

Down GAA - Implementation of the new FRC Playing Rules at Juvenile Level in 2025

Following a meeting on Monday 13th January 2025, between representatives of Referee's Administration, Development CCC, County Management and Coaching & Games the following recommendation was brought forward to the County Committee on Thursday 16th January for approval.

On January 16th, this recommendation was approved by County Board at their meeting in the Burrendale Hotel, Newcastle,

U12 Football:

Whilst it is not officially required that rules be introduced at u12, we see this age as good opportunity to introduce some of their more basic and manageable principles.

It is important that we do not detach our juvenile games completely from what our young players watch their County heroes playing in Pairc Esler or on the TV.

We would recommend therefore that the following elements of the new FRC rules be introduced at u12 level in 2025;

- 1 v 1 throw-in
- Solo & Go (at u12 level, the *Solo & Go* may only be utilised when a player is fouled whilst in possession of the ball (physical fouls only). Solo & Go can only be taken by the player who was initially fouled.
- Dissent – Punishable by a 20m advancement

U14 Football:

We would recommend that the following elements of the new FRC rules be introduced at u14 level in 2025;

- 1 v 1 throw-in
- Solo & Go (full implantation)
- Goalkeeper Rule (full implementation)
- New Scoring System (2 points outside 40m arc)
- Dissent - 50m penalty
- 3 v 3 Structure at 15-a-side
- 2 v 2 Structure at 13-a-side

U14 Kickouts:

We would recommend that the following variation of the *FRC Kickout Rule* be adopted at u14 Level in both League and Championships moving forward:

- Kickouts may be taken **from the ground or out of the hands**, from the 21m line.
- Players on both teams can position themselves anywhere on the field of play but must remain at least 13m from the player hitting the kickout.
- Any player on the team taking the kickout, wanting to gain possession of the ball directly from the kickout, must be outside the 40m arc, **when the ball is kicked** (players may move into the arc to gain possession of the ball once the ball is kicked).
- Players from the **opposing** team may position themselves inside the 40m arc and win possession of the ball.
- Where a team nominate an outfield player to hit the kickout, the player wearing the *Goalkeeper jersey* must remain inside the small rectangle. This player **cannot** receive the ball.

U16 & U18 Football:

We would recommend that the following elements of the new FRC rules be introduced at u16 & U18 level in 2025;

- Full Engagement with all aspects of the new FRC Rules
- 3 v 3 Structure at 15-a-side
- 2 v 2 Structure at 13-a-side

Ulster Schools GAA have confirmed to us that they will NOT be implementing the new FRC rules in **any** of their competitions across the remainder of the 24/25 academic year.

We acknowledge that this may cause slight confusion for players playing club and schools football simultaneously, but it will only be for a small window as most of the Ulster Schools competitions will be concluded by Easter.

