



SOCIAL
FOOTBALL
& HURLING



WHAT IS GAA FOR DADS & LADS?

‘GAA for Dads & Lads’ is a social hurling and football programme for those keen to enjoy Gaelic Games outside the traditional competitive structures of the GAA.

Aim of the game;

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

*Fun and participation should underpin
all Social Gaelic Games activities*



SOCIAL FOOTBALL & HURLING PLAYING PRINCIPLES



**NO FORMAL
COMPETITION
STRUCTURES**



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



**FAIR AND EQUAL
PLAYING TIME
FOR ALL
PLAYERS**



**SELF
GOVERNING
GAMES
(NO REFEREES)**



**INCIDENTAL
CONTACT ONLY –
NO AGGRESSIVE
TACKLING**



**NO CAPTAINS OR
TEAM
MANAGEMENT
REQUIRED**

***All games can be adapted to the needs of the club e.g.
equipment/space available, player numbers etc.***



Playing the Game

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

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
- Any contact that occurs should be incidental. No aggressive tackling or shoulder charges. Play the ball not the man!
- If playing another GAA for Dads & Lads team, agree on playing adaptations in advance (e.g. rotating goalkeeper, 2-touch restrictions, goals only scoring, etc.)

Pitch Layout

Half size regulation pitch.

Smaller than regulation goals if available.

Teams

Adult males - min 7 /max 9 a side.

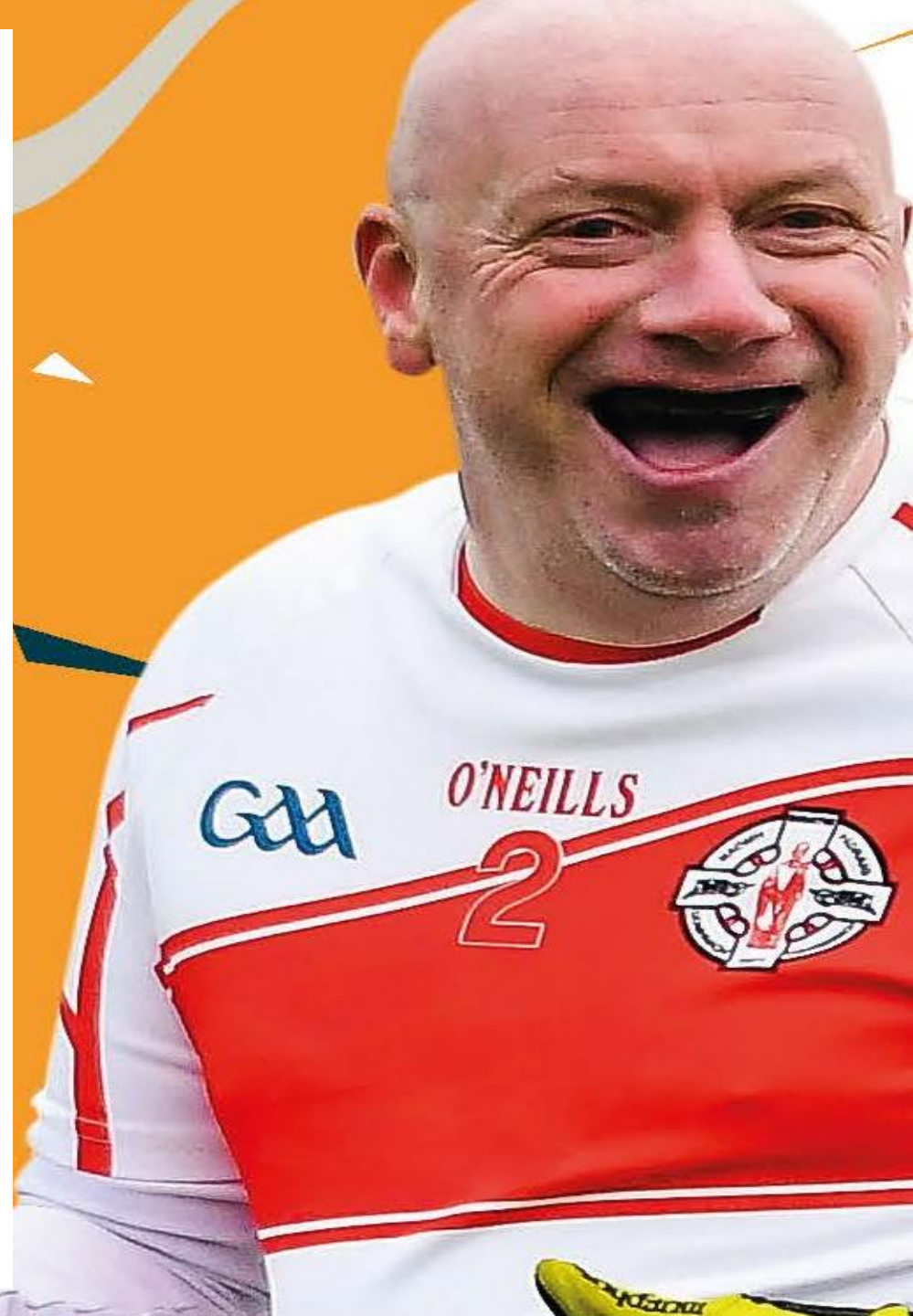
No team management.

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

Players should not be members of a squad registered for competitive league or championship structures.

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

For more information visit
gaa.ie/dadsandlads





HOW TO GET INVOLVED?

Player

- Link in with your local club to see if they have a team or would like to set one up (clubs can amalgamate if needed to boost numbers)
- Complete the Safe Return to Gaelic Games Health Questionnaire before lining out for action while public health restrictions still apply.

Club

- Secure backing from your club executive
- Promote through club's social media channels and invite players to get involved (must be registered GAA members)
- Register your team on the GAA Foireann system.
- Host a minimum of 1 session a week for 6 weeks to gauge interest
- Watch out for information and invitations to participate in regional and national GAA for Dads & Lads blitz days.



MEMBER REGISTRATION

1. **Set-Up Online Payments within the Foireann system, using our electronic payment partner, Stripe (You cannot use an existing Stripe account, your club must create a new Stripe account via Foireann.**
2. **Create your club specific Membership Options**
3. **Each Member will be able to select the Membership Option which best suits them or their dependent and make the relevant payment.**

****If your Club would prefer to collect all payments offline, or in some other process, Club Administrators must still create the Membership Options within Foireann****



PLAYER INJURY FUND

Social Football and Hurling participants are not covered by the GAA Injury Benefit. Risk is an inherent factor in sport, as in life. When members voluntarily take part in Club activities particularly playing activities in contact sports, they accept the risks that such participation may bring. Each player needs to ensure that they have adequate cover in place to meet their own individual needs and personal circumstances in the event of accidental injury.



LOOKING FOR MORE INSPIRATION?



Follow some of our
Social Football and
Hurling groups on
Social Media



Set up your own
social media
accounts and get
in on the craic!!

← **Dublin Social Hurling**
391 Tweets



⋮ Follow

Dublin Social Hurling
@dubsocialhurlin

Hurling for anyone wanting to play on a social basis. Email dublinsocialhurling@yahoo.com. This account is run by [@radiomikeobrien](https://twitter.com/radiomikeobrien) [#SocialHurling](https://twitter.com/hashtag/SocialHurling)

📍 Dublin City, Ireland [facebook.com/dubsocialhurli...](https://www.facebook.com/dubsocialhurli...)
📅 Joined November 2017

← **Social GAA Cork**
703 Tweets



SOCIAL GAA CORK
EST. 2018

⋮ ✉ Follow

Social GAA Cork
@SocialGAACork

Recreational Hurling and Football in Cork for Males over the age of 30

📍 Cork, Ireland 📅 Joined October 2018

← **Halfpacehurling**
2,608 Tweets



⋮ ✉ Follow

Halfpacehurling
@halfpacehurling Follows you

Belfasts social hurling scene. Hurling in your 30s,40s,50s. Throw in the odd social day out. Sorted....

← **Social Hurling Doire**
312 Tweets



⋮ ✉ Follow

Social Hurling Doire
@DoireSocial Follows you

We are a group of keen hurlers aged 35 and over who meet weekly to play the game and to socialise. Total beginners through to ex county players are all welcome.

FOR MORE INFORMATION



www.gaa.ie/dadsandlads

Or

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



Go raibh maith
agat

