



2020 Baker Tilly 'Long Distance' Camogie 7s Rules

Published: 6 September 2020

Kilmacud Crokes Camogie

Dublin, Ireland

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Overview

These are the official playing rules for the 2020 Baker Tilly All-Ireland Long Distance Camogie 7s from Kilmacud Crokes. Now in its 47th year, the annual Kilmacud Crokes Camogie 7s are a key part of the camogie calendar, usually taking place on the Saturday before the All-Ireland Camogie Final on Sunday. This year due to the unprecedented situation with Covid-19 and the need to encourage social distancing, the event cannot be held in its normal format. Consequently these rules will be used to judge which teams should be the 2020 winners of the Proinnsias Ó Cróinín Cup, the Sean Flynn Shield and the Plate competitions.

Any queries in relation to the rules should be emailed to kccamogie7s@outlook.ie

DISCLAIMER

All teams taking part in this event do so at their own risk and expense. Appropriate authorisation must be secured for the use of any facilities required for the completion of the activities in this event. Neither Kilmacud Crokes GAA Club, the Kilmacud Crokes camogie section, nor any of the individuals involved in the organisation of the event will be liable in any way for any injury or loss that may occur as a result of participation in this event.

Team Registration

1. There will be three competition grades Cup, Shield and Plate to cater for teams from Senior, Intermediate and Junior abilities respectively.
2. Each club may enter at most one team in each grade for a maximum participation of three teams per club. Clubs are requested to submit players/teams appropriate to the grade in which they are entering.
3. The organisers reserve the right to decide the final allocation of teams to competition grades.
4. A team consists of up to a maximum of 10 named players.
5. In countries/counties/clubs with insufficient camogie players to field a team, players from more than one club may enter as a joint entry subject to prior approval by the organisers which will not be unreasonably withheld.

Skill Scoring

6. The final score achieved by each team for each Skill will be calculated based on the 7 best individual player scores from within that team.
7. Any player on a team not attempting a Skill will be assigned a score of zero for that Skill.
8. Teams may decide, up to a maximum of all 10 players, the number of players to attempt each Skill.

Format

9. The competition will take place over two rounds.
10. Round 1 will consist of a Head-to-Head competition where each team is competing against another team in the same grade competition to complete 3 of the 6 Skills. All teams will complete the same 3 skills in round 1.

11. The team with the higher score will advance to the Gold Level Round 2 competition, with the loser progressing to the Silver Level Round 2. In the event that the two teams are tied rule 16 below will apply.
12. Round 2 will consist of a Group competition where each team is competing against all other teams in their Grade that have qualified for their Level (whether Gold or Silver). All teams will complete the 3 skills not completed in Round 1. The team with the highest score in each Group will be declared the winner of that Group.
13. Adjudication of Round 1 results will occur at 13:00 Irish time on 19th September. Any team failing to submit results for their Round 1 skills before this time will (a) be deemed to have lost their head-to-head Round 1 fixture, and (b) not progress to the Round 2 competition. Adjudication of Round 2 results will occur at 17:00 Irish time on 19th September. Any team failing to submit results for their Round 2 skills before this time will be eliminated from the competition. The results of Round 2 and the final standings of all teams in each of the three competitions will be announced as soon as possible following the completion of Round 2. Note that a team may complete and submit results for the skills in both Round 1 and Round 2 at the same time in advance of the Round 1 deadline.
14. Recognising that due to timezone constraints for clubs outside Ireland, availability of socially-distanced pitch facilities and conflicting match schedules for teams still in league or championship campaigns, clubs may elect to perform the six skills challenges at any time from Wednesday 16th September at 00:01 Irish Time. Such results should be emailed directly to the organisers (at the official competition email address) who will introduce those results into the competition at the appropriate points in time during competition day.
15. The skills must be completed and scored as per Appendix 1 to these rules.
16. In the event of two or more teams ending up tied on equal team scores when evaluating results of either Round 1 or Round 2 stages, the highest individual player cumulative score across all six challenges from each team will be used to decide the winner. In the event of the top individual scores being tied, the

second, third, fourth etc. highest individual player score from each team will be used in sequence until a result is achieved. In the event that all scores across one or more teams are identical, the result will be declared a tie with both teams progressing to the Gold Level Round 2 in the case of a tie in Round 1, or all tied teams being judged as having achieved equal ranking in the case of a tie in Round 2.

Participating Club Responsibilities

17. Each club is responsible for securing the services of an independent Camogie Association or GAA registered referee to monitor and score each skill. Overseas clubs without access to a Camogie Association registered referee, may appoint any local, independent Camogie Association or GAA official as referee subject to prior approval by the organisers which will not be unreasonably withheld.
18. Each club is required to have access to an Instagram account for the duration of the competition for the purpose of contributing to the sense of community throughout the duration of the event. Please refer to the Camogie Association's Social Media Policy <https://camogie.ie/administration/communications/> before creating any new accounts. The event hashtag is #kccamogie7s.
19. Each club is responsible for nominating one Club Contact point for communications in advance of the competition and during the event itself.
20. The Club Contact is responsible for the timely submission of referee scoring sheets to the event organisers.



SKILL RULES & SAMPLE SCORING SHEETS

A1. The 45

A1.1 Pitch Setup

Five sliotars are placed on 45m line as follows: 1 in line with goal center, 1 each to left and right of center at 20m distance, and 1 each to left and right of center at 40m distance (Note: minimum regulation pitch is 80m wide so this may be sideline for some contestants)

A1.2 Skill Execution

Slotar must be struck as a valid free as per Camogie Association Rule §11.4 and must be over the bar to score.

A1.3 Skill Scoring

- 0 (zero) points for sliotar struck wide or under the bar
- 4 points for the central sliotar score, 7 points for each of the two 20m off-centre sliotar score, 10 points for each of the two 40m off-centre sliotar score
- Max score possible per player: 38 points
- Max score possible per team (best 7 scores): 266 points

A1.4 Sample 45 Score Sheet

	Club Name: Champion Camogs			Competition (Cup, Shield or Plate):			Cup	
	The 45 Challenge	Left 40m	Left 20m	Centre	Right 20m	Right 40m		
	Enter Players Name ↓	10 pts	7 pts	4 pts	7 pts	10 pts	Player Totals	Top 7 scores
1	Annie Amazing	10	7	4	0	0	21	21
2	Barbara Brilliant	0	7	4	7	0	18	
3	Cathy Cúl	0	7	4	0	10	21	21
4	Deirdre Dazzler	10	0	4	7	10	31	31
5	Eithne Excellent	10	7	4	7	0	28	28
6	Femhe Fitness	0	7	4	7	10	28	28
7	Graíinne Grass	0	0	4	7	0	11	
8	Helen Hurley	0	7	4	0	10	21	21
9	Irene Inspirational	10	7	4	7	0	28	28
10	Julie Jump	0	0	4	7	10	21	
						Top 7 Score Total ➡	178	

A2. The Sprint

A2.1 Pitch Setup

A cone, flag or slalom pole is placed on the end-line and a second directly opposite it on the 20m line. In the absence of flags or slalom poles, cones may be used.

A2.2 Skill Execution

The player must complete five sprints out, around the 20m marker and back over the 20m distance with an enforced 10-second pause between each 40m round trip. The player's total time is the time elapsed from first crossing the end-line to finally crossing back over the end-line after completing the 5 x 40m runs plus 4 x 10 second enforced pauses.

A2.3 Skill Scoring

- All times should be rounded down to the nearest second, e.g. 81.89 seconds should be recorded as 81 seconds.
- Penalty (P) of 5 additional seconds added to total time for each instance in which the player crosses the sprint start marker before 10 second countdown expires
- Completion in less than 70 seconds = 50 points
- 1 point deducted for every second longer than 70 seconds.
- Max score possible per player: 50 points
- Max score possible per team (best 7 scores): 350 points

A2.4 Sample Sprint Score Sheet

The Sprint									
Enter Players Name ↓	Run 1	Run 2	Run 3	Run 4	Run 5	Player Time (Seconds)	Overtime > 70 Secs	Score [=50-Overtime]	Top 7 Scores
1 Annie Amazing	✓	✓	✓	✓	✓	68 secs	0	50	50
2 Barbara Brilliant	✓	✓	✓	✓	✓	72 secs	2	48	48
3 Cathy Cúl	✓	✓	✓	✓	P	76 secs	6	44	44
4 Deirdre Dazzler	✓	✓	✓	✓	✓	71 secs	1	49	49
5 Eithne Excellent	✓	P	✓	P	✓	82 secs	12	38	
6 Femhe Fitness	✓	✓	✓	✓	✓	74 secs	4	46	46
7 Grainne Grass	✓	✓	✓	✓	✓	79 secs	9	41	
8 Helen Hurley	✓	✓	✓	✓	✓	73 secs	3	47	47
9 Irene Inspirational	✓	✓	✓	✓	✓	74 secs	4	46	46
10 Julie Jump	✓	✓	P	✓	✓	80 secs	10	40	
*P = 5 second early-start penalty added to total time							Top 7 Score Total ➡		
							330		

A3. The Sideline Cut

A3.1 Pitch Setup

Five sliotars are placed on 20m line as follows: 1 in line with goal center, 1 each to left and right of center at 20m distance, and 1 each to left and right of center at 40m distance (Note: minimum regulation pitch is 80m wide so this may be sideline for some contestants)

A3.2 Skill Execution

Sliotar must be struck from the ground as a valid side-line per rule §12.1 and must be over the bar to score.

A3.3 Skill Scoring

- 0 (zero) points for sliotar struck wide or under the bar
- 6 points for central sliotar score, 10 points for each 20m off-centre sliotar score, 15 points for each 40m off-centre sliotar score
- Max score possible per player: 56 points
- Max score possible per team (best 7 scores): 392 points

A3.4 Sample Sideline Cut Score Sheet

The Sideline Cut		Left 40m	Left 20m	Centre	Right 20m	Right 40m		
Enter Players Name ↓		15 pts	10 pts	6 pts	10 pts	15 pts	Player Totals	Top 7 Scores
1	Annie Amazing	0	0	6	10	0	16	16
2	Barbara Brilliant	0	10	6	0	0	16	16
3	Cathy Cúl	0	0	0	0	15	15	15
4	Deirdre Dazzler	15	0	6	10	15	46	46
5	Eithne Excellent	0	10	0	0	0	10	10
6	Femhe Fitness	0	0	0	0	0	0	
7	Gráinne Grass	0	0	6	0	0	6	
8	Helen Hurley	0	10	0	0	0	10	10
9	Irene Inspirational	0	10	6	10	0	26	26
10	Julie Jump	0	0	0	0	0	0	
Top 7 Score Total ➡							139	

A4. The Solo

A4.1 Pitch Setup

Cones are placed at the following distances from the endline in a straight line up the pitch: 0m, 10m, 20m, 30m, 45m, 55m, 65m, 75m, 85m, 95m, 105m.

A4.2 Skill Execution

The ball is placed on the end line beside the 0m cone. The player starts the solo skill by jab lifting or roll lifting the sliotar onto the hurl. The clock starts from the moment the player's hurl first comes into contact with the sliotar. If the ball hits the ground or is taken into the player's hand at any point, they must return with the sliotar to the most recently passed progress marker cone to continue their attempt; in such cases, the player must be soloing the ball from the point when they recommence the skill having returned to the most recently passed marker. The clock stops when they pass the 105m distance marker cone.

A4.3 Skill Scoring

- <20 seconds = 50 points
- 1 point deducted for every second longer than 20 seconds.
- Max score possible per player: 50 points
- Max score possible per team (best 7 scores): 350 points

A4.4 Sample Solo Score Sheet

The Solo					
	Enter Players Name ↓	Player Time	Time > 20s	Score [50-Overtime]	Top 7 Scores
1	Annie Amazing	18	0	50	50
2	Barbara Brilliant	21	1	49	49
3	Cathy Cúl	19	0	50	50
4	Deirdre Dazzler	24	4	46	46
5	Eithne Excellent	28	8	42	
6	Femhe Fitness	20	0	50	50
7	Graíne Grass	19	0	50	50
8	Helen Hurley	34	14	36	
9	Irene Inspirational	29	9	41	
10	Julie Jump	22	2	48	48
				Top 7 Score Total ➡	343

A5. The Long Puck

A5.1 Pitch Setup

Cones are placed at the following distances from the endline in a straight line up the pitch: 10m, 20m, 30m, 45m, 55m, 65m, 75m, 85m, 95m, 105m to form 10 scoring zones.

A5.2 Skill Execution

Each player is allocated three (3) sliotars with absolutely no retakes permitted in the event of a mishit. The player must strike the sliotar from the hand without crossing the end line.

A5.3 Skill Scoring

The distance is measured as the zone distance to the point where the sliotar first hits the ground. From the 3 strikes made by a player, their longest strike is counted as their score. If a player exceeds 105m on a strike, they may forego further attempts since they have already secured the maximum possible score.

- >10m = 1 point, >20m = 2 points, >30m = 4 points, >45m = 6 points, >55m = 10 points, >65m = 15 points, >75m = 20 points, >85m = 30 points, >95m = 40 points, >105m = 50 points
- Max score possible per player: 50 points
- Max score possible per team (best 7 scores): 350 points

A5.4 Sample Long Puck Score Sheet

The Long Puck									
Enter Players Name ↓		Strike 1	Strike 2	Strike 3	Player's Best	Player Score	Top 7 Scores	Long Puck Score Lookup	
1	Annie Amazing	45	65	55	65	15	15	> 10m	1
2	Barbara Brilliant	75	65	65	75	20	20	> 20m	2
3	Cathy Cúl	30	55	45	55	10	10	> 30m	4
4	Deirdre Dazzler	45	55	55	55	10	10	> 45m	6
5	Eithne Excellent	95	75	55	95	40	40	> 55m	10
6	Femhe Fitness	45	65	45	65	15	15	> 65m	15
7	Graíne Grass	55	55	55	55	10		> 75m	20
8	Helen Hurley	45	45	55	55	10		> 85m	30
9	Irene Inspirational	55	55	45	55	10		> 95m	40
10	Julie Jump	75	105	-	105	50	50	> 105m	50
Top 7 Score Total ➡							160		

A6. The Point from Play

A6.1 Pitch Setup

Cones are placed at the following distances from the goal: 10m, 20m, 30m, 45m, 55m, 65m, 75m, 85m, 95m, 105m to form 10 scoring zones.

A6.2 Skill Execution

Each player is allocated three (3) Sliotars with absolutely no retakes permitted in the event of a mishit. The player must strike the sliotar from the hand over the crossbar. The player decides which distance to strike each of the 3 sliotars from. Each ball may be struck from a different position anywhere on the field. The player may confer with their team in deciding where to strike the ball from.

A6.3 Skill Scoring

Any sliotar passing straight over the crossbar without touching the ground after leaving the player's hand counts as a score equal in metres to the zone distance from the goal. In all other cases, it is counted as zero metres for that attempt.

- Points scored = Average distance of all three scores (round down to nearest metre)
- Potential max score possible per player: 105 points
- Max score possible per team (best 7 scores): 735 points

A6.4 Sample Point from Play Score Sheet

The Point from Play							
	Enter Players Name ↓	Strike 1	Strike 2	Strike 3	Total Distance	Score [Average]	Top 7 Scores
1	Annie Amazing	45	0	55	100	33	33
2	Barbara Brilliant	30	45	55	130	43	43
3	Cathy Cúl	55	55	0	110	36	36
4	Deirdre Dazzler	30	0	55	85	28	
5	Eithne Excellent	55	0	45	100	33	33
6	Femhe Fitness	0	0	0	0	0	
7	Graíne Grass	30	45	45	120	40	40
8	Helen Hurley	45	0	45	90	30	
9	Irene Inspirational	0	75	55	130	43	43
10	Julie Jump	55	45	55	155	51	51
						Top 7 Score Total ➡	279

B. Sample Pitch Setup

