

FOOTBALL

OFFICIAL GAA

EXPERIMENTAL PLAYING RULES 2019



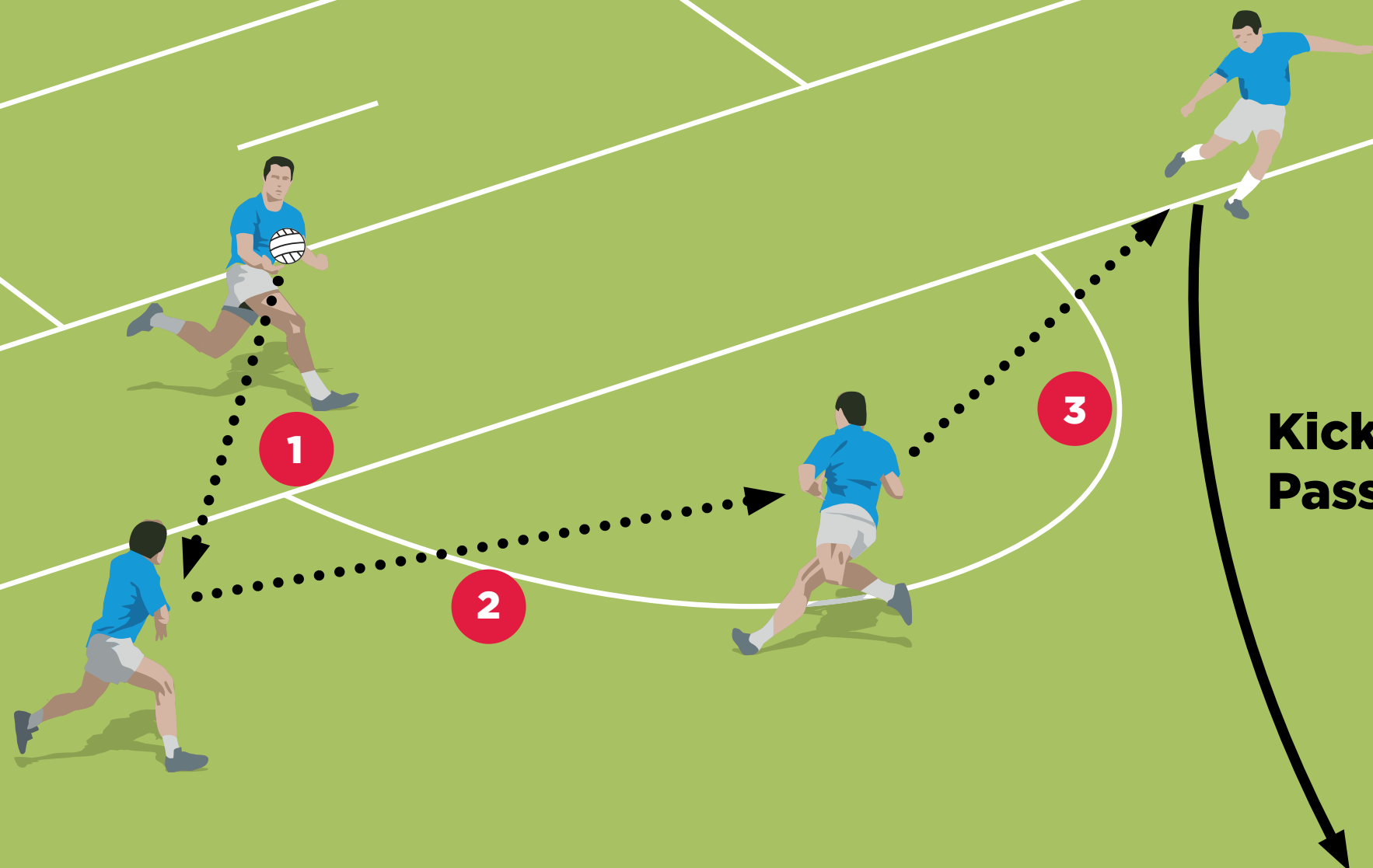
DECEMBER 2018

RULE 1

THE HAND PASS

To introduce a restriction of three consecutive passes of the ball with the fist or open hand by players of the team in possession.

The playing of the ball by open hand(s) or fist for the purpose of scoring a point shall not be deemed a hand pass. Once an opponent touches the ball in play, this will be considered a break in the hand pass chain.



RULE 2

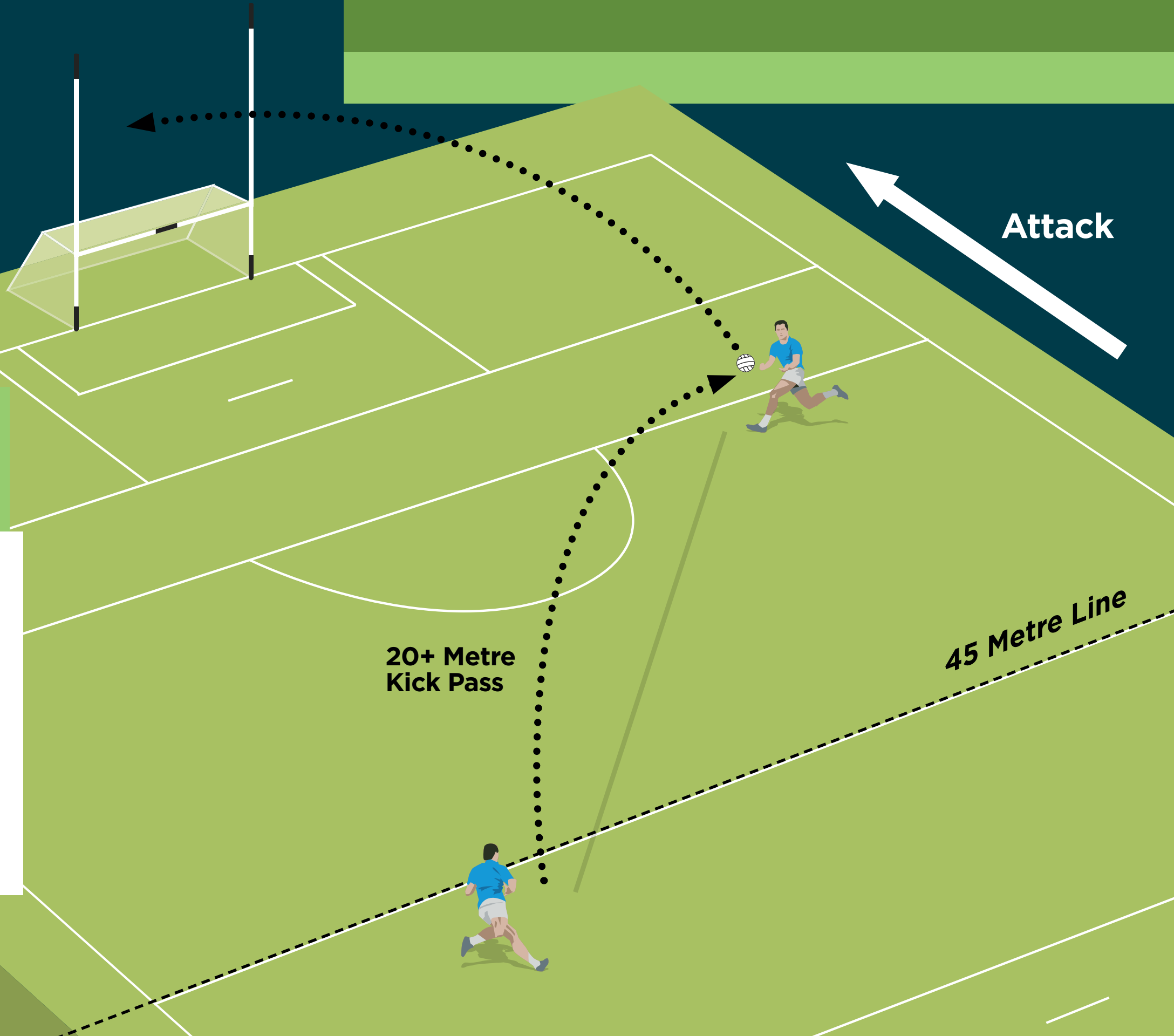
THE SIDELINE KICK

The ball shall be played in a forward direction from the kick, except where the kick is inside the 20m line of the opposing team.

RULE 3

THE ADVANCED MARK

To extend the application of the Mark to the clean catching of the ball from a kick in play (i.e. not from set-play) delivered by the kicker on or beyond the opposing team's 45m line, that travels a minimum of 20 metres and without it touching the ground.





RULE 4

THE SIN BIN

To have a Penalty on the day for a Black Card Infraction by ordering off the offending player for 10 minutes in a Sin Bin.

RULE 5

THE KICK OUT

The kick-out shall be taken off the ground from a point on the part of the 20m line that forms the semi-circular arc.

All players, other than the Goalkeeper (and another player if the goalkeeper is not taking the kickout) shall be outside the 20m line, outside the arc and 13m from the ball until it has been kicked.

