



**SOCIAL
FOOTBALL
& HURLING**

GUIDELINES FOR ORGANISING A BLITZ





DADS & LADS

Dads & Lads Ethos

GAA Dads & Lads is aimed at males aged 40ish and older, offering them the opportunity to play Gaelic games socially. Its ethos is playing for the love of it, keeping fun and enjoyment to the fore. The emphasis is on the social interaction that team sports provide over physicality and winning.

Sport by its nature generates a level of competitiveness, and this will instinctively occur when teams are playing the games. However, it is important to keep in mind the Dads & Lads ethos and encourage respect and fair play at all times

IMPORTANT CONSIDERATIONS

If you are considering hosting a GAA Dads & Lads Blitz in your club there are a number of important things to think about. Included in these guidelines are important considerations that should be made if planning to host a blitz.

- GAA Dads & Lads blitzes
- Aim of a GAA Dads & Lads blitz
- Planning & organising a GAA Dads & Lads blitz
- GAA Player Injury Benefit Fund & GAA Insurance
- Notification of Blitz
- Blitz day - Games & Set-up
- Blitz Prizes
- Promotion of Dads & Lads blitz pre & post event on media platforms



**TRACKING
BACK
OPTIONAL**

DADS & LADS BLITZES

GAA Dads & Lads lives outside the competitive games structures of the Association. Blitzes should aim to create an enjoyable atmosphere, with an emphasis on fun and social interaction. Inclusive participation, where every participant gets the opportunity to play should also be promoted. Blitzes must not be competition based, scores during games must not be recorded, there should be no semi finals or finals and a trophy/award for winning should not be presented.

AIM OF THE BLITZ

The main aim of a GAA Dads & Lads blitz is to give teams the opportunity to meet and connect with other teams, to play games and try out their skills in a fun environment.

PLANNING & ORGANISING A BLITZ

It's important to remember a lot of time and effort is required in planning and organising the hosting of a blitz. Initial Considerations are outlined below:

- The number of teams the venue can accommodate - dressing rooms/pitches/ car parking
- The number of players on each team permitted to play in blitz - games should be no more than 9-a-side
- The number of games each team will play
- The length of time games are played (should be no longer than 20mins in total)
- The equipment and resources available to you - Goals/sliotars/footballs/bibs etc.
- Cost of hosting the blitz - equipment/catering for teams & supporters
- Volunteers - support needed on blitz day
- FUN Prizes for teams

8 STEPS TO PLANNING & ORGANISING A BLITZ

STEP 1: Form a Dads & Lads Blitz Organising Group

STEP 2: Contact other Dads & Lads teams to gauge interest in participating in a blitz

STEP 3: Develop a blitz plan with with clear actions & milestones - Games schedule etc.

STEP 4: Identify & book venue (if GAA Club grounds - Club Executive must approve use)

STEP 5: Notify GAA Community & Health Department of intention to host Dads & Lads Blitz

STEP 6: Advertise blitz & share registration information with teams

STEP 7: Confirm participating teams & share blitz games information (schedule & playing rules)

STEP 8: Promote blitz across media platforms - before and after blitz

GAA DADS & LADS AND INSURANCE

GAA INJURY BENEFIT FUND

GAA Dads & Lads sits outside the competitive games structures of the Association, participants in GAA Dads & Lads activities (including - sessions/games/blitzes) are not covered by the scope of the GAA Injury Benefit Fund.

Participants taking part in GAA Dads & Lads blitzes, do so entirely of their own choice and at their own risk. Neither the GAA Dads & Lads Team they are part of or Cumann Luthchleas Gael are in any way liable for any accident or injury that may incur during the duration of their participation in a GAA Dads & Lads blitzes, games or activities.

Clubs/Teams hosting GAA Dads & Lads blitzes must inform All participating players that this activity is not covered under the scope of GAA Injury Benefit Fund and advise them to have in place Personal Health Insurance (or other appropriate Insurance Policies) which should be used in the event of any accident or injury being incurred.

GAA PROPERTY & LIABILITY INSURANCE

The Association arranges an annual Property & Liability Insurance cover for affiliated units. This cover is not in place to cover individuals (does not include injuries incurred during training/games) but is in place to cover the legal liability of the affiliated unit.

Liability cover extends to GAA Dads & Lads when:

- Club has a current Health & Safety Statement with risk assessments completed in place.
- GAA Dads & Lads inter-team games and/or blitzes are notified in advance
- Organisation of the blitz adheres to the eight steps to organising a blitz
- Team composition should be no more than 9-a-side
- Games should be played on smaller than regulation size pitches
- Games should be no longer than 20mins in total

GAA Dads & Lads Blitzes games played must be as per ethos

IMPORTANT - Blitzes must not be competition based, scores during games must not be recorded, there should be no semi finals or finals and a trophy/award for winning should not be presented.

For any insurance related queries contact:
sinead.leavy@gaa.ie OR ciara.clarke@gaa.ie

GAA DADS & LADS BLITZ DAY GAMES

GAA Dads & Lads teams have adapted the playing rules to play games in a way that works best for their team. With the aim of providing some consistency in games for all teams participating in blitzes it is recommended that guidelines on the playing of games are shared with participating teams prior to the blitz - see below examples.

IMPORTANT

Hurlers must wear helmets

Footballers must wear gumshields

Respect & fair play must be encouraged at all times

TEAM COMPOSITION

- Players should be aged 40ish and older (but not younger than 35)
- 9-a-side games
- Maximum panel of 15 players
- No Team Managements permitted - let the players play!

PLAYING REGULATIONS

- Games played on smaller than regulation pitches
- Goals smaller than regulation goals
- Goals only (ball in play more)
- Games shouldn't be longer than 20mins
- Roll on - Roll off subs permitted
- Backyard rules in place - games are self governing, no referees. Players call the fouls, line balls and wides themselves
- Pitches have monitors in place for assistance - in unlikely case of disputes between teams nominated blitz team captains discuss & resolve incident(s) with monitors
- Regulation footballs/sliotars to be used - if not regulation - footballs/sliotars used to be agreed by both teams

PLAYING THE GAMES

- General playing rules of Football/Hurling apply.
- Game starts and restarts with the goalkeeper kick/puck out.
- Scores – goals only
- Different player in goal for each game. Or Goal keepers may be rotated during the game if teams prefer.
- 45s/65s must be taken from the middle of the pitch, from the hand – team cannot score directly from a 45/65.
- The player closest to the side-line takes the line ball – line ball must be taken from the ground.
- The player fouled takes the resulting free, from the hand – a team cannot score directly from a free
- This is a non-contact blitz: **No shoulder charges** - Players may tackle the ball and **“incidental contact” only is permitted once it is not aggressive or overly physical.**

SUGGESTED PITCH SET UP FOR GAMES



ADVISING PARTICIPATING TEAMS WHAT THEY NEED TO BRING

All players of participating teams in GAA Dads & Lads blitzes must submit a GAA Dads & Lads Blitz Registration Form - which must be held on file by the host team for a minimum of 24 months.

When hosting a blitz, it is recommended to advise teams of what they'll need to bring with them on the day - see below:

- If you use of a set of club jerseys, please wear them (this is not compulsory)
- Gear to help stay warm (tracksuit, waterproofs)
- Set of bibs
- Spare Footballs/Sliotars
- Own water bottles
- Football boots
- Gumshields/Hurleys & helmets (the wearing of Gumshields/Helmets is mandatory)
- GAA Dads & Lads Blitz Registration Form – **COMPLETED. NO FORM, NO GAMES**

GAA DADS & LADS BLITZ PRIZES

GAA Dad & Lads blitz prizes should focus on the participation, fun and social elements of the games.

Awards could be presented for:

- Most sporting team
- Best team effort
- Most entertaining team

Important - Blitzes must not be competition based, scores during games must not be recorded, there should be no semi finals or finals and a trophy/award for winning should not be presented.

PROMOTION OF GAA DADS & LADS BLITZ

Getting the word out on the GAA Dad & Lads blitz before and after the event is a great way to promote your team and Social Gaelic Games. Some examples of where to share listed below:

- Club website
- Social Media platforms
- Posters
- Local newspaper

For more information on GAA Dads & Lads contact:

collette.coady@gaa.ie