

G A E L I C F O O T B A L L

“The Original Beautiful Game”



Gaelic Football is a graceful field sport that combines skills seen in soccer, volleyball, basketball and rugby in a fast-moving and distinctively Irish way. The game favors agility and hand/foot/eye coordination over speed and strength, and so it is popular among players of all body sizes and fitness levels.

Game play occurs on a field that is 140 meters by 90 meters, somewhat larger than a soccer field. Each team has fifteen players. The object is to strike a soccer-sized ball into an “H” shaped goal. Balls struck or kicked over the cross bar earn one point. The bottom part of the goal is guarded by a goalie; a shot past the goalie earns three points. Points can be scored from as far as midfield. Gaelic Football is a high scoring game like basketball.

The ball is advanced by carrying it (for no more than four steps), or by drop-kicking it, like a football punt, or by hand-passing it, like a volley-ball serve. The ball may not be thrown. Players can catch the ball in the air. Female players can pick the ball up from the ground. Male players must chip the ball into their hands using their toe.

The most visibly distinctive feature of Gaelic Football is the solo. A player who has taken their four steps is permitted another four steps if the ball is first bounced off the top of the foot. This challenging maneuver takes lots of skill and practice to do while running at a full sprint.

Gaelic Football is on YouTube - search “Gaelic Football- the original beautiful game”. In Seattle you can see or play Gaelic Football with the Seattle Gaels.