

Coiste Na Nóg Regulations 2025 – Amendments & Information

Coiste Na Nóg will implement all the new Football rules as per the FRC. Coiste Na Nóg reserves the right to review this implementation for all or any of the new rules at any time throughout the competitions.

Below are three rule changes Coiste Na Nóg want to draw particular attention to:

1. Solo and Go

Any player can “solo” the ball if he wishes to take a solo and go. The player cannot be challenged within 4m of the free. The free is advanced 50m if he is challenged. The solo and go is not permitted within the opposing 20m line. The solo and go must be taken immediately, anywhere within 4m of where the foul took place. A free against the player shall be awarded if the solo and go / free is not taken immediately. The ref shall direct the player to take the free from the original position if a player attempts to take it further than 4m away. If the player fumbles the solo and go the ref shall allow it to be retaken. This must be taken moving forward or sideways. A free will be awarded against you if you go backwards. The solo and go cannot be taken where the ball has been moved forward 50m.

2. 3 v 4 Structure Rule

The team in possession must have at least four players in their half of the field, which may include the goalkeeper.

Teams reduced in numbers due to red or black cards. Teams reduced in numbers must still keep three in the opposition's half of the field at all times. Similarly, the team who have seen a player dismissed must keep four players in their own half when they are in possession of the ball.

A breach of the 3v3 rule - which is now a 3v4 - in carrying, receiving or intercepting the ball or attempting to do so is a free kick from where the player crossed the halfway line.

There is an easing of accidental, unintentional or marginal breaches of the proposed "four back, three up" rule. Players who go four metres across the halfway line or are not interfering in the play will not be punished.

A team must have four players in their half of the field which may include the goalkeeper and at least three outfield player in the opposition half of the field.

In the event that a goalkeeper enters the opposition's half of the field, four of his teammates must remain in the team's own half.

A goalkeeper is not considered an outfield player and can be positioned in the opponent's half. (Goalkeeper must be in the small square if he is not taking his own kick out)

(as per Coiste Na Nóg **Fair Play Guideline**, some leagues allow 11 a-side, so in these circumstances a team are allowed to have no players in opposition half)

3. Dissent

Coiste Na Nóg Regulations 2025 – Amendments & Information

Advise teams before the start of the match. Only the captain / nominated player can ask the ref (during a break in play) for clarity on a decision. Players can still talk to a ref but not question a decision – penalty is advance the ball 50m. “To show dissent by forcefully challenging the referee’s decision to award a free kick to the opposing team, either verbally or by gesturing. Continued dissent is a Yellow Card. Ball may be moved back outside the 40m arc.

Cont.

If an identifiable team official displays misconduct (e.g. falls into yellow or red card territory) towards any match official, the ref will award a free on the opponents 13m line and issue a yellow / red card to the mentor.

This is the only occasion where the ball may be advanced to the 13m line. Players may bring this outside the 40m arc to attempt two pointer if the free was awarded outside the 40m arc.

Juvenile players shall be issued with a Black Card for showing dissent but can be immediately replaced by a teammate for the 10 minutes.

FRC Playing Rules & Regulations Amendments.

1. U14 & U15: Kickouts by Goalkeeper under new FRC rules

- Goalkeepers may kick the ball out of their hands **or** off the ground if they prefer.
- Ball Must travel a minimum of **13** metres, ie: Outside the small D

2. All Age Grades

- As per Coiste Na Nóg Regulations and the **Fair Play Guideline**, some leagues allow 11 a-side, so in these circumstances a team are allowed to have **no** players in opposition half.
- For 13 a-side games, FRC Regulations will be played in full.

3. Other Matters

1. If a neutral venue for League Finals is not possible - a draw will determine Home advantage for the Final.
2. If a team has an issue about the eligibility of an opposing player, the mentor should ask the referee to:
 - Take the player’s name
 - Get the player’s signature

Coiste Na Nóg Regulations 2025 – Amendments & Information

- Get the player's date of birth
- Request the referee to report this to Coiste na nÓg Secretary.