

RULES OF PLAY AND PLAYING SEASON

1 Rules of Play

1.1 The Field of Play

The Field of Play shall be as shown in the accompanying plan .

1.1.1 Dimensions

The Field of Play shall be rectangular, its length being not more than 170 yards (155 metres) nor less than 140 yards (128 metres) and its breadth not more than 80 yards (73 metres) nor less than 70 yards (64 metres).

The Camanachd Association recommends a smaller playing area for age group shinty or 9 and 6 a side shinty - see Rule **Error! Reference source not found.**

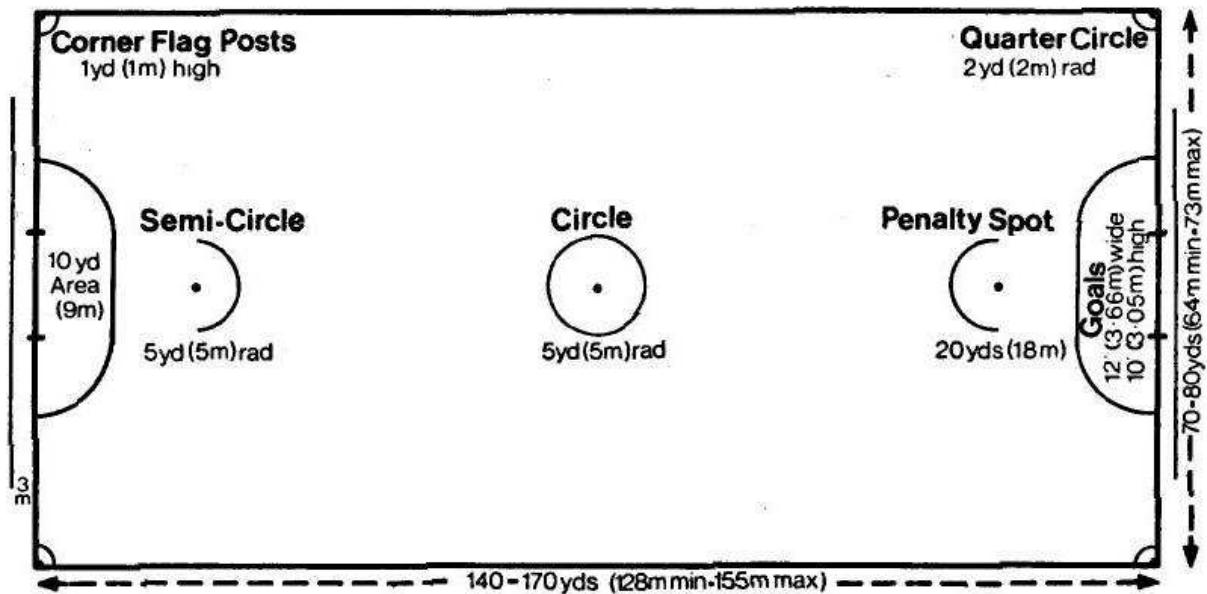
1.1.2 Marking

The Field of Play shall be marked with distinctive lines, the longer boundary lines being called the side-lines and the shorter the bye-lines.

1.1.3 The lines across the goals joining the goalposts shall be called the goal-lines

1.1.4 A flag on a post not less than 3 feet 6 inches (1 metre) high and having a non-pointed top shall be placed at each corner.

FIELD OF PLAY Dimensions



1.1.5 The centre of the field shall be indicated by a suitable mark and a circle of 5 yard (5 metre) radius shall be marked round it.

1.1.6 Ten Yard Area (Nine Metre Area) In front of each goal a line shall be drawn, 12 feet (3.66 metres) long, parallel to and 10 yards (9 metres) from the goal-line. The line shall be continued each way to meet the bye-line by quarter circles, having the inside of the goalposts as centres. The space enclosed by this line, and the bye-line, shall be known as the Ten Yard Area (Nine Metre Area).

1.1.7 Corner Area From each corner flag-post a quarter circle, having a radius of 2 yards (2 metres) shall be drawn inside the Field of Play.

- 1.1.8 Penalty Spot At each end of the Field of Play, a suitable mark shall be made in front of the goal, 20 yards (18 metres) from the mid-point of the goal-line. These shall be the penalty-hit marks. A semi-circle of 5 yard (5 metre) radius shall be drawn behind each penalty-hit mark.
- 1.1.9 The Goals The goals shall be placed on the centre of each bye-line and shall consist of two upright posts, equidistant from the corner flags and 12 feet (3.66 metres) apart (inside measurement), joined by a horizontal cross-bar, the lower edge of which shall be 10 feet (3.05 metres) from the ground. The width and depth of the uprights and the cross-bar shall be not more than 4 inches (10cms) and not less than 3 inches (7.5cms).
- 1.1.10 The goals shall be provided with nets attached to the uprights and cross-bars, and fixed square with the goals at a distance of not less than 3 feet (1 metre) behind the goal-line and cross-bar.
- 1.1.11 All lines, with the exception of the goal-line, should be a minimum of 1 inch (4cms) and a maximum of 3 inches (7.5cms) wide.
- 1.1.12 The goal-line shall be the same width as the depth of the upright.
- 1.1.13 The field of play shall be fenced off at a distance of not less than 6 feet (2 metres) outside the bye-lines and side-lines.
- 1.1.14 Where it is not possible to protect the whole of the field of play with a fence, both goals must be protected in the rear by a fence of wood, wire or rope over a minimum distance of 15 feet (5 metres) from either side of the goalposts and not less than 6 feet (2 metres) from the parallel to the bye-line. Only the goal-judges shall be permitted between this line and the bye-line during play.
- 1.1.15 The cross-bars and uprights must be made of wood or metal and shall be painted white. They may be square, rectangular in shape, and no bar, strut or board, except at the top, shall connect the uprights and the posts supporting the goal-nets.

1.2 Number of Players

- 1.2.1 A match shall be played by two teams, each consisting of not more than twelve players one of whom shall be the goalkeeper.
- 1.2.2 Substitutes, up to a maximum of 3 per team, shall be permitted during a match, except in representative and U14 matches where the maximum permitted shall be four per team. The Referee shall be informed of the names of substitutes (if any) before the change is made.

1.2.3 Punishment

If, without the Referee being notified, a player or a named substitute, changes places with the goal-keeper during the game, or at any interval during the game in which extra time is played, and then handles the ball within the Ten Yard Area (Nine Metre Area), a penalty-hit shall be awarded.

Decisions of Interpretation

- 1.2.4 A competitive match shall not be considered valid if there are fewer than 8 players in either team.
- 1.2.5 Names of substitutes must be included in team lines, any three of whom shall be eligible to play.
- 1.2.6 A player who has been replaced shall not take any further part in the game. The Referee must be informed if a player is to be substituted and this is done by the Referee receiving a card from the player coming on, informing him of the player's name and number, and the name and number of the player coming off. A substitute may only be permitted to enter the field of play, at the mid-point of either side-line, during a stoppage in the game and after he has received a signal from the Referee authorising him to do so. A substitute shall be deemed to be a player and shall be subject to the jurisdiction of the Referee whether called up to play or not.

1.3 The Ball

The ball shall be spherical - the interior shall be cork and worsted, the outer cover shall be of

leather or other approved material. The circumference of the ball shall be not more than 8 inches (20cms) and not less than 7 1/2 inches (19cms). The weight of the ball, at the start of the game, shall be not more than 3 ounces (85gms), nor less than 2 1/2 ounces (70gms). The ball shall not be changed during the game unless authorised by the Referee.

1.4 Players' Equipment

1.4.1 Teams shall play in distinguishing colours and goal keepers shall wear colours which distinguish them from outfield players and the Referee. Goalkeepers and outfield players' jerseys shall be numbered to correspond with the team lines.

1.4.2 A player shall not wear anything which is dangerous to another player nor shall a player use a caman which is in a condition which is dangerous to another player.

1.4.3 Boots must conform to the following standard:

- a) Studs must be of solid construction and made of leather, rubber, plastic, aluminium or similar material. Where studs have a metal seat for screw type studs, the metal seat shall not be visible.
- b) Studs with a metal tip are permissible provided they do not have a pointed tip, and there are no sharp or ragged edges which could be dangerous to other players. Studs moulded to the boot are permissible.

1.4.4 Helmets must conform to the following standard:

Helmets worn shall preferably be the same colour in any one team and matching the team colours.

1.4.5 Secondary Shorts must conform to the following standard:

Secondary shorts shall be the same colour as the team shorts, except in specific instances when they are worn on medical advice with no matching colour available.

1.4.6 The caman must conform to the following standard:

- a) The head of the caman must not be of a size larger than can pass through a ring of diameter of 2 1/2 inches (6.3cms).
- b) No plates, screws, or metal in any form shall be attached to or form part of the caman.
- c) No equipment should be used in any competition run under the auspices of the Camanachd Association unless first approved by the Board of the Company. No liability shall be attached to the Camanachd Association on equipment so approved.

Decisions of Interpretation

1.4.7 A player whose caman is broken during a game may play the ball before obtaining a replacement caman, providing the broken caman is not in a condition which is dangerous to himself or another player. A player changing his caman must do so at the side-lines or bye-lines.

1.5 Referees

1.5.1 A referee shall be appointed to officiate in each game. His authority and the exercise of the powers granted to him by the Rules of Play commence as soon as he enters the field of play. His power of penalising shall extend to offences committed when play has been temporarily suspended, or when the ball is out of play. His decisions on points of fact connected with the play shall be final, so far as the results of the game are concerned.

1.5.2 He shall:

- a) Enforce the Rules of Play
- b) Refrain from penalising in cases where he is satisfied that, by doing so, he would be giving an advantage to the offending team.
- c) Keep a record of the game; act as timekeeper and allow the full or agreed time, adding thereto all time lost through accident or other cause.

- d) Have discretionary power to stop the game for any infringement of the Rules and to suspend or terminate the game whenever, by reason of the elements, interference by spectators, or other causes, he deems such a stoppage necessary. He shall stop the game and call the two captains into the centre circle, informing them of his decision and the reasons for abandoning the game. In such a case he shall submit a detailed report, which should be in the Executive Officer's hands not later than the fifth day following the match.
- e) From the time he enters the field of play, caution any player guilty of misconduct, ungentlemanly behaviour or the use of foul or abusive language and, if he persists, suspend him from further participation in the game; send off the field of play any player who, without any previous caution, is guilty of violent conduct, serious foul play. In such cases the Referee shall send the name of the offender to the CEO not later than the fifth day following the match, in accordance with the provisions of the Disciplinary Machinery.
- f) Allow no person other than the players, Goal Judges and Linesmen to enter the field of play without his permission.
- g) Stop the game if, in his opinion, a player has been seriously injured, have the player removed as soon as possible from the field of play, and immediately resume the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play.
- h) Signal for recommencement of the game after all stoppages.

Decisions of Interpretation

- 1.5.3 The Referee shall report to the appropriate authority misconduct or any misdemeanour on the part of the spectators, officials, players, named substitutes, or other persons, which takes place either on the field of play or in its vicinity at any time prior to, during, or after the match in question so that appropriate action can be taken by the authority concerned.
- 1.5.4 In no case shall the Referee consider the intervention of a Goal Judge if he, himself, has seen the incident and, from his position on the field, is better able to judge.
- 1.5.5 The Referee can only reverse his decision so long as the game has not been restarted.
- 1.5.6 If the Referee has decided to apply the advantage clause and to let the game proceed he cannot revoke his decision if the presumed advantage is not realised, even though he has not, by any gesture, indicated his decision. This does not exempt the offending player from being dealt with by the Referee.
- 1.5.7 The Referee shall not allow any person to enter the field until play has stopped, and only then if he has given them a signal to do so. This applies to club trainers, etc.
- 1.5.8 In the case of serious injury, the Referee should exercise extreme care before removing the injured player from the field and, if possible, seek the opinion of any qualified medical person in attendance.
- 1.6 Goal Judges**
- 1.6.1 Two Goal Judges shall be appointed, whose duty (subject to the decision of the Referee) shall be to indicate:
 - a) When a goal is scored.
 - b) When the ball is out of play over the bye-line and whether a bye-hit or a corner should be awarded.
 - c) When an attacking player is off-side.
- 1.6.2 They shall assist the Referee to control the game in accordance with the Rules. In the event of undue interference or improper conduct by a Goal Judge, the Referee shall dispense with his services and arrange for a substitute to be appointed. (The matter shall be reported by the Referee to the appropriate authority.)

Decisions of Interpretation

1.6.3 Goal Judges, where neutral, shall draw the Referee's attention to any breach of the Rules of Play of which they become aware if they consider that the Referee may not have seen it; but the Referee shall always be the judge of the decision to be taken. Goal Judges shall not change ends at half-time.

1.7 Linesmen

1.7.1 Four Linesmen shall be appointed where available, whose duty (subject to the decision of the Referee) shall be to indicate when the ball is out of play, over the side-lines, and which side is entitled to the hit-in.

Decisions of Interpretation

1.7.2 Linesmen shall not change over at half-time.

1.8 Duration of the Game

1.8.1 The duration of the game shall be two equal periods of 45 minutes, subject to the following:

- a) Allowance shall be made in each period for time lost due to injury.
- b) Time shall be extended to permit a penalty-hit being taken at or after expiration of the normal period in each half.
- c) The half-time interval shall not be of more than ten minutes duration.
- d) The ball must be in play when each half is terminated.

1.8.2 Decisions of Interpretation

The duration of the game may be less than 90 minutes if a shorter period is mutually agreed upon and it is permissible under the Rules of the Competition. The agreed time shall be divided into two equal periods.

1.9 Start of Play - The Throw-Up

1.9.1 At the beginning of the game, choice of ends shall be decided by the toss of a coin.

1.9.2 The Referee having blown his whistle, shall start the game by throwing up the ball to a minimum height of 12 feet (4 metres) between two opposing players standing at the centre spot, at least 3 feet (1 metre) apart, with their camans crossed above head level. The players shall not shift their stance until the ball is struck in the air, or touches the ground. No other player shall be within 5 yards (5 metres) of the centre spot until the ball has been played. A goal scored direct from a throw-up shall count.

1.9.3 After a goal has been scored the game shall be restarted in like manner.

1.9.4 After half-time (when restarting after half-time) ends shall be changed and the game restarted in like manner.

1.9.5 After any temporary suspension (when restarting after a temporary suspension from any cause not mentioned in these Rules of Play, provided immediately prior to the suspension the ball has not passed out of the field of play) the Referee shall throw the ball up at the place where it was when play was suspended.

Decisions of Interpretation

1.9.6 If the ball, when thrown up by the Referee, strikes one or both of the camans, it shall again be thrown up to the required height by the Referee.

1.9.7 If the two centre players are one left-handed and the other right-handed, each shall have choice of his side in the throwing up for one half of the match.

1.9.8 If one player should use his caman to hold his opponent's caman and prevent his opponent playing the ball, or shift his stance, he shall be penalised by the award of a free-hit to his

opponent.

- 1.9.9 If the ball is within the Ten Yard Area (Nine Metre Area) when play is temporarily suspended, the Referee shall restart the game with a throw-up outside the area at the spot nearest to where it was when play was suspended.

1.10 Method of Scoring

- 1.10.1 A goal is scored when the whole of the ball has passed over the goal-line and under the cross-bar, except when resulting directly from a free-hit or when it has been kicked, carried or propelled by hand or arm by a player of the attacking side.
- 1.10.2 The team scoring the greatest number of goals during a game shall be the winner; if no goals, or an equal number of goals, are scored, the game shall be termed a "draw".

Decisions of Interpretation

- 1.10.3 Rule 1.10.2 defines the only method according to which a match is won or drawn; no variations whatsoever can be authorised. A goal cannot be allowed if the ball has been prevented by some outside agency from passing over the goal-line. If this happens in the normal course of play, other than at the taking of a penalty-hit, the game must be stopped and restarted by the Referee throwing up the ball outside the Ten Yard Area (Nine Metre Area) at a point nearest to where the interference took place.

1.11 Ball In and Out of Play

- 1.11.1 The ball is in play at all times from the start of the match to the finish including:
- a) If it rebounds from a goalpost, cross-bar or corner flag-post into the field of play.
 - b) If it rebounds off the Referee.
 - c) In the event of a supposed infringement of the Rules of Play, until a decision is given.
- 1.11.2 The ball is out of play:
- a) When it has wholly crossed the goal-line, bye-line or side-line, whether on the ground or in the air.
 - b) When the game has been stopped by the Referee

1.12 Fouls and Misconduct

- 1.12.1 A player who intentionally commits any of the following offences:
- a) Kicks the ball;
 - b) Kicks or attempts to kick an opponent;
 - c) Jumps at an opponent;
 - d) Charges an opponent from behind;
 - e) Charges an opponent in a violent or dangerous manner;
 - f) Uses his caman in a violent or dangerous manner;
 - g) Pushes an opponent;
 - h) Trips an opponent, i.e. throwing or attempting to throw him by use of the legs or caman;
 - i) Strikes or attempts to strike an opponent with his hand, arm or caman;
 - j) Strikes or impedes an opponent's caman, except to "block" or "hook" a caman which is within striking distance of the ball;
 - k) Throws his caman;
 - l) Attempts to participate in the game without his caman in his hand;
 - m) Holds an opponent or an opponent's caman;
 - n) Obstructs an opponent, i.e. running between the opponent and the ball or interposing the

body so as to form an obstacle to an opponent;

- o) Handles the ball, i.e. carries, strikes or propels the ball with his hand or arm;

Note: The goalkeeper is permitted to stop and slap the ball with his open hand within the Ten Yard Area (Nine Metre Area).

- p) Heads the ball;

shall be penalised by the award of a free-hit to be taken by the opposing side at the place where the offence occurred.

Decisions of Interpretation

1.12.2 Should a player of the defending side commit one of the afore-mentioned offences within the Ten Yard Area (Nine Metre Area) he shall be penalised by the award of a penalty-hit.

1.12.3 A penalty-hit can be awarded irrespective of the position of the ball, if in play, at the time an offence is committed within the Ten Yard Area (Nine Metre Area).

1.12.4 A player may stop the ball with one foot provided that it is at rest on the ground at the moment of contact

1.12.5 A player may stop the ball with both feet while he is moving provided that both heels are together at the moment of contact. If both feet are off the ground at the moment of contact, the Referee shall be the sole judge of whether or not the player intentionally kicked the ball.

1.12.6 A player is allowed to play an opponent's caman with his own caman only to "block" or "hook" the swing of a caman which is within playing distance of the ball, except in the case of blocking an opponent about to strike the ball or in shielding the ball while in possession

1.12.7 If, in the opinion of the Referee, a player deliberately hits the ball out of play to waste time the Referee shall caution the player for ungentlemanly conduct and award a free hit.

1.12.8 Hitting the ball with one hand on the caman is not a foul, unless, in the opinion of the referee, the caman is being swung in a dangerous manner.

1.12.9 Hitting the ball while lying on the ground is not a foul, unless in the opinion of the referee the player is endangering himself when attempting to play the ball or he is swinging his caman in a dangerous and reckless manner while still lying on the ground

1.13 Cautionable Offences

A player shall be cautioned if he/she is guilty of:

- a Reckless or dangerous swinging of the caman
- b Obstruction or Charging an opponent in a violent manner involving dangerous bodily contact
- c Adopting a threatening attitude
- d Feigning injury
- e Deliberate tripping
- f Deliberate handball
- g Undermining the authority of the Referee through dissension by word or action
- h Persistent infringement of the rules of play after a verbal warning to include any of the following: foul language (including self frustration directed at ones self), shirt pulling, time wasting, encroaching, gesticulating in front of an opponent taking a free hit

1.14 Sending off Offences

A player shall be sent off the field of play if he/she is guilty of:

- a Violent Conduct
- b Abusive or Offensive Language
- c Spitting at an opponent or an official

- d Being guilty of a second cautionable offence having received a caution

1.15 Off-side

- 1.15.1 An attacking player shall be off-side if he is within the Ten Yard Area (Nine Metre Area) when the ball enters that area either on the ground or in the air.

Note: The Ten Yard Area (Nine Metre Area) includes the goal area between the goal line and the nets.

- 1.15.2 Punishment

For an infringement of this rule a free-hit shall be taken by a player of the defending side from the place where the infringement occurred.

Decisions of Interpretation

- 1.15.3 A player is considered to be off-side if any part of his body or stick is within the Ten Yard Area (Nine Metre Area) before the ball enters that area. A player who steps over the bye-line to avoid being off-side shall not be allowed to enter the field of play while the ball is within the Ten Yard Area (Nine Metre Area).

1.16 Bye-hit

- 1.16.1 When the whole of the ball passes over the bye-line, either in the air or on the ground, having been last played by one of the attacking side, it shall be hit direct into play from a point within the Ten Yard Area (Nine Metre Area).

- 1.16.2 The striker shall not play the ball a second time until it has touched or been played by another player. No player shall be within 5 yards (5 metres) of the striker when the hit is being taken.

- 1.16.3 A goal from such a hit shall count.

- 1.16.4 Punishment

If a player taking a bye-hit plays the ball a second time before it has been played by another player a free-hit shall be awarded to the opposing team, or, if the infringement occurred inside the Ten Yard Area (Nine Metre Area), a penalty-hit shall be awarded to the opposing team.

1.17 Corner-hit

- 1.17.1 When the whole ball passes over the bye-line, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner-hit from the quarter circle at the nearest corner flag-post, which must not be removed. A goal may be scored direct from a corner-hit.

- 1.17.2 No player shall be within 5 yards (5 metres) of the striker when the hit is being taken. The striker shall not play the ball a second time until it has touched or been played by another player.

- 1.17.3 Punishment

If a player taking a corner-hit plays the ball a second time before it has been played by another player, a free-hit shall be awarded to the opposing side

1.18 Hit-in

- 1.18.1 When the whole ball passes over the side-line, whether in the air or on the ground, it shall be hit into play, by an overhead hit, by a player of the team opposite to that of the player who last touched it.

- 1.18.2 In taking the hit the player shall stand outside the sideline, facing the field of play, with both feet on the ground and in a position square to the side-line. The caman shall be withdrawn directly overhead and at the time of contact both the ball and the caman shall be directly overhead. If the player taking the hit misses the ball entirely the opposing team shall be awarded the hit-in. The striker shall not play the ball a second time until it has touched or been played by another player and shall not obstruct or impede such a player attempting to

touch or play the ball. No player shall be within 5 yards (5 metres) of the striker when the hit is being taken.

1.18.3 A goal may be scored direct from a hit-in.

Punishment

1.18.4 If the ball is hit-in improperly the hit-in shall be taken by a player of the opposing side

1.18.5 If a player taking a hit-in plays the ball a second time before it has been played by another player, a free-hit shall be awarded to the opposing team

1.19 Free-hit

1.19.1 A free-hit is awarded for any infringement of the Rules, except by a defending player within the Ten Yard Area (Nine Metre Area) and shall be taken by the opposing side, from the place where the offence occurred.

1.19.2 The ball must be struck by the club, or scooped, and it shall not be deemed in play until it has travelled the distance of its own circumference.

1.19.3 No player shall be within 5 yards (5 metres) of the striker while the hit is being taken. The striker shall not play the ball a second time until it has touched or been played by another player. A goal from such a hit shall NOT count.

1.19.4 Punishment

If a player taking a free-hit plays the ball a second time before it has been played by another player, a free-hit shall be awarded to the opposing team

Decisions of Interpretation

1.19.5 The Referee has the discretionary power to refrain from awarding a free-hit if, in his opinion, it will benefit the offender.

1.19.6 If any player stands within 5 yards (5 metres) of the striker when the hit is being taken, the Referee has the discretionary power to order the hit to be retaken.

1.20 Penalty-hit

1.20.1 A penalty-hit is awarded for any infringement of the Rules by a defending player within the Ten Yard Area (Nine Metre Area) and shall be taken by the opposing side from the penalty-spot. When the hit is being taken, all players, with the exception of the player taking the hit and the defending goal-keeper, shall be within the field of play but outside the 5 yard (5 metre) semi-circle behind the penalty spot.

1.20.2 The defending goal-keeper must stand, without moving his feet, on his own goal-line until the hit is taken.

1.20.3 If the ball on being struck does not reach the goal-line or bye-line, the hit shall be held to be a bye.

1.20.4 The player taking the hit shall not play the ball a second time until it has touched or been played by another player. If necessary, time of play shall be extended at half-time or at full-time to allow a penalty-hit to be taken.

1.20.5 A goal from such a hit shall count.

Punishment for any infringement of this Rule:

1.20.6 By the defending team, the hit shall be retaken if a goal has not resulted.

1.20.7 By the attacking team other than the player taking the hit, if a goal is scored it shall be disallowed and the hit retaken.

1.20.8 By the player taking the hit, committed after the ball is in play, a player of the defending side shall take a free-hit at the place where the infringement occurred.

Decisions of Interpretation

1.20.9 If a retake has been awarded a change of penalty taker is permissible

1.20.10 Rules for Penalty Play-Off

When it is necessary to decide a tie after extra time, the following rules shall operate for a penalty play-off:

- a) At the end of extra time, the referee should call both captains together and ask for the names of penalty takers.
- b) A team shall nominate five penalty takers.
- c) A team may not change the nominations after they have been made.
- d) The referee will decide by the toss of a coin which team will strike first. Each team will then take five penalties alternately.
- e) If no decision is made after five penalties each, a sudden-death play-off will take place with each team taking it in turn to hit one penalty shot in the same player sequence until one team has scored more goals than the other after an equal number of shots.
- f) All players not involved in the play-off will be ordered to the sideline at the centre of the field.
- g) Any players taking part in the play-off, but not in the striking side should be in the centre circle with a goal judge.
- h) Only players on the field at the end of play will take part in the play-off.

1.21 **Playing Season**

The playing season for the Association Competition shall be from 1 March to 30 November, annually, unless expressly altered by a General Meeting in terms of Article 4.2.

