilities. Fun & Run is designed to facilitate the population of people with physical or intellectual special needs. The game encompasses a range of fundamental skills that exist in Gaelic football, Hurling, Rounders and Handball but the Rules have been modified to adapt these skills to suit the individual involved. One by one, players on the striking team – using hurley, foot or hand – strike the ball off an adjustable tee holder into a designated fielding area. Each player on the striking team attempts to complete one full rotation of all 12 bases (1 Fun Run). Meanwhile all players on the fielding team must play the ball before returning the ball into a bin and preventing the Fun Run. The team with the most 'Fun Runs' wins.

Striking Team Pitch Set-up (see image on page 4):

- Place the Tee in the centre of the pitch
- Place the bases (mats) on the ground in a circular shape approximately 10 metres in radius
- Place the score board on the ground after the last base
- Place the equipment pack 10 metres right or left of the Tee while not interfering with the base section.

Striking Team Positioning:

- One player stands at the Tee ready to strike the ball from the Tee with hand, foot, hurley or rounder's bat
- The remaining members of the team take position at a base
- Position one player at each base (mats)

Game On:

- Striking player hits ball in a forward direction (fielding section)
- Only one ball at a time may be in play
- Striking player attempts to complete one full rotation outside of all bases (1 Fun Run)
- When the ball is placed into the bin (by the fielding team), striking player rests at nearest base
- Striking player may complete Fun Run while the next ball is in play
- Once the striking player has completed Fun Run position themselves at a base
- One Fun Run = 1 point



Rules

- Player turns score board each time they pass home base (keep score)
- 1 Fun & Run point awarded to striking team if all exercises are completed at base
- Each player gets three attempts to strike the ball
- If the ball is not hit on the third strike – player attempts to complete one Fun Run*
- Extra point awarded for bringing “buddy” home
- The striking team swaps once all players have completed striking

* OPTIONAL

Fielding Team Pitch set-up (see image on page 4)

- Directly in front of the striking section set out line of cones approximately 20 m long to divide striking and fielding section
- Mark out a grid approximately 20m x 30m
- Mark out six zones 10m x 10m inside the grid

Fielding Team Positioning

- Two players are positioned in each section
- Players must wear numbered bibs provided

Game On:

- The fielding team attempts to get the ball in the bin as quickly as possible
- Players must wear numbered bibs in sections as prescribed
- Players in each section must play the ball in numbered sequence
- * Each Player follows the ball once they pass it, taking the place of receiver.
- Each player must connect with the ball before it enters the bin
- No physical contact is permitted with opposing team.
- The fielding team swap with the striking team once all players on the striking team have hit the ball and completed their Fun Runs.
- Team with the most Fun Runs win the game once both teams have completed striking and fielding
- * One person collects ball off tee – resume game as per rules above

