

Summary of Playing Rule Changes 2010

The GAA Congress 2010 passed a number of playing rule changes relevant to football and hurling which will come into effect in all games played **on or after May 15th 2010**. In total there are six changes specific to football only and three specific to hurling, while a further six changes affect both codes, A summary of the changes is as follows:

Football Only:

1. **Handpass** – If a player handpasses the ball using the open hand, there must be a definite underhand striking action.
2. **Penalty Kicks** – All penalty kicks will now be taken from 11 metres out
3. **Kick Outs** – All kick outs will now be from the 13 metre line
4. **Sideline kicks** – Line balls must be kicked from outside the boundary line
5. **Illegal Charge** - It is illegal for a charge to be made on a player kicking the ball.
6. **Definition of bounce** - The redefinition of the bounce has the effect that the “Basketball Type”, bounce, per se, is not a foul.

Hurling only:

1. **Puck Outs** - The penalty for taking a puck-out from outside the small rectangle is changed from the award of a 65m free to the opposition to a throw in the ball on the defenders’ 20m line.
2. **Handpass** - The ball must be released and struck with a definite striking action of the hand
3. **Penalties** - Both attackers and defenders must remain outside the 20m line and the arc until the ball is struck from a penalty and the three defenders on the line must not move off the line until the ball is struck.

Both Hurling and Football:

1. **Restarting Play** – If play is stopped by the referee to enable a seriously injured player to be treated, play will now resume with a free to the team that had possession. However it will not be permitted to score from such a free (if neither team is “in possession”, play shall re-start with a throw in)
2. **Throw ins** – when the play is being restarted by a throw-in, this must take place a minimum of 13 metres from the sideline
3. **Advantage** – A referee will now signal that advantage is being played by raising his arm
4. **Extra Time** – Extra time consists of 10 minutes per half only. The provision for two additional periods of 5 minutes per half has been removed
5. **Boundary Lines** – The penalty for a player deliberately going outside the boundary lines of the pitch to gain an advantage has changed from a caution to a free.
6. **Charge** – A charge is now defined as “shoulder to shoulder” rather than “side to side”

The full text of the new playing Rules is attached as a separate document.