



NOT JUST A YOUNG MAN'S GAME!

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. With a focus on participation, it offers men who previously played hurling or football – or those keen to lace up their boots for the first time – the opportunity to (re)discover the skills associated with our great games while tapping into the camaraderie that only team sports can provide.

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, 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 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

