



WHERE YOUR
EDGE
— BELONGS —



Allianz Football League Roinn 2 South

Laois V Cork

MW Hire O'Moore Park, Portlaoise, Sat 22nd May 2021 at 7pm

Referee: Barry Judge (Sligeach)
Stand By Referee: Barry Tiernan (Áth Cliath)
Linesman: Keith O'Brien (An Iar-Mhí)
Sideline Official: James King (Áth Cliath)



Allianz Hurling League Roinn 1 Group B

Laois V Clare

MW Hire O'Moore Park, Portlaoise, Sun 23rd May 2021 at 3pm

Referee: Patrick Murphy (Ceatharlach)
Stand By Referee: Nathan Wall (Corcaigh)
Linesman: Nicky O'Toole (Port Láirge)
Sideline Official: Kieran Dooley (Uíbh Fhailí)



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Fáilte ón gCathaoirleach

It's a great honour to welcome all here this weekend for the Allianz Football & Hurling League game between Laois V Cork and Laois V Clare

This weekend are huge games for each side with all counties looking to claim two points when the final whistle blows.

I'd like to wish our managers Mike Quirke, Cheddar Plunkett and their backroom teams all the best for this weekend's game. Special welcome to our opponents Cork and Clare, and I hope the players, management, officials and supporters enjoy their visit to MW Hire O'Moore Park this afternoon.

I would also like to acknowledge the support of Mattie Walsh and MW Hire for their sponsorship of Laois GAA. Laois GAA is grateful to MW Hire for their continued support and I would advise all Laois GAA supporters to support them in every way possible.

Games this weekend wouldn't be possible without the help of our volunteers here in MW Hire O'Moore Park. They deserve huge credit for their trojan work.

Finally, I would like to thank you, our members and supporters. Your support, attendance and attention is highly valued and we hope the experience of today will encourage you to join us again in the near future.

Rate De ar an obair
Peter O'Neill
Cathaoirleach, CLG Laois

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Laois

Colours:
Blue & White



FIR IONAIÐ

16. Matthew Byron	Maitiu Ó Beirn	Coill na Cúirte
17. Brian Daly	Briain Ó Dalaigh	Noomh Seosamh
18. Gary Walsh	Gearóid Breatnach	Baile Uí Laigheanáin
19. Brian Byrne	Brian Ó Broin	Graig Chuillinn
20. Alan Farrell	Alléin Ó Fearail	Baile Uí Laigheanáin
21. Eoin Buggie	Eoghan Ó Bogaigh	Sráidbhaile
22. Seamus Lacey	Seamas de Léis	Baile Uí Laigheanáin
23. Michael Keogh	Micheál Mac Eochaidh	Noomh Seosamh
24. Ross Munnelly	Rossa O'Maonaile	Ard Lios Cill Chrúis
25. Sean O'Flynn	Seán Ó Floinn	Coill na Cúirte
26. Brendan Carroll	Breandán Ó	Portlaoise

	1st Half	2nd Half	Total
Goals			
Points			
Wides			
65m			
Frees			

Manager: Mike Quirke

Team Management: Coach / Selector Maurice Browne, Coach / Selector Paul Lawlor, Coach / Selector Maurice Horan,
Goalkeeping Coach Dan Nelligan, S & C Coach Tom Hargroves, Physiotherapist Sean Gaffney, Physiotherapist Kevin Walker,
Doctor Simon Honan, Stats Liam Delaney, Kit / Logistics, Kit / Logistics Murt Kelly, Team Secretary / Kit Ollie Byrne



Cork

Colour:
Red & White



FIR IONAIÐ

16. Anthony Casey	Antóine Ó Casthasaigh	Kiskeam (Cios Ceim)
17. Sam Ryan	Samhairle Ó Rinn	St. Finbarrs (Barra Naofa)
18. Paul Ring	Pól Ó Rinn	Naofa
19. Cian Kiely	Cian Ó Cadhla	Aghabullogue
20. Tadhg Corkery	Tadhg Ó Corca	(Achadh Bolg)
21. Shane Forde	Seán Mac Giollarnáth	Ballincollig (Baile an Chollaigh)
22. Colm O' Callaghan	Colm Ó Ceallacháin	Chullaigh
23. Mark Collins	Marc Ó Coileáin	Cill na Martra
24. Damien Gore	Damien de Gaor	Na Píarsaigh
25. Blake Murphy	Blake Ó Murchú	Eire Og
26. Dan Dineen	Dónall Ó Duinnín	Castlehaven (Gleann)

	1st Half	2nd Half	Total
Goals			
Points			
Wides			
65m			
Frees			

Manager: Ronan McCarthy (Rónán Mac Carthaigh)

Team Management: Cian O' Neill (Cian Ó Neill), Sean Hayes (Seán Ó hAodha), Bobby O' Dwyer (Roibeard Ó Dubhuir), John Hayes (Seán Ó hAodha), Kevin Smyth (Caoimhín Mac Gabhann), Dr. Aidan Kelleher (Dr. Aodhan Ó Céileachair), Kieran Shannon (Ciarán Ó Seandáin), Michael Curtin (Michéal Ó Cúirtín), Louise Burke (Louise de Burca), Brian O' Connell (Briain Ó Conaill), Brian Fitzgerald (Briain Mac Gearailt)

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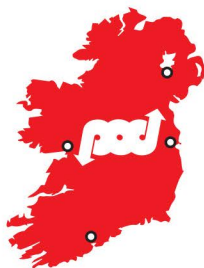
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Laois

Colours:
Blue & White



FIR IONAIÐ

16. Paul Simms	Pol Simms	Baile na Coille
17. Allan Connolly	Allan Ó'Coinghiolla	Ballyfin
18. Ciaran McEvoy	Ciaran Mac Fhiobhuí	Portlaoise
19. Liam Delaney	Liam Ó'Dubhshláine	Abbeyleix
20. Colm Stapleton	Coilm Mac an Ghaill	Buiríos Mor Osraí Cill
21. Lee Cleere	Lee de Cléir	Choitín
22. Ciaran Comerford	Ciarán Comartún	Cloch Baile Cholla
23. James Keyes	Seamus MacAodha	Na Clairseacha
24. Stephen Bergin	Stiofan O Beirgin	Coillte/Seanchua
25. Ciaran Byrne	Ciaran Ó'Broin	Cloch Baile Cholla
26. Aaron Dunphy	Árón Ó Donnchaidh	Abbeyleix

	1st Half	2nd Half	Total
Goals			
Points			
Wides			
65m			
Frees			

Manager: Seamus Plunkett

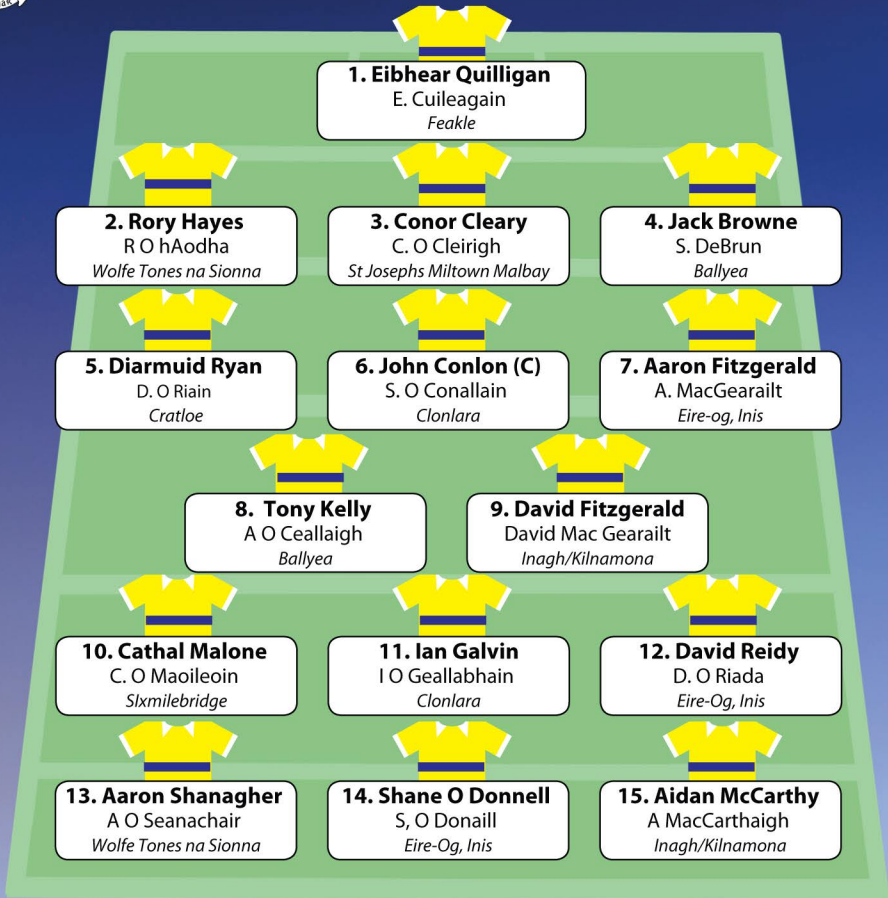
Team Management: Donnach O'Donnell, Francis Forde, Michael Walsh, David O'Brien, David Matthews, John Kealy, Pat Delaney, John Sugrue,

Dr John Paul Campion, Diarmuid O'Gallchobhair, David Dooley



Clare

Colour:
Yellow & Blue



FIR IONAIÐ

16. Eamonn Foudy	Inagh/Kilnamona
17. Shane Golden	Sixmilbridge
18. Mark Rodgers	Scariff
19. Paul Flanagan	Ballyea
20. Darragh Lohan	Wolfe Tone na Sionna
21. Jason McCarthy	Inagh/Kilnamona
22. Ryan Taylor	Clooney/Quin
23. Cian Nolan	Smith O Briens
24. Gary Cooney	(O Callaghans Mills
25. Domhnall McMahon	Michael Cusacks
26. Colm Galvin	Clonlara

	1st Half	2nd Half	Total
Goals			
Points			
Wides			
65m			
Frees			

Manager: Brian Lohan

Team Management: Ken Ralph, James Moran, Sean Treacy, S/C Coach: Shane Hassett, Medical Dr Padraig Quinn, Physio: Brendan Hill.
Back room: Pat Keane, Niall Romer, Trevor Slattery, Eamon Myers.



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Ground Regulations

O'MOORE PARK STADIUM, PORTLAOISE

1. All persons entering the ground are admitted only subject to the following Ground Regulations and to the Rules and Regulations of the Gaelic Athletic Association. Entry to the ground shall be deemed to constitute unqualified acceptance of all these Rules and Regulations.

2. Laois GAA Management Committee reserves the right of admission.

3. The instructions of stewards must be obeyed at all times.

4. All persons entering the ground agree to be searched by a member of the Garda Síochána.

5. The following are not permitted:

5.1 Entry upon the pitch or engaging in conduct that causes or is likely to cause injury or harm to, or otherwise interferes with, disrupts, hinders or distracts a person playing in, refereeing or otherwise having a role in a match at this ground.

5.2 The climbing of walls, floodlight pylons, stands or other buildings in the ground. Such behaviour constitutes a trespass to property.

5.3 Throwing any object onto the pitch.

5.4 Remaining or loitering in any gangway or aisle.

5.5 Behaving in an offensive or indecent manner.

5.6 Bringing of alcohol into the ground.

5.7 Bringing into the ground of fireworks, smoke canisters, bottles, glasses, cans, flags, banners, poles, distress signals, laser pointers and other similar articles or containers including anything which could or might be used as a weapon.

5.8 Excessive noise such as that from the use of radio sets or other appliances and behaviour likely to cause confusion or nuisance of any kind, including foul or abusive language.

5.9 Stand Area in the stadium is now a designated "No Smoking" area.

5.10 Children and young persons are not allowed onto the playing area of O'Moore Park at half time or during the interval between games, in the interests of Safety and in compliance with Health and Safety Regulations.

6. Patrons are reminded that children entering O'Moore Park should at all times be under the supervision of a parent or guardian.

7. Patrons are reminded that Security Cameras are in operation throughout the stadium.

8. If a person commits a trespass, reasonable force may be used to prevent, restrain or terminate any trespass.

9. Where a person is in breach of any of these rules, or where the management believes that a person constitutes a source of danger to others, or to the ground, such person may be refused entry or ejected from the ground, and reasonable force may be used for that purpose.

SAFETY AND GENERAL INFORMATION

Supporters are asked to respect the fact that they are entering and leaving the stadium through residential areas.



Safety Notice

In the interests of safety, patrons will not be allowed to enter the playing area after the games.



The policy to prohibit such encroachment in the future has been taken to avoid further injuries and possibility fatality and has been taken on the advice and prompting of the safety authorities, namely the Gardai. The full co-operation of supporters is requested to avoid serious injury and to ensure that games can be enjoyed without resource to fencing or avoidable obstructions to seeing action from all vantage points. Together we can ensure that the O'Moore Park experience is both enjoyable and safe, particularly for the young and vulnerable.

Smoking Policy

O'Moore Park now operates a No Smoking policy in all designated areas of the ground. This includes vaping/e-cigarettes.



Medical Assistance

First Aid centre is located underneath the tunnel area in O'Moore Park. Ambulance assistance will also be at the Portlaoise End of the O'Moore Park Stand.

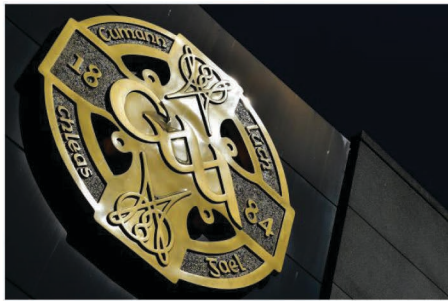


Lost Children

Lost children will be brought to the above First Aid centre



"Together we can ensure that your O'Moore Park Stadium experience is both enjoyable and safe."



GAA Playing Rules Update (Inter-County) | April 2021

Below is a summary of the GAA playing rules changes introduced in 2021 for Inter-County covering the following:

1. Denying a goalscoring opportunity (2021 Senior Inter-County League & Championship)
2. Advantage Rule (In at all levels)
3. Temporary substitution: Head Injuries (In at all levels)
4. Misconduct at Games by Team Officials (In for 2021 Inter-County, and club in 2022)
5. Interfering with a kick/puck out (In at all levels)
6. Additional New Rules to Note: (In at all levels)
 - a. Unauthorised Incursions onto the Field of Play
 - b. Aggressive Infractions
 - c. Number of Players

Note: Should any conflict arise between the information contained in this document and the text of the latest GAA Official Guides, the text of the latest GAA Official Guides shall prevail.

Denying a goalscoring opportunity: Hurling

If any of the following infractions are committed, on an attacking player with a goal-scoring opportunity, either inside the 20-metre line or the semi-circular arc:

- (a) To pull down an opponent or
- (b) To trip an opponent with hands, arm, leg, foot, or hurley or
- (c) To use the hurley in a careless manner (5.6)

the following penalties shall apply -

- (i) A Penalty Puck shall be awarded to the team affected.
- (ii) Additional to being issued a Caution (Yellow Card), the offender shall be sent to the Sin Bin for 10 minutes.

Exception: If the infraction is a second Cautionable infraction or one that merits a straight Red Card, the offender shall be ordered off for the remainder of the game, including Extra-Time when played.

Items to note around this Rule:

- Not all yellow cards come under this cynical behaviour rule - only those listed above are to be considered under this rule.
- All other infractions remain unchanged.
- It is the decision of the Referee as to whether it is a goal-scoring opportunity or not, but it must be inside the 20m line or the semi-circular arc. Key factors the referee should consider:
 - Where the foul occurred?
 - How many defenders are between the attacking player and the goals?
 - Could another defender make a tackle before reaching the goals?
 - How many players are in the area in front of the goals?
- If it is not a goal scoring opportunity a yellow card and a free will be awarded.
- If the goalkeeper is sent to the sin bin under this rule the team Management will decide whether to introduce a substitute goalkeeper from among the subs or not. If a substitute goalkeeper is brought on this will count towards the number of substitutes a team can use.
- This rule applies to Senior Inter-County League & Championship only in 2021.
- Items to note around the Sin-Bin:
 - The player shall be sent to Sin Bin for 10 minutes.
 - Exception, a player who had earlier been issued a yellow, shall be shown a red card, and sent off for the remainder of the game, including extra time.
 - If a player is in the Sin Bin with an unexpired period and the game goes to extra time, the team shall start extra time with 14 players.
 - If a player has been sent off during normal time with a Red card (either a straight red or a double yellow), he can be replaced for the start of extra time as per rule.
 - The 10 minutes begin when the Referee restarts the game.
 - The player shall return to play at the next break in play after the 10 minutes has elapsed.
 - If the player returns to play without the permission of the Referee at a break in play, he will be penalised with a yellow card (Rule 6.1 Challenging the Authority of the Referee) and then given a red card.
 - If a goalkeeper is sent to the sin-bin, it is at the discretion of the relevant team management as to how to address this matter (e.g. they may choose to use a substitute & bring on their reserve goalkeeper or use a player already on the pitch as a goalkeeper, who will need a distinctive top to have the goalkeeper privileges).
 - If the player while in the Sin Bin commits another aggressive infraction, he shall be issued with an appropriate card and cannot return to the game.

Advantage Rule

When an Aggressive Foul is committed, the Referee may allow the play to continue if he considers that this presents the potential of a goal-scoring opportunity or another advantage to the team offended by creating or capitalising on time and space. He shall signal the advantage by raising an arm upright and shall allow the advantage to run by maintaining his arm in the upright position for up to five seconds after the foul or for less time if it becomes clear that no advantage has accrued.

If he deems no advantage to have accrued, he may subsequently award a free for the foul from where it occurred, except as provided under Exceptions (v) and (vi) of Rule 2.2. He shall also apply any relevant disciplinary action.

Items to note around this Rule

- This is a major change to the wording of the rule.
- Advantage can only be played in two circumstances:
 - 1. Goal scoring opportunity
 - 2. By creating or capitalising on time and space.
- A goalscoring opportunity is for the Referee to decide but should be a clear opportunity.
- Creating or capitalising on time and space, effectively means that advantage should only be played when the player that is fouled is clear and has time and space. If a player is surrounded and being tackled the Referee must penalise any foul play by awarding the free.
- Once the referee has decided to give advantage, they shall signal the advantage by raising an arm upright and shall allow the advantage to run by maintaining his arm in the upright position for up to five seconds after the foul or for less time if it becomes clear that no advantage has accrued.
- If he deems no advantage to have accrued, the referee may subsequently award a free for the foul from where it occurred.
- Within the five seconds, if the player who received the advantage is fouled again, and as per rule, the referee can play advantage again, and if no advantage has accrued, the referee may subsequently award a free for the foul from where the second foul occurred.
- Furthermore, if the player who received the advantage commits a foul within five seconds, the referee shall award a free against that player from where the foul occurred.

Temporary substitution: Suspected Head Injury

Injuries: Blood or Suspected Head Injury

(i) A player who is bleeding or who has blood on any part of his body, playing at tire or playing equipment, as a result of an injury sustained during the play shall on the instruction of the Referee, immediately leave the field of play to receive medical and/or other attention. He shall not be allowed to return to the field of play until the bleeding has stopped, all blood has been cleaned off and, where possible, the injured area has been covered, any blood-stained playing attire has been replaced and any blood-stained equipment has been fully cleaned.

(ii) A player who sustains a suspected head injury, if instructed by the Referee, shall temporarily leave the Field of Play for further assessment before the player's fitness to return is determined.

In the circumstance of either (i) or (ii) above, a Temporary Substitute may be used, and shall not count as a substitutions under Rule 2.4 (i) and (ii), Rules of Specification. The following acts shall not count as substitutions under Rule 2.4 (i) and (ii), Rules of Specification.

- (1) The use of the Temporary Substitute for a player instructed to leave the field under the Rule.
- (2) The return to the field of play of the injured (blood or suspected head injury) player as a direct replacement for the Temporary Substitute.
- (3) The return to the field of play of the injured (blood or suspected head injury) player as a replacement for any other player if the Temporary Substitute has previously been sent off or substituted.

Suspected Head Injury

- A concussion is a brain injury that can be caused by an impact on a player's Head or Body.
- Over 90% of Concussions occur without a loss of consciousness therefore recognition of other signs and symptoms is crucial.
- "IT'S NOT ALWAYS A KNOCK-OUT"

A simple two-step process should be applied:

- 1.RECOGNISE – the Signs and Symptoms
- 2.REMOVE – the player from the field of play

IF IN DOUBT, SIT THEM OUT

Initial Signs: The following can be considered in assessing the nature of the impact:

- The speed of the impact/collision
- Was the player braced for impact? (Did they see the impact coming)
- Was there any rotational (twisting) motion of the head/neck caused by the impact?

Indicators: The Player's reaction:

- Did they lie motionless for
 - Any period of time?
 - Were they unsteady on their feet?
 - Did they clutch their head?

Red Flags – urgent medical attention:

- Possible neck or spinal Injury – player should not be moved
 - Prolonged Loss of consciousness
 - Deteriorating conscious state
 - Convulsions / Seizures
 - Vomiting
 - Double Vision
 - Disorientation/Confusion
 - Severe or increasing headache
 - Abnormalities of balance or coordination
 - Slurred or incoherent speech
 - Weakness or tingling/burning in arms or legs
- If any of the above red flags are obvious, the player MUST be removed permanently from the field of play.

Items to note around this Rule:

- This rule was changed to allow for players with a suspected head injury to leave the field and be replaced by a temporary substitute to allow for medical assessment of a player.
- Only the Referee can permit a temporary substitution to be made in the case of a suspected head injury or a blood injury, i.e. if a medic or team officials suspect a head injury, they MUST notify the referee before the player is removed and replaced with a temporary substitute.
- There is no time limit for a Temporary Substitute
- There is no limit on the number of Temporary Substitutes that can be used by a team during a match
- No change to the temporary blood substitute rule
- The same protocols for a temporary blood substitute should be followed by Match & Team Officials.

Misconduct at Games by Team Officials

The following changed were made to the rules around Misconduct at Games by Team Officials and the introduction of the issuing of Card and Match Suspensions in place of Term Suspensions for several Infractions.

Misconduct at Games by Team Officials consist of five Categories of Infractions that occur on or in the vicinity of the Field of Play and which occur immediately before, during or after a Game:

Yellow Card Infractions

Category Ia

- 1 To make an unauthorised incursion onto the Field of Play.
- 2 To challenge the authority of a Referee, Umpire, Linesman or Sideline Official.
- 3 To threaten or to use abusive or provocative language or gestures to an opposing player or team official.
- 4 To threaten or to use abusive or provocative language or gestures to a player of own team.

PENALTIES ON THE DAY FOR THE ABOVE INFRACTIONS:

- (i) Caution offender by showing him a Yellow Card;
- (ii) Order offender from the Pitch Enclosure for a second cautionable Infraction by showing him a second Yellow Card followed by a Red Card. The offender is debarred from the Pitch Enclosure for the remainder of the Game, including any Extra-Time, when played, and he may not be replaced.

Red Card Infractions

Category IIa

- 1 To use abusive language to a Referee, Umpire, Linesman or Sideline Official.
- 2 To engage in Disruptive Conduct.

Category IIIa

- 1 Any type of physical interference with an Opposing Player or Team Official.
- 2 To interfere with the playing of the Game.

Category IVa

Minor physical interference with (e.g. laying a hand on, pushing, pulling or jostling), threatening or abusive conduct towards, or threatening language to, a Referee, Umpire, Linesman or Sideline Official.

Category Va

Any type of assault on a Referee, Umpire, Linesman or Sideline Official.

PENALTY ON THE DAY FOR THE ABOVE CATEGORIES IIa, IIIa, IVa and Va INFRACTIONS:

Order offender from the Pitch Enclosure by showing him a Red Card. The offender is debarred from the Pitch Enclosure for the remainder of the Game, including any Extra-Time, when played, and he may not be replaced.

Items to note around this rule:

- Red & Yellow cards can now be issued to Team Officials for breaches of rule.
- Match officials should follow the same protocols when issuing cards, recording, and reporting of Team Officials as they do with players.
- Any team officials sent off, can not be replaced for the remainder of the game, including Extra Time.

Interfering with a kick/puck out

The following rules have been amended to now cover players interfering with a kick/puck out.

- 19 To interfere with a player taking a free puck, sideline puck or puck-out by jumping up and down, waving hands or hurley, or any other physical or verbal interference considered by the referee to be aimed at distracting the player taking the puck.

Exception:

A player holding his hands or hurley upright shall not constitute an interference.

PENALTY FOR THE ABOVE FOULS - Free puck 13m more advantageous than the place of the original puck - up to opponents' 20m line."

Additional New Rules to Note

Unauthorised Incursions onto the Field of Play

A Team Official shall not enter the field of play.

Exception: The Referee may give his permission to a Team Medical Officer or one authorised official to enter the Field of Play to examine an injured player.

Following a decision of An Coiste Bainistochta taken on the 6th May 2021, the motion to remove the Maor Fóirne role will come into effect immediately. This means that Maor Fóirne will not be permitted going forward in either the Allianz Leagues or championships; no officials should be wearing a Maor Fóirne bib, and all selectors must remain seated in their designated areas. Any unauthorised incursions onto the field of play will be dealt with under Riall 7.2 (c) Misconduct at Games by Team Officials (as per Rules Drafting Report as adopted by Ard Chomhairle on 20ú Márta 2021).

Aggressive Infractions

The following Infractions were changed at 2021 Congress.

1. To act by deed, word or gesture of a racist, sectarian or anti-inclusion nature against an opponent or match official
 - A player can now be sent off and reported for the above infraction against a Match Official.
2. The "Striking or attempting to strike" rule has been amended to cover minimal force, force and causing injury.
 - (Cat III) Striking or attempting to strike with arm, elbow, hand or knee with minimal force. The minimum penalty is a one-match suspension
 - (Cat IV) Striking or attempting to strike with arm, elbow, hand or knee either with force or causing injury. The minimum penalty is a two-match suspension

Number of Players

In the circumstances of the unavailability or late arrival of players, a team may commence a game with 13 players. Players arriving late may join in the game during a break in play but must report to the referee before so doing. The game shall be played for the full playing time. Provided a team has fielded 13 players, including players ordered off or retired injured, the final score shall stand as the result of the game.

Additional Information

- Should any conflict arise between the information contained in this document and the text of the latest GAA Official Guides, the text of the latest GAA Official Guides shall prevail.
- The GAA Officials Guides (Part 1 & 2) can be found at the following link: <https://www.gaa.ie/the-gaa/rules-regulations/>
- If you require any additional information or have any questions, please e-mail referee@gaa.ie.

COURAGE 3-12

FEAR 1-09

It takes **courage** to play the game of your life

This month marks the much awaited return of the **Allianz Leagues**.

To celebrate, GAA fans can now get **23% off home*** and **28% off car**** insurance when buying a new policy with us.

Already an Allianz customer? We want to reward you as well by giving you **15% off** at your next home* or car** policy renewal.

We also want to support your passion for the GAA by donating €10 to your local GAA club and give you the opportunity to **win €5,000 for your nominated GAA club** to really make a difference in your community!

To avail of this **exclusive Allianz GAA offer** get a quote now at www.allianz.ie/gaa



Allianz p.l.c. is regulated by the Central Bank of Ireland. 23% off all new Home and 28% off all new Car Insurance policies online.

*Home Insurance: Minimum premium buildings €106.05, contents €86.10, all risks €12.60. **Car Insurance: Minimum premium of €284 applies. The premium reduction does not apply to the personal accident, personal effects, windscreen cover or breakdown assistance options.