



Rules of U16 Poc Fada, The Curragh, Co. Kildare. 1.75Km Course Anti Clockwise from Start Line

The course is located beside the Curragh Rugby Football Club on Google Maps.

Participation in competition is acceptance of all rules below.

- (a) Players are permitted to bring 3 sliothars with them for the competition, loss of the three sliothars is deemed disqualification.
- (b) Each point on the map is 250 metres and will be marked on the course
- (c) Players are not permitted to use Goalkeeper Hurleys.
- (d) If a player's sliothar hits an ESB Pole or Wire, the Poc must be re-taken without penalty.
- (e) All players must keep to the right of the barrier tape (except for the first 100 metres, where players keep to the left). If a player's ball lands inside the barrier tape, they must take a penalty shot and take their next poc from the same position (e.g. if a player's 8th poc lands inside the barrier tape, they drop their 9th poc and take their 10th poc from the same position)
- (f) Out of Bounds is the roadway on the right of the circuit, if a player goes out of bounds, they take a penalty shot and take their next poc from the same position (e.g. if a player's 8th poc goes out of bounds, they drop their 9th poc and take their 10th poc from the same position)
- (g) The Score Keeper shall make an accurate record of the hurler's score, poc by poc. He must record each poc on the scorecard - immediately as it occurs. A poc is deemed to be taken when the sliothar is struck by the hurler in the contest irrespective of the direction it takes.
- (h) The Score Keeper shall see to it that the hurler when taking the poc does not pass the score-flag or remove it before a poc is taken. Penalty: The Score Keeper shall apply the following penalty if this rule is broken by the hurler and do so from the beginning of the contest in the case of each and every such foul by the hurler. Before the next poc immediately following such a foul the Score Keeper shall bring back the score-flag by the exact same distance by which the hurler has passed the flag while taking the previous poc. The Score Keeper shall apply this penalty strictly throughout.
- (i) The Score Keeper shall ensure that there are no undue delays caused by the player. A reasonable time may be spent searching for a lost sliothar – maximum time is 5 minutes. The Score Keeper may afford facilities for other hurlers in the contest to pass. If a ball is deemed lost the player may drop their next ball and take their next poc from the same position (e.g. if a player's 8th poc is deemed lost, they drop their 9th poc and take their 10th poc from the same position)
- (j) The Score Keeper shall indicate to the player when a poc may be taken.
- (k) The Score Keeper shall check that the player's poc goes over the finish line at the end and shall measure the distance from the finish line to the hurler's score flag.
- (l) The Score Keeper shall be responsible for ensuring that they keep an accurate record of each score on the scoring cards that they each carry.
- (m) The Score Keeper should not permit the hurler to choose a position which is off the line of the course, any further away from the score-flag than the length of his hurl held out at arm's length. This is a matter of discretion but must be applied if being abused.
- (n) Referee
Leaving the final score-flag firmly in place, the Score Keeper shall promptly submit the scorecard and any other report to the referee for scrutiny and verification.

U16 Poc Fada Course





Rules of Team Event Poc Fada, The Curragh, Co. Kildare. 2.75Km Course Anti Clockwise from Start Line

The course is located beside the Curragh Rugby Football Club on Google Maps.

Participation in competition is acceptance of all rules below.

- (a) 4 players are permitted on each team and players must take pocs in order as they appear on the scorecard.
- (b) Each point on the map is 250 metres and will be marked on the course
- (c) Players are permitted to bring 3 sliothars with them for the competition, loss of the 3 sliothars is deemed disqualification.
- (d) Players are not permitted to use Goalkeeper Hurleys.
- (e) Players must take shots in order as is set out on the scorecard, a,b,c,d.
- (f) All players must keep to the right of the barrier tape (except for the first 100 metres, where players keep to the left). If a player's ball lands inside the barrier tape, they must take a penalty shot and take their next poc from the same position (e.g. if a player's 8th poc lands inside the barrier tape, they drop their 9th poc and take their 10th poc from the same position)
- (g) Out of Bounds is the roadway on the right of the circuit, if a player goes out of bounds, they take a penalty shot and take their next poc from the same position (e.g. if a player's 8th poc goes out of bounds, they drop their 9th poc and take their 10th poc from the same position)
- (h) The Score Keeper shall make an accurate record of the hurler's score, poc by poc. He must record each poc on the scorecard - immediately as it occurs. A poc is deemed to be taken when the sliotar is struck by the hurler in the contest irrespective of the direction it takes.
- (i) The Score Keeper shall see to it that the hurler when taking the poc does not pass the score-flag or remove it before a poc is taken. Penalty: The Score Keeper shall apply the following penalty if this rule is broken by the hurler and do so from the beginning of the contest in the case of each and every such foul by the hurler. Before the next poc immediately following such a foul the Score Keeper shall bring back the score-flag by the exact same distance by which the hurler has passed the flag while taking the previous poc. The Score Keeper shall apply this penalty strictly throughout.
- (j) The Score Keeper shall ensure that there are no undue delays caused by the player. A reasonable time may be spent searching for a lost sliotar – maximum time is 5 minutes. The Score Keeper may afford facilities for other hurlers in the contest to pass. If a ball is deemed lost the player may drop their next ball and take their next poc from the same position (e.g. if a player's 8th poc is deemed lost, they drop their 9th poc and take their 10th poc from the same position)
- (k) The Score Keeper shall indicate to the player when a poc may be taken.
- (l) The Score Keeper shall check that the player's poc goes over the finish line at the end and shall measure the distance from the finish line to the hurlers score flag.
- (m) The Score Keeper shall be responsible for ensuring that they keep an accurate record of each score on the scoring cards that they each carry.
- (n) The Score Keeper should not permit the player to choose a position which is off the line of the course, any further away from the score-flag than the length of his hurl held out at arm's length. This is a matter of discretion but must be applied if being abused.
- (o) Referee
Leaving the final score-flag firmly in place, the Score Keeper shall promptly submit the scorecard and any other report to the referee for scrutiny and verification.



Rules Of Adult Poc Fada, The Curragh, Co. Kildare. 2.75Km Course Anti Clockwise from Start Line

The course is located beside the Curragh Rugby Football Club on Google Maps.

Participation in competition is acceptance of all rules below.

- (a) Players are permitted to bring 3 sliothars with them for the competition, loss of the 3 sliothars is deemed disqualification.
- (b) Each point on the map is 250 metres and will be marked on the course
- (c) Players are not permitted to use Goalkeeper Hurleys.
- (d) If a players sliothar hits an ESB Pole or Wire, the Poc must be re-taken without penalty.
- (e) All players must keep to the right of the barrier tape (except for the first 100 metres, where players keep to the left). If a player's ball lands inside the barrier tape, they must take a penalty shot and take their next poc from the same position (e.g. if a players 8th poc lands inside the barrier tape, they drop their 9th poc and take their 10th poc from the same position)
- (f) Out of Bounds is the roadway on the right of the circuit, if a player goes out of bounds, they take a penalty shot and take their next poc from the same position (e.g. if a player's 8th poc goes out of bounds, they drop their 9th poc and take their 10th poc from the same position)
- (g) The Score Keeper shall make an accurate record of the hurler's score, poc by poc. He must record each poc on the scorecard - immediately as it occurs. A poc is deemed to be taken when the sliotar is struck by the hurler in the contest irrespective of the direction it takes.
- (h) The Score Keeper shall see to it that the hurler when taking the poc does not pass the score-flag or remove it before a poc is taken. Penalty: The Score Keeper shall apply the following penalty if this rule is broken by the hurler and do so from the beginning of the contest in the case of each and every such foul by the hurler. Before the next poc immediately following such a foul the Score Keeper shall bring back the score-flag by the exact same distance by which the hurler has passed the flag while taking the previous poc. The Score Keeper shall apply this penalty strictly throughout.
- (i) The Score Keeper shall ensure that there are no undue delays caused by the player. A reasonable time may be spent searching for a lost sliotar – maximum time is 5 minutes. The Score Keeper may afford facilities for other hurlers in the contest to pass. If a ball is deemed lost the player may drop their next ball and take their next poc from the same position (e.g. if a player 8th poc is deemed lost, they drop their 9th poc and take their 10th poc from the same position)
- (j) The Score Keeper shall indicate to the player when a poc may be taken.
- (k) The Score Keeper shall check that the player's poc goes over the finish line at the end and shall measure the distance from the finish line to the hurlers score flag.
- (l) The Score Keeper shall be responsible for ensuring that they keep an accurate record of each score on the scoring cards that they each carry.
- (m) The Score Keeper should not permit the hurler to choose a position which is off the line of the course, any further away from the score-flag than the length of his hurl held out at arm's length. This is a matter of discretion but must be applied if being abused.
- (n) Referee
Leaving the final score-flag firmly in place, the Score Keeper shall promptly submit the scorecard and any other report to the referee for scrutiny and verification.

ADULT Poc Fada Course

