



Activities

Under -7

 **Team Sizes**

Min. 4 v 4 Max. 7 v 7

 **Substitutions**

Unlimited - Equal Game Time for All

 **Zones**

2 Zones - Pitch split with cones across at halfway

 **Pitch Size**

45 m. x 30 m.

 **Goal Size**

Training poles: 3m Apart

 **Ball Size**

First Touch

 **Football - In play rules**

Only 1 v 1 Tackling; Allowed carry ball with bounce for 8 steps or 8 seconds.

 **Hurling/Camogie-
In play rules**

Only 1 V 1 Tackling / Allowed to crowd on a loose Sliotar; 6 seconds to strike before referee intervenes. Ground Hurling with goalkeeper allowed to lift, catch and strike from hand. No deliberate kicking of Sliotar. Additional rules can be modified to meet local needs.

 **Duration**

10-minute blocks up to 40 Minutes

 **Restarts**

Side-line free from halfway to team that concedes score. Puck/Kick outs from the hand on wide ball

 **Frees/Sidelines
Hurling/Camogie**

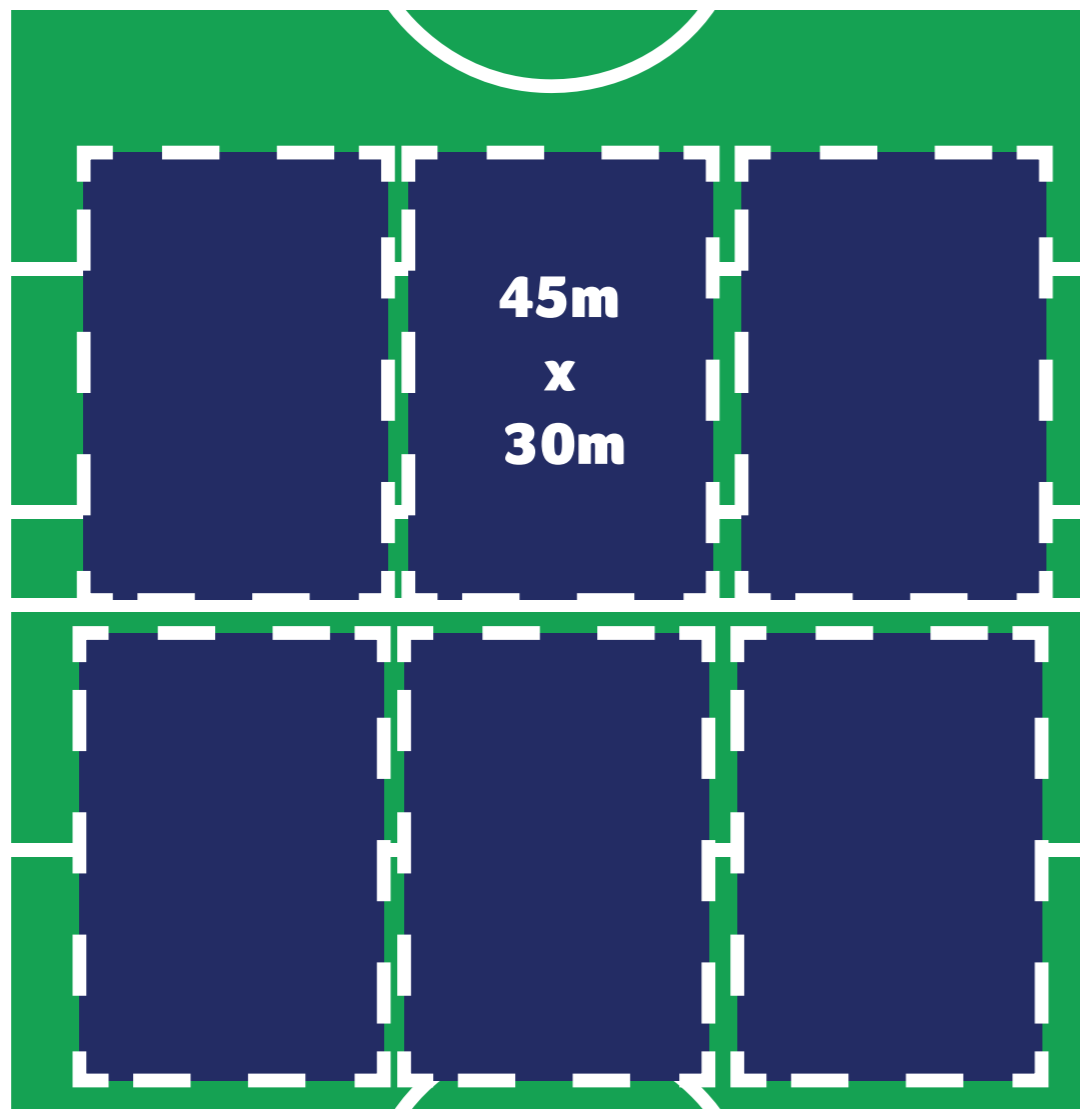
All taken off ground. Players 10m away. Player fouled or nearest player to take

 **Frees/Sidelines
Football**

All taken from the hands. Players 10m away. Player fouled or nearest player to take

**Festivals per year (One or both codes)
(Not blitz weeks): Max. 4
(Hosting or travelling)**

**Blitz / Festival Referee
*Certified Coach or Go
Games Referee**



Under -8

 **Team Sizes**

Min. 5 v 5 Max. 8 v 8

 **Substitutions**

Unlimited - Equal Game Time for All

 **Zones**

2 Zones - Pitch split with cones across at halfway

 **Pitch Size**

65 m. x 40 m.

 **Goal Size**

Training poles or portable goals: Where available

 **Ball Size**

Quick Touch

 **Football - In play rules**

**One hop & one solo allowed
Standard: As per existing Association rule**

 **Hurling/Camogie-
In play rules**

**One touch of ball on hurl permitted.
Standard. As per existing rules.**

 **Duration**

10-minute blocks up to 50 Minutes

 **Restarts**

**Side-line free from halfway to team that concedes score.
Puck/Kick outs from the hand on wide ball**

 **Frees/Sidelines
Hurling/Camogie**

**Frees - Strike from the hand or lift and strike. Side-lines taken off the ground.
Player fouled or nearest player to take all. Players must be 10m away from
player taking. Modified 45/65 taken from the centre point of the halfway line**

 **Frees/Sidelines
Football**

**All taken from the hands. Players 10m away. Player fouled
or nearest player to take**

**Festivals per year (One or
both codes)
(Not blitz weeks): Max. 4
(Hosting or travelling)**

**Blitz / Festival Referee
*Certified Coach or Go
Games Referee**

**65m
x
40m**



Under -9

 **Team Sizes**

Min. 5 v 5 Max. 9 v 9

 **Substitutions**

Unlimited - Equal Game Time for All

 **Zones**

None

 **Pitch Size**

65 m. x 40 m.

 **Goal Size**

Training poles or portable goals: Where available

 **Ball Size**

Quick Touch

 **Football - In play rules**

**One hop & one solo allowed
Standard: As per existing Association rule**

 **Hurling/Camogie-
In play rules**

**One touch of ball on hurl permitted.
Standard. As per existing rules.**

 **Duration**

10-minute blocks up to 50 Minutes

 **Restarts**

Puck/Kick outs from the hand

 **Frees/Sidelines
Hurling/Camogie**

Frees - Strike from the hand or lift and strike. Side-lines taken off the ground. Player fouled or nearest player to take all. Players must be 10m away from player taking. Modified 45/65 taken from the centre point of the halfway line

 **Frees/Sidelines
Football**

**All taken from the hands. Players 10m away.
Player fouled or nearest player to take**

Festivals per year (One or both codes) (Not blitz weeks): Max. 4 (Hosting or travelling)

**Blitz / Festival Referee
*Certified Coach or Go Games Referee**

**65m
x
40m**



Under -10



Team Sizes

Min 6 v 6 Max. 10 v 10



Substitutions

Unlimited - Equal Game Time for All



Zones

None



Pitch Size

100 m. x 45 m.



Goal Size

Portable goals



Ball Size

Smart Touch



Football - In play rules

One hop & one solo allowed
Standard: As per existing Association rule



Hurling/Camogie-
In play rules

One touch of ball on hurl permitted. Standard. As per
existing rules. Additional rules can be modified to meet
local needs.



Duration

2 x 10 minutes x 3 games



Restarts

Puck/Kick outs from the hand



Frees/Sidelines
Hurling/Camogie

Frees/ Side-lines - Normal rules. Players must be 10m away
from player taking. Modified 45/65 taken from the centre point
of the halfway line



Frees/Sidelines
Football

Frees/45's/ Side-lines - Normal rules. Players must
be 10m away from player taking.

Festivals per year (One or
both codes)
(Not blitz weeks): Max. 4
(Hosting or travelling)

Blitz / Festival Referee
*Certified Coach or Go
Games Referee

100m
x
45m



Under -11



Team Sizes

Min 6 v 6 Max. 11 v 11



Substitutions

Unlimited – Equal Game Time for All



Zones

None



Pitch Size

100 m. x 45 m.



Goal Size

Portable goals



Ball Size

Smart Touch



Football - In play rules

One hop & one solo allowed
Standard: As per existing Association rule



Hurling/Camogie-
In play rules

One touch of ball on hurl permitted. Standard. As per
existing rules. Additional rules can be modified to meet
local needs.



Duration

20-minute Blocks up to 60 Minutes



Restarts

Puck/Kick outs from the hand



Frees/Sidelines
Hurling/Camogie

Frees/ Side-lines – Normal rules. Players must be 10m away
from player taking. Modified 45/65 taken from the centre point
of the halfway line



Frees/Sidelines
Football

Frees/45's/ Side-lines – Normal rules. Players must
be 10m away from player taking.

Festivals per year (One or
both codes)
(Not blitz weeks): Max. 4
(Hosting or travelling)

Blitz / Festival Referee
*Certified Coach or Go
Games Referee

100m
x
45m



Under -12

 **Team Sizes**

Min 8 v 8 Max 13 v 13

 **Substitutions**

Unlimited – Equal Game Time for All

 **Zones**

None

 **Pitch Size**

105 m x 50 m.

 **Goal Size**

Portable goals

 **Ball Size**

**Hurling/Camogie Smart Touch/ Size 4
Football Smart Touch**

 **Football - In play rules**

Two touches of ball permitted. Hop & Solo or Solo & Solo Standard. As per existing rules. Additional rules can be modified to meet local needs.

 **Hurling/Camogie-
In play rules**

One touch of ball on hurl permitted. Standard. As per existing rules. Additional rules can be modified to meet local needs.

 **Duration**

20-minute Blocks up to 60 Minutes

 **Restarts**

Puck/Kick outs from the hand

 **Frees/Sidelines
Hurling/Camogie**

Frees/ Side-lines – Normal rules. Players must be 10m away from player taking. Modified 45/65 taken from the centre point of the halfway line

 **Frees/Sidelines
Football**

Frees/ Side-lines – Normal rules. Players must be 10m away from player taking.

