



SOCIAL FOOTBALL & HURLING

gaa.ie/dadsandlads



WHAT IS GAA DADS & LADS?

‘GAA Dads & Lads’ is a social hurling and football programme for males aged 40ish and older. keen to enjoy Gaelic games outside the traditional competitive structures of the GAA

AIM OF GAA DADS & LADS

- Offer a fun, healthy, social outlet for retired, lapsed or new entrants to Gaelic games.
- Increase social participation in Gaelic games.
- Connect or re-connect players with their local club, community and the comradery of team sports.

Fun and participation should underpin all social Gaelic games activities



DADS & LADS PLAYING PRINCIPLES



**NO FORMAL
COMPETITION
STRUCTURES**



**RESPECT & FAIR PLAY
OBSERVED AT ALL TIMES**



**EQUAL PLAYING TIME FOR
ALL PLAYERS**



**SELF GOVERNING GAMES
(NO REFEREES)**



**INCIDENTAL CONTACT
ONLY
NO AGGRESSIVE TACKLING**



**NO TEAM MANAGEMENT
OR CAPTAINS REQUIRED**



All games can be adapted to the needs of the team.

- Equipment/space available, player numbers etc



PLAYING DADS & LADS GAMES



Playing the Game

General GAA playing rules apply but all teams must follow the principles of Social Gaelic Games.

Any contact that occurs should be incidental. No aggressive tackling or shoulder charges. Play the ball not the man!

Hurling: Helmets mandatory
Football: Gumshields mandatory

Game Adaptations

Social hurling and football rules can be adapted to any club or group's particular needs (available playing space, player numbers, etc.), but the following game adaptations are recommended:

- 20 min games (10 min halves)
- Roll on, roll off subs
- Games are self-governing - players call fouls, line balls and wides
- If playing another GAA for Dads & Lads team, agree on playing adaptations in advance (e.g. rotating goalkeeper, 2-touch restrictions, goals only scoring).

Pitch Layout

Half size regulation pitch.

Smaller than regulation goals if available.

Teams

Adult males - min 7 /max 9 a side.

No team management.

If numbers are an issue, consider linking with other clubs.

Players should not be registered members of a squad competing in official GAA club, league or championship structures.

**RESPECT & FAIR PLAY
MUST BE OBSERVED
AT ALL TIMES**

For more information visit
gaa.ie/dadsandlads





GET INVOLVED IN DADS & LADS

PLAYERS

- Link in with your local club to see if they have a Dads & Lads team or would like to set one up.
- Check with GAA Community & Health to see if there is a team in your area.

community.health@gaa.ie



CLUBS

- Secure support & approval from club executive.
- Clubs with lower numbers can amalgamate if needed to help boost numbers.
- Promote through club social media channels and invite players to get involved.
- Register team with GAA Community & Health.
- <https://www.gaa.ie/my-gaa/community-and-health/social-games-physical-activity/dads-and-lads>
- Run a 6 weeks Dads & Lads programme with a minimum 1 session a week to gauge interest.
- Watch out for info and invitations to participate in regional/national GAA Dads & Lads Blitz events.



DADS & LADS - INSURANCE

PLAYERS

- GAA Dads & Lads participants are not covered by the GAA Injury Benefit Fund.
- It is strongly recommended that each player should have in place adequate cover to meet their own individual needs and personal circumstances when participating in GAA Dads & Lads training/games.

CLUBS

It is permitted to play Dads & Lads on GAA Club/Community Grounds when:

- GAA Dads & Lads club checklist has been completed.
- Dads & Lads registration form has been completed –details of all participants must be included.
- Dads & Lads team have registered with GAA Community & Health National Office
- GAA Community & Health National Office has been notified of planned GAA Dads & Lads challenge games and/or blitzes.
- Games played in non-GAA facilities may request additional info on Dads & Lads prior to playing - Contact GAA Insurance



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





DADS & LADS CREATING CONNECTIONS

Recommendations

- All counties have a Dads & Lads team registered with Community & Health.
- Many active Social Hurling & Football Social Media channels – can be followed for ideas and connecting
- Create social media accounts – join in on the craic!
- Attend GAA Dads & Lads Blitzes.
- Link in with other teams & organise social games.
- Buddy system – support new teams to start up



DADS & LADS MORE INFORMATION

www.gaa.ie/dadsandlads

OR

<https://learning.gaa.ie/dadsandlads>

