

GHFA Rules for Seniors.

1. Playing out of grade (OOG).
 - a. "Higher" or "up" means a div 4 playing in 2 OR an O35 player in AA, "lower" or "down" means div 2 player playing for div 4 OR O35 player in O45s
 - b. Anyone can play for a team in a higher grade (eg O35 4 can play in AA 4) or higher division in their age group i.e. an AA20 player can play for any AA19 team or higher
 - c. On the **sixth** time you play OOG, you will become part of the team that you play the 6th game for. So if you were in AA20, played 5 times for AA7 and the 6th game for AA16, AA16 would be your new team.
 - d. You are not meant to take the field till every other usual team member has been on the field. This is rarely enforced in the world of unlimited interchange.
 - e. You can have up to **5 players OOG** in any one match (see below).
 - f. You can **ONLY** have players from your own club play.
 - g. If you have less than 7 players, you will forfeit the match
 - h. You must add OOG players to the teamsheet
2. There is a maximum of 16 players on the teamsheet for AA and 18 for O35s and O45s. Unlimited interchange applies.
3. Special rules for O35 and O45
 - a. O45 div 1 players can only play in O35 div 1 and O35 div 1 can only play in AA4 up
 - b. Your age each season is based on your age on the 31st December of the prior year. So if you turn 45 in March, you are only 44 in the eyes of the GHFA.
 - c. If you were 40 on 31st December of last year and register in O35s or AA, you are an **eligible O40s player**. This allows you to play in a lower division O35 team eg you are in 35/3s –you can play for 35/7s. AA1 players can only play in O35 1s
 - d. If you were 50 on 31st December of last year, then you are an **eligible O50 player**. You can play in ANY div of O35 and O45
 - e. Only 5 OOG players can participate in any one match noting:
 - i. A maximum of 2 are playing down
 - ii. This can be tricky. If the 35/5s need players they can have 2 total from any higher O35 div or any AA div using the Over 40s or O50 rule. They can have up to 5 from lower divs O35s and any O45s from div 2 down.
 - f. If you were 45 on 31st December of last year and register in O35s or AA, you are an **eligible O45s player**. This allows you to play in an EQUAL or HIGHER division O45 team eg you are in 35/3s –you can play for 45/2s but not 45/4s. **ONLY 2** players allowed to play up (though you can apply for special consideration if you are in real trouble with numbers)The O40 and O50 rules **DO NOT** apply to championships and pennant comps.
 - g.