



OFFICIAL TOURNAMENT RULES 2026

General Rules (2024 GAA rules apply except for the following):

SQUADS:

- Teams are Seven-a-side, panel of up to 12 players may be registered. Players must be registered by jersey number.
- Only 12 players may be toggled out per day. Replacements can be made on Sunday for injuries etc. All players must be members of their respective clubs. (Proof to be sent to committee in advance)
- Player jerseys must be numbered and worn consistently throughout the day (unless replaced due to blood, with pitch co-ordinator notified). Men's goalkeepers must wear a jersey that differs from outfield players.

GAMES:

- All group games will be 14 minutes (2 x 7 mins); semi-finals and finals will be 16 minutes (8 minutes per half)

GROUP TABLES. QUALIFICATION. DRAWS etc:

- In the event of teams finishing on level points in the group league table, the "head-to-head" Result of the match between them will decide on who is placed highest.
- If more than 2 teams finish level in the group table, score difference will come in to play.
- In the event of a draw in the knockout stages, the game will then be decided on 1v1 penalties, Players start from the half way line and must shoot for goal before a 10 second whistle (i.e. no rebounds etc). Teams will have 3 penalty takes each. If it is still level after 3 penalties it will go to sudden death
- (1 penalty at a time) and the same 3 players will continue in that order for their teams until the result is decided.

PLAYING RULES:

- All kick-outs to be taken from the small square – not 13m line. The ball may kicked off the hand but must be kicked within the small square. All players other than the kicker must be 13m away from the kicker or not interfering with play. (Penalty: if defender is within 13m at time of kick-out – free to opposition from position where offence occurred or 13m line as appropriate; if attacker, free out from where offence occurred).
- Once a team enters the oppositions half the ball cannot be played back into their own half of the field. (penalty: throw ball on half-way line)
- There is no mark or 2 point arc in operation in this tournament.
- All 45s must be taken from the ground.

SUBSTITUTES:

- Unlimited substitutions are allowed but oncoming substitute must possess BATON to exchange with player leaving field of play – the player holding the BATON is not in play
- Substitutes must enter from the technical area (half-way line) - Double substitutions are permitted.
- Substitutions may be made at any time without notifying referee providing the oncoming/departing player makes no attempt to play the ball or interfere with play. (Penalty: free to opposition on 45m line)
- If an oncoming player enters the field with the BATON before the departing player has reached the technical area and completed the handover (Penalty: free to opposition on 45m line)
- BATONS shall be collected from pitch officials before start of game and returned afterwards.

DISCIPLINE:

- Players receiving a yellow card are "sin-binned" for duration of game BUT sin-binned player can be replaced.
- Players receiving a red card cannot be replaced & are banned for one game

THE DECISION OF THE KILLARNEY CLUB SEVENS COMMITTEE WILL BE FINAL .

PITCH DIMENSIONS

85 Metres Long x 50 Metres Wide

