



CLG Laoise

Coiste na nÓg

Competition Regulations Summary

2023



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CLG Laoise,
Coiste na nÓg

'23



GENERAL:

Games shall be played in accordance with the playing rules of the GAA as outlined in the GAA An Treorí Oifigiúil / Official Guide / Laois GAA Regulations / byelaws.

COACHES / MENTORS MINIMUM REQUIREMENTS: :

In accordance with the law and Association policy, any volunteer in the GAA intending to work with children under 18, must have completed the following:

- **Garda Vetting:**

In the GAA any person who carries out a role of responsibility such as coaching, managing or training underage teams or indeed adult teams that contain any player under 18 yrs. of age must be vetted. It also applies to organising underage activities or refereeing underage games.

- **GAA Child Safeguarding Course**
- **Introduction to Coaching Gaelic Games Award**

Team officials of Juvenile teams are required to wear same-coloured bibs to help improve game management for clubs and match officials. Failure for mentors to wear distinctive coloured bibs will mean they will not be allowed inside the playing enclosure.

Each team shall be accompanied by a maximum of 5 team mentors one of whom should have first aid training to enable them to administer basic first aid if so required.



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REFEREES:

All teams shall adhere to the Respect initiative: Give Respect – Get Respect.

This Respect initiative seeks to ensure that, at a very minimum, our Gaelic Games are promoted and played in a positive, fair, and enjoyable manner where players, coaches, spectators and referees Give Respect and Get Respect from each other.

Referees will be encouraged to explain fouls, rule infringements etc to players.

- Ensure for League / Championship matches that there are 2 umpires and 1 lines person available from each team participating.
- Referee's expenses for all U13-U15 fixtures is €40, teams to split costs 50/50.
- Referee's expenses for all u17 games is €50 payable by the home club.
- Clubs to pay referee at coin toss before the fixture.
- If a player is injured check with the referee to see if they have noted it.



COMPETITION REGULATIONS:

U15 / U17 A Competitions:

Are 15-a-side competitions, 5 Substitutions are allowed in Normal Time, with an additional 3 permitted in Extra Time.

U15 / U17 B,C, or Development Competitions:

Are 15-a-side competitions. As an exception, should teams be unable to field 15-a-side, Clubs may agree on a number suitable for both teams (minimum of 13), but the Referee has final decision.

Unlimited Substitutions are permitted in B, C, and Development Grades, provided the Referee is notified with a substitution slip for each substitution.

U15 / U17 Pitch Size:

Games played on a 15-a-side or basis shall take place on a full-size pitch.
Games played on a 13-a-side basis shall take place on a full-size pitch.

U15 Grade:

- No limit on the number of plays.
- Size 4 Football / Sliotar to be used for all games.
- Kickouts are to be taken from the ground.

U13 Competition Regulations:

- Unlimited Substitutions are permitted at A, B, C and Development Grades
- Juvenile Goals to be used from 13 metre line to opposite 13 metre line, pitch full width.
- 25 Minutes a side.
- Size 4 Football and Sliotar to be used.
- In Football when a player is in possession of the ball, they shall be only permitted a maximum of two plays (i.e. One Hop / One Solo or Two Solos).
Penalty - Free Kick (indirect) from where the foul occurred.
- No Square Ball or Penalties.
- In Football, all kick-outs from the hand from own 20 metre line.
- In Hurling puckouts are from the 20m line.
- Sin Bin Rule does not apply.





GROUP GAMES, TEAMS LEVEL ON POINTS:

Group Games Teams level on points:

In the event of teams finishing on equal points in the League or League stages of Championship in U17 or younger age grades, the tie shall be decided as per Rule 6.21 (5)(c) (i) & (ii) and 6.38, Official Guide 2022.

In a case where no team is exiting a competition, in U17 or younger age grades, a "toss", rather than a "playoff" may be used by CCC to determine a specific team placing. Where a team is exiting a competition, a "playoff" as determined by CCC shall be used

Winner on the day:

In the event of a Draw, "Winner on the Day" Regulation to apply as per Rules of Specification 3.4 & 3.6, T.O. Part 2 2022, whereby Extra time shall consist of two periods of ten minutes each way in Under 15 and 17 grades and in Under 14 or younger grades shall consist of two periods of seven minutes each way. Winner on the Day will apply in all "knockout" competition games.

FIXTURES:

- Official Fixtures are only sent by the County Secretary.
- Website fixtures are a guide only.
- If you notice an incorrect result on the website, please notify Coiste na nÓg Laoise and we will investigate.
- All games in the last round of competitions where possible will be played at the same time.



Club Contacts

'23



Juvenile Club / Independent Team	Chairperson	Contact No.
Ballinakill/Ballypickas	Enda Walsh	085 718 6742
Ballyfin	Niall Keenan	087 901 8617
Ballylinan GAA	Walter Hovenden	087 973 6244
Ballyroan Abbey	Barry Walsh	087 660 2658
Borris In Ossory-Kilcotton	Trevor Moore	087 756 2890
Camross	Sean Higgins	087 625 9905
Castletown	Laura Delaney	087 752 1102
Clonad / Trumera	Danny Bergin	087 650 6518
Clonaslee St Manman's	Manus Dunne	085 775 0019
Clough/Ballacolla	Colm Delaney	087 600 0882
Crettyard Spink	Martin Gorman	087 251 3844
Graiguecullen	Pat Timmons	085 740 4710
Killeslin	Laurence Phelan	086 852 1941
Mountmellick / Clonaslee St Manmans	Thomas Minihan	087 410 4366
Mountmellick Parish Gaels	Thomas Minihan	087 410 4366
Na Fianna (U17 Hurling)	Niall Keenan	087 901 8617
Na Fianna Óg	James Conway	087 639 3395
O'Dempsey's	Jason Redmond	087 218 1878
Park Ratheniska	Joe Cunningham	086 247 4434
Park Ratheniska Timahoe	Joe Cunningham	086 247 4434
Portarlinton	Declan Gallagher	087 205 7008
Portlaoise	David Powders	087 997 0329
Raheen Parish Gaels (U15)	Brendan Whelan	087 966 3047
Raheen Parish Gaels (U17)	Paddy Ging	087 272 7783



Club Contacts

'23



Juvenile Club / Independent Team	Chairperson	Contact No.
Rathdowney/Errill	Cormac Bracken	087 233 6902
Rosenallis	Declan Conroy	087 230 4623
Spink	Sean Miller	087 135 9304
St Fintan's Mountrath	Tom Meade	086 886 0185
St Joseph's	Brendan Dunne	086 877 9548
St Paul's	Brendan Whelan	087 966 3047
St. Lazerian's, Abbeyleix	Cathal Fitzpatrick	086 331 4421
Stradbally Parish Gaels	Liam Ramsbottom	087 103 9589
The Harps	Podge Phelan	087 975 5876
The Heath	Conor Bergin	086 339 3628
The Rock Kilcavan	James Murphy	087 980 0498



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Football Quick Reference Guide '23



GRADE	TIME			BALL
	Time/ ½	Half Time	E.T./ ½ *	Size
U13	25 min	10 min	7 min	Size 4
U15	30 min	10 min	10 min	Size 4
U17	30 min	10 min	10 min	Size 5

* ET only where applicable

RULES				
GRADE	KO	'45	KO Mark	Adv. Mark
U13	Hand	Hand	✗	✗
U15	Ground	Ground	✓	✓
U17	Ground	Ground	✓	✓

RULES				
GRADE	Plays	Sq. ball	Penalties	Cards
U13	2	✗	✗	Yellow, Red
U15	n/a	✓	✓	Yellow, Black, Red
U17	n/a	✓	✓	Yellow, Black, Red

U13 PITCH SIZE: 13m to 13m line, full width, KO from 20m line, Juvenile Goal posts





Hurling Quick Reference Guide '23



GRADE	TIME			BALL
	Time/ ½	Half Time	E.T./ ½ *	Size
U13	25 min	10 min	7 min	Size 4
U15	30 min	10 min	10 min	Size 4
U17	30 min	10 min	10 min	Size 5

* ET only where applicable

GRADE	RULES			
	Plays	Sq. ball	Penalties	Cards
U13	2	✗	✗	Yellow, Red
U15	n/a	✓	✓	Yellow, Black, Red
U17	n/a	✓	✓	Yellow, Black, Red

U13 PITCH SIZE: 13m to 13m line, full width, PO from 20m line, Juvenile Goal posts





U13 LEAGUE

MIDLANDS
PARK
HOTEL

Division 1	Division 2	Division 3	Development
Group 1	Group 1	Group	Group 1
Ballyfin	Ballyroan/Abbey	Camross	Ballyfin (2)
Portarlinton	Crettyard/Spink	Clonaslee/St Manman's	O'Dempsey's (2)
Portlaoise	Graigecullen	Colt/Shanahoe	Portarlinton (2)
The Harps	Killeshin	Mountmellick	Portlaoise (2)
		Rosenallis	
		St Paul's	
Group 2	Group 2		Group 2
Ballylinan	O'Dempsey's		Ballylinan (2)
Na Fianna Óg	Park/Ratheniska		Crettyard/Spink (2)
St Joseph's	The Rock/Kilcavan		Stradbally Parish Gaels (2)
Stradbally Parish Gaels	The Heath		The Harps (2)

Format:

Division 1, Division 2 & Development:

2 groups of 4, round robin, top 2 play across in semi-finals, bottom 2 play across in plate semi-finals, winners into finals.

Division 3:

Round robin, top two into final



U13 LEAGUE

MIDLANDS
PARK
HOTEL

Division 1

Group 1

Ballinakill/Ballypickas

Mountmellick

Portlaoise

St Lazerian's, Abbeyleix

St Fintan's Mountrath

The Harps

Group 2

Ballyfin

Borris in Ossory/Kilcotton

Camross

Castletown

Clough/Ballacolla

Rathdowney/Errill

Division 2

Group

Clonad/Trumera

Park Ratheniska-Timahoe

Colt/Shanahoe

Clonaslee St. Manman's

Portarlinton

Rosenallis

St Pauls

Development

Group

Ballinakill/Ballypickas

Portlaoise (2)

The Harps (2)

Format:

Division 1:

2 groups of 6, round robin, top 2 play across in semi-finals

Division 2:

Round robin, top 2 play final

Development:

Home and Away fixtures, top two into final



WHERE WE ALL BELONG



TÁ ÁIT DÚINN UILIG ANN



U15 LEAGUE

MIDLANDS
PARK
HOTEL

Division 1

Group 1

Ballylinan

Na Fianna Óg

Park Ratheniska

St Joseph's

Stradbally Parish Gaels

Group 2

Ballyroan Abbey

Mountmellick Parish Gaels

O'Dempsey's

Portarlinton

Portlaoise

Division 2

Group 1

Ballyfin

St. Pauls

Rosenallis

The Heath

Group 2

Killeshin

Crettyard/Spink

Graigucullen

The Harps

Colt/Shanahoe

Development

Group

Mountmellick Parish Gaels (2)

Portarlinton (2)

Portlaoise (2)

Ballyroan Abbey (2)

Na Fianna Óg (2)

Park/Ratheniska (2)

Format:

Division 1: 2 groups of 5, round robin, top team in each group into final

Division 2: 1 group of 5, 1 Group of 4, round robin, top team in each group into final

Development: Round Robin, top two into final



WHERE WE ALL BELONG



TÁ ÁIT DÚINN UILIG ANN



U15 LEAGUE

MIDLANDS
PARK
HOTEL

Division 1

Group 1

Camross

Castletown

St. Fintan's Mountrath

Portlaoise

Division 2

Group 1

Rosenallis

St. Lazerian's Abbeyleix

Borris in Ossory/Kilcotton

Ballyfin

Clonaslee/Mountmellick

Group 2

Clough/Ballacolla

Rathdowney/Errill

The Harps

Park Ratheniska-Timahoe

Group 2

Raheen Parish Gaels

Ballinakill/Ballypickas

Clonad/Trumera

Portlaoise (2)

Portarlinton

Park Ratheniska-Timahoe (2)

Format:

Division 1:

2 groups of 4, round robin, top 2 play across in semi-finals, bottom 2 play across in plate semi-finals, winners into finals.

Division 2:

Groups of 6 & 5, round robin, top team from each group into final.



WHERE WE ALL BELONG



TÁ ÁIT DÚINN UILIG ANN



U17 LEAGUE

MIDLANDS
PARK
HOTEL

Division 1

Group 1

Na Fianna Óg

Killeshin

St. Joseph's

Stradbally Parish Gaels

Group 2

Ballyroan Abbey

Mountmellick Parish Gaels

Portarlinton

Portlaoise

Division 2

Group 1

Ballyfin

Camross

O'Dempsey's

Rosenallis

St Paul's

The Heath

Group 2

Ballylinan

Crettyard/Spink

Graigucullen

Park Ratheniska

Rathdowney/Errill

Format:

Division 1:

2 groups of 4, round robin, top 2 play across in semi-finals, bottom 2 play across in plate semi-finals, winners into finals.

Division 2:

Groups of 6 and 5, round robin, top two into final



WHERE WE ALL BELONG



TÁ ÁIT DÚINN UILIG ANN



U17 LEAGUE

MIDLANDS
PARK
HOTEL

Division 1

Group

Castletown

Na Fianna

Raheen Parish Gaels

Rathdowney/Errill

St. Lazerian's, Abbeyleix

St. Fintan's Mountrath

Division 2

Group

Clough Ballacolla

Borris in Ossory/Kilcotton

Camross

Portlaoise

Portarlinton

Park Ratheniska-Timahoe

Rosenallis

Format:

Division 1:

Round robin, top two into final

Division 2:

Round robin, top two into final



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TÁ ÁIT DÚINN UILIG ANN



CLG Laoise,
Coiste na nÓg

'23



**WE ALL BELONG HERE
IN THIS PLACE. AT THIS TIME**

WE BELONG NOT BECAUSE OF WHO WE ARE OR WHERE WE COME FROM

BEING HERE MEANS BELONGING

BELONGING MEANS KNOWING YOU'RE PART OF A COMMUNITY

A COMMUNITY THAT HAS A PLACE FOR ALL

WHERE POTENTIAL IS NURTURED

WHERE INDIVIDUALS BECOME TEAMS

WHO HONOUR THE LEGACY OF THOSE WHO WENT BEFORE

AND STRIVE TO BUILD A LEGACY OF THEIR OWN

SOME OF US PLAY

SOME OF US USED TO PLAY. SOME OF US NEVER PLAYED

WE ALL BELONG

BELONGING MEANS HAVING A VOICE

MEANS BEING ABLE TO SAY WHAT YOU THINK IS RIGHT

BEING LISTENED TO

BELONGING MEANS RESPECTING EACH OTHER

MEANS BEING THERE FOR EACH OTHER

ON THE PITCH. OFF THE PITCH

BELONGING MEANS ROLLING OUR SLEEVES UP AND DOING WHAT NEEDS TO BE DONE

WE ALL BELONG WHETHER IT'S OUR FIRST DAY OR OUR HUNDREDTH YEAR

WE ALL BELONG HERE BECAUSE THIS PLACE BELONGS TO US ALL

OUR GAA

WHERE WE ALL BELONG