



# Social and Recreational GAA



## What's it all about?

Recreational/Social GAA is an opportunity for all members of our association to participate in a fun, non-competitive environment.

## Benefits

- Fun, enjoyment, exercise, health and fitness.
- Social outlet, friendships.
- Opportunity for past players/members to get reacquainted with the club.
- Recreational/Social games can help create a buzz around the club.

## Some Questions

- **Who can play?** Recreational games should be available to anyone.
- **Where is it played?** Recreational games can be played indoor or outdoor on grass or astro-turf.
- **When can it be played?** Recreational games can be played all year round at any time of the day depending on facilities available.
- **Is a referee required?** Ideally but not necessarily.
- **Any special equipment required?** None.



**Get back  
in the  
game**

## How is it organised?

- Key person within club is required to promote the concept.
- Organise games within the club or against neighbouring clubs
- Clusters of clubs or divisional boards can drive the initiative to make it more official.
- Organise games in conjunction with local carnivals, GAA festivals or family fun days.
- Organise social games within your workplace. This could eventually lead to formation of an inter-firms team.

## Team options

- Over 35 or 40 (male or female only).
- Mixed teams (male and female of any age).
- Anyone who does not currently represent their club on the field of play.
- Everyone and anyone!

## Rules

- Incidental contact only (No tackling).
- Gaelic Football - 2 touches max (one solo and/or one bounce).
- Hurling - Soloing is not permitted.
- Whoever is fouled takes the free.
- Duration of game agreed by teams but recommended breaks every 10 minutes.

For further info on rules click on [www.ulster.gaa.ie](http://www.ulster.gaa.ie) or see: Gaelic Games for All - Social and Recreational Games in the GAA (Croke Park Publication, 2005).





# *Fun, Enjoyment, Exercise...*



Ulster Council GAA  
8-10 Market Street  
Armagh  
Co Armagh  
BT61 7BX  
T 028 (048) 3752 1900  
F 028 (048) 3752 8092  
E [info@ulster.gaa.ie](mailto:info@ulster.gaa.ie)  
[www.ulster.gaa.ie](http://www.ulster.gaa.ie)

For further information or advice on setting up recreational or social games in your club please contact the Ulster Council Regional Development Officers:

**Diarmaid Marsden** (Armagh, Monaghan and Cavan)  
079 2052 8792  
[dmarsden@ulster.gaa.ie](mailto:dmarsden@ulster.gaa.ie)

**Paul Callaghan** (Donegal, Fermanagh, Derry and Tyrone)  
+353 (0) 86 806 6166  
[pcallaghan@ulster.gaa.ie](mailto:pcallaghan@ulster.gaa.ie)

**Una McKay** (Down and Antrim)  
079 2052 8793  
[umckay@ulster.gaa.ie](mailto:umckay@ulster.gaa.ie)