

Rules and Regulations 2024

Coiste na nÓg (The Youth Committee) shall operate under Treoraí Oifigiúil C.L.C.G. and in accordance with the current Mion -Rialacha of Choiste Chontae Maigheo.

Give Respect Get Respect

Respect Initiative within Bord na nÓg Games in Mayo 2024.

- All Clubs are expected to adhere to the GAA Respect initiative, "Give Respect - Get Respect". This programme seeks to ensure that Gaelic Games are promoted and played in a positive, fair and enjoyable manner where players, coaches, spectators and referees, "Give Respect - Get Respect". From each other.
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- Referees: To be welcomed to the GAA Club.
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- Before the Game: Players to shake hands with their opposing player
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- Players: Play by the rules and take responsibility for their own behaviour whilst respecting opposition, Referees and officials
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- Referees: communicate decisions to players in an effective manner
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- After the Game: Players to line up behind their manager after the game to shake hands with the referee, opposing players and coaches
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- Supporters: Remain in designated areas at the side of the pitch/in the stand for the full duration of each game. Always respect the match officials' officials and encourage children to do likewise,

Age Grades

The Coiste na nÓg will administer our championship games in the 2024 season in the even age grade. All other grading leagues will be in the uneven age grade.

Rule 6.11 Part 1.

Under 21: A Player shall have celebrated his 16th. birthday prior to January 1st. and his 21st. birthday on or after January 1st. of the Championship Year.

Under 20: A Player shall have celebrated his 16th. birthday prior to January 1st. and his 20th. birthday on or after January 1st. of the Championship Year.

Under 19: A Player shall have celebrated his 15th. birthday prior to January 1st. and his 19th. birthday on or after January 1st. of the Championship Year.

Under 18: A Player shall have celebrated his 14th. birthday prior to January 1st. and his 18th. birthday on or after January 1st. of the Championship Year.

Under 17: A Player shall have celebrated his 13th. birthday prior to January 1st. and his 17th. birthday on or after January 1st. of the Championship Year.

Under 16: A Player shall have celebrated his 12th. birthday prior to January 1st. and his 16th. birthday on or after January 1st. of the Championship Year.

Under 15: A Player shall have celebrated his 11th. birthday prior to January 1st. and his 15th. birthday on or after January 1st. of the Championship Year.

Under 14: A Player shall have celebrated his 10th. birthday prior to January 1st. and his 14th. birthday on or after January 1st. of the Championship Year.

Under 13: A Player shall have celebrated his 9th. birthday prior to January 1st. and his 13th. birthday on or after January 1st. of the Championship Year.

Under 12: A Player shall have celebrated his 9th. birthday prior to January 1st. and his 12th. birthday on or after January 1st. of the Championship Year.

Under 11: A Player shall have celebrated his 8th. birthday prior to January 1st. and his 11th. birthday on or after January 1st. of the Championship Year

LEAGUE AND CHAMPIONSHIP COMPETITION REGULATIONS.

Rule 6.21 of the Official Guide Part 1 Championship Fixture regulations and 6.37 Part 1 League Fixture Regulations will apply except as provided for otherwise in these regulations.

(A) In the event of a tie-on points in league and championship at U18, rules as T.O. will apply. (I.e., scoring difference applies)

(B) In the event of a tie-on points in league and championship between two teams at U17, U16, U15, U14, U13, a playoff is necessary. (See league and championship regulations).

(C) In the event of a draw in league semi-finals and finals, and championship knockout stages, two periods of 10 minutes of extra time must be played. If level after this, then two periods of 5 minutes will be played. If still level, the game must be replayed. (Applies to U18, U17, U16, U15, U14, U13)

(D) In the event of a draw in the replay of league semi-finals and finals, and championship knockout stages, two periods of 10 minutes of extra time must be played. If level after this, then two periods of 5 minutes will be played. If still level, 5 penalties per team will be taken. Sudden death penalties will take place if teams tied after 5 penalties. (Applies to U18, U17, U16, U15, U14, U13)

(E) The first named team has home advantage.

(F) Clubs will be fined for games that do not start on time, in line with fine imposed for county senior league.

(G) Only the official team parties are allowed inside boundary fences i.e., maximum of twenty-five players and five officials. Fine of €75 for breaches.

(H) Clubs will be formally notified once a fine has been imposed for breach of rules. All fines must be paid by end of calendar year in order for a club to be eligible to enter a team in the following years league.

(I) Where there is a single division in league and championship, there will be two semi-finals, the first team will play the fourth team and the second team will play the third team.

(J) The top two teams in the league will have home advantage.

(k) In a division where there is an A and B section, the top team in A will play runners up in B in semi-final 1, the top team in B will play runners up in A in semi-final 2. The top team having home advantage in both cases.

(L) In Under 17 or younger age grade Competitions excluding leagues covered by Go Games Policy, when teams finish with equal points for Qualification for the Concluding Stages of a Competition, the tie or ties will be decided as follows:

(M) Where two teams only are involved, the tie shall be decided by the following means and in the order specified:

(i) The outcome of the meeting of the two Teams in the previous game in the Competition.

(ii) If the meeting of the two Teams in the Competition was a draw, the tie will be decided by a Play-Off with the following exception. When both teams qualify to advance in the Competition and the resolution of the tie is to decide placings only, the tie will be decided by the Toss of a coin.

(iii) If the two Teams did not play a previous game in the Competition, the tie will be decided by a Play-Off.

(iv) If the the outcome results is one team being eliminated, it must be a playoff.

(N) Where more than two teams are involved, the tie shall be decided by the following means:

(i) Where three Teams are involved and one team only will advance in the Competition, the Bord na nÓg will arrange an open draw to decide which two teams will play off. The winner of this playoff will play the third team in a playoff to determine which team will advance in the Competition.

(ii) Where three Teams are involved and two teams will advance in the Competition, the Bord na nÓg will arrange an open draw; one team will advance in the Competition and the other two teams will play off to determine which of these two teams will also advance in the Competition. Placings of the two teams that advance will be in accordance with (M) (i) & (ii) above.

(iii) Where four Teams are involved and one team only will advance in the Competition, the Bord na nÓg will arrange an open draw to decide pairings for two playoff games. The winner of these playoff games will then play to determine which team will advance in the Competition.

(iv) Where four Teams are involved and two teams will advance in the Competition, the Bord na nÓg will arrange an open draw to decide pairings for two playoff games. The winners of these two playoff games will advance in the Competition. Placings of the two teams that advance will be in accordance with (M) (i) & (ii) above.

(O) Should during the course of the competition a team gives a walkover, then they will not qualify for a playoff and will be deemed to have lost the playoff.

(P) The Bord na nÓg executive has the right at any time to refer any rule or fixture to the CCC for clarification or amendment if it is considered necessary in the interest of our games and fair play.

Gum Shields

Rule 4. Part 2 Equipment (Gum Shields)

(4.3) in all football Games and Football Practice Sessions it shall be mandatory for, and the responsibility of, each individual player to use a mouth guard.

Rule 6 - Dissent

(6.2) to fail to comply with a Referee's instruction to use a mouth guard.

Penalty- Caution the offender, order off if the offender persists.

Second Team Regulations

Part 2, Rule 2. Playing Numbers

(A) All games in group A & B or division 1 & 2 shall be 15 a side.

(B) A team in group B may play 13 a side if they get permission from Coiste na nÓg before the competition starts. A written submission must be made to Coiste na nÓg via email, outlining the case for special dispensation before the allocated deadline by Coiste na nÓg.

(C) Where a club has two teams in one age grade at championship, they must submit a panel of fifteen players to the secretary of Bord na nÓg at assistantsecretary.mayo@gaa.ie. These 15 players can only play with the clubs first team. (Subject to Rule 6.19 of the T.O.)

(D) Clubs with three teams in one age grade At championship, they must submit a panel of fifteen players to the Rúnaí of Bord na nÓg at assistantsecretary.mayo@gaa.ie. These 15 players can only play with the clubs first team. They must also submit a panel of 12 players to the Rúnaí of Bord na nÓg at assistantsecretary.mayo@gaa.ie. These 12 players can only play with the clubs second team for championship but may play with the first team for the league.

(E) Should a club only wish for their second team to take part in the Development leagues, then they shall submit a panel of first 12. These 12 Players can only play with the clubs first team and not with their second team at any time.

(F) Should a club only wish for their second and third teams to take part in the Development Leagues, then they must name a first 12 whom can only play with the clubs first teams and a further 12 whom cannot play with the clubs third team.

Exception (i) The second named 12 will be permitted to play with the clubs first team.

(G) All player lists must be sent to assistantsecretary.mayo@gaa.ie on or before 7 days prior to the start of the commencement of the competition or on a date set by the Coiste na nÓg. Failure to do so will result in loss of home games.

Referees & Pitches

(A) If the appointed referee fails to turn up the replacement referee must be from the referee's panel. If the two clubs agree on the replacement referee, the game can go ahead.

(B) The referee is responsible for texting or ringing results into the county PRO. All results for the week must be in by 6.00pm on Sunday nights if they are to be included in the results section of the national papers on Monday morning.

(C) Where a pitch is unplayable, the host team must notify the Bord na nÓg Rúnaí at assistantsecretary.mayo@gaa.ie , the allocated referee, and the travelling team. They must make arrangements for an alternative pitch. If they are unsuccessful in securing a new venue, then they must travel to their opponents.

(D) The home team must give a minimum of four hours' notice to all parties concerned, Failure to comply will result in a fine of €250 and the game forfeiture of home advantage for a re fixture.

Team Sheets

(A) 2.3(i) Before all official games, the referee shall be given a list of players, in duplicate and in Irish. This is including Under 12 and up. Code (15.2) (C) (i) Failure to provide a list of players as specified in Rule, Penalty is, On an inquiry by the committee-in-charge - Forfeiture of game, without award to the opposing team, or fine, depending on the circumstances.

(B) Rule If both teams have 17 players or more for any league or championship fixture, at any level, they must play a 15 aside. This rule will overrule all other rules on playing numbers.

(C) Second Team lists will be shared with competing club secretaries via the protected GAA network. Sharing these lists outside of this network is a breach of Child Protection and GDPR regulations.

(D) Teams are required to use Foireann team lists. Failure to produce same shall result in €100 fine for the team.

(H) Team sheets for all League and Championship Finals must be submitted 3 days in advance to the Bord na nÓg Secretary at assistantsecretary.mayo@gaa.ie. A fine of €250 per game will be imposed on each team if either team does not meet this requirement.

(I) All subsequent groups and divisions will be 13 a side, however if both teams have 17 players or more players, they must play a 15 aside game.

Postponements

(A) Postponements will not be granted, except by mutual agreement between the two clubs involved.

(B) The agreed new date must be within 2 weeks of the original fixture. The Rúnaí must be notified in writing before the date of the original fixture as to when the refixture will take place. No postponements will be allowed for the final round of all leagues and all previous rounds must be completed before the final round.

(C) If the Rúnaí does not have this information, the game will be null and void with the loss of points and a fine of €250 will be imposed on both clubs.

(E) Postponements will only be granted when the Rúnaí is notified in written format via email, and the Rúnaí has responded to grant the postponement.

(F) Any correspondence to Bord na nÓg relating to a fixture must include the Bord na nÓg Rúnaí and the secretary of both clubs involved in the fixture.

(G) It is the responsibility of the club seeking postponement to notify the referee; however, best practice is recommended where both clubs contact the referee to confirm.

(H) Any games re fixed by the county Bord na nÓg/Divisional Board cannot be postponed by mutual agreement.

(I) Any un-played rounds will be declared null and void.

(J) A fine of €250 per game will be imposed in respect of each unfulfilled league and championship fixture.

Substitutes

(A) Five substitutes allowed in the league and championship U17, U16 and U15.

(B) Unlimited substitutes allowed in the U14, U13, U12 league and championship.

Clash of Jerseys

(A) In the event of a clash of colours' for any underage fixture, both teams must change to an alternative color unless otherwise agreed with both clubs, if in league or championship semi-final / Final, the alternative colour must be forwarded to Bord na nÓg Secretary at assistantsecretary.mayo@gaa.ie along with the team sheets A fine of €250 per game will be imposed on each team if either team does not meet this requirement.

Challenge Games

Code (14.2) Challenge Games

(A) The County Secretary Bord na nÓg must be notified two days in advance of all challenge games at all grades in the county on this form Microsoft Forms. For games within the province 5 days' notice is required. Failure to notify the Committee in writing will mean that the players will not be covered under the player's injury scheme. The notification must contain the following information:

- The names of the competing teams.

- The date and time of game
- Grade of teams
- Venue for game
- Name of Referee

(B)The referee must be from the county referee's panel, who shall submit a report to the relevant Board Rúnaí. Notification of all challenge games within the county should be emailed to assistantsecretary.mayo@gaa.ie.

(C) The form shall be fully completed and contain the name of the referee officiating at the games. Challenge game applications which are not fully complete will not be covered.

(D)For games involving clubs from other counties in the province, permission must also be sought from the Provincial Secretary at reception.connacht@gaa.ie.

(E) Sanction for participation in an unauthorised Challenge Game is a fine of €100

Trophies 2024

Return policy of All trophies for Winners in all Competitions must be returned by 1st April to MacHale Park and must be clearly labelled for the particular competition and the Club name as winners in 2023. Failure to do so, a fine of €250 or replacement of a trophy of equal value and loss of rebate of funds to clubs.

Go Games National policy.

Go Games are small-sided versions of Hurling and Gaelic Football which have been devised for children up to and including 12 years of age.

The following are the key underpinning principles of Go Games:

(A) All participants play as much as possible for as long as possible.

(B) Participant needs are catered for, where possible, on the basis of two-year age cohorts; i.e., Under-8, Under-10 & Under 12 in a manner consistent with the ethos of Go Games.

(C) Activities are structured in a manner which optimises the level of fun, friendship, fair play and achievement derived by participants.

(D) Participants train and play in a safe, supportive and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement.

(E) Players master the basic skills of Hurling and Gaelic Football and experience the sense of accomplishment, which derives from acquiring playing proficiency on the left- and right-hand sides of the body.

(F) Everybody involved in Go Games, whether as players, parents/guardians, spectators, mentors, teachers, officials, etc., should adhere to the key underpinning principles and give expression to the GAA 'Give Respect, Get Respect' initiative.

(G) No club shall award a trophy to teams taking part in U11/10/9/8/7/6 Blitzes or organised tournaments.

(H) No club shall award medals to teams taking part in U11/10/9/8/7/6 Blitzes or organised tournaments unless a medal or certificate is awarded to everyone who takes part.

Regulations

The following Go Games Regulations shall apply:

(A) Go Games are subject to general rules of the Association.

(B) Teams shall be a maximum of 9-a-side at Under-8 and 11-a-side at Under-10 age levels and 13 a side at U12

(C) Participants may play up one age grade i.e. Under-7 may play at Under-8 level; Under-9 may play at Under-10 level; Under-11 may play at Under-12 & Under-13 age levels.

(D) No provision is made to publish scores, to play on a knock-out basis nor to include semi-finals, finals etc.

(E) No provision is made to present trophies, cups etc. Where certificates/medals are presented in lieu of participation, the same certificate/medal must be presented to every participant.

(F) Code (11.7) Under 13 and Younger Age Grades, Games in the U11 and younger age grades shall be organised on the 'Go Games' model, as approved by Central Council. Games in the Under 12 and Under 13 age grades shall be organised on a league basis, as approved by Central Council.

Féile 2024

(A) For the purposes of Féile qualifying competitions all participating teams will play under National Féile Playing Rules at U15 Age Grade.

(B) Féile will be run in Blitz format over one week, on or before May 11th/12th.

(C) Féile will be grouped in A, B and C groupings and will be graded by Bord na nÓg at the start of the year.

Rules for Competitions U15, U16, U17, U18

Age	U15		U16		U17		U18	
Group	A & B *	C+	A & B*	C+	A & B*	C+	A & B*	C+
Division	1 & 2 *	3+	1 & 2*	3+	1 & 2*	3+	1 & 2*	3+
Pitch	Full	Full	Full	Full	Full	Full	Full	Full
Numbers	15 A/S	13 a-side (if both teams have 17 must play 15 a-side)	15 A/S	13 a-side (if both teams have 17 must play 15 a-side)	15 A/S	13 a-side (if both teams have 17 must play 15 a-side)	15 A/S	13 a-side (if both teams have 17 must play 15 a-side)
Ball Size	5	5	5	5	5	5	5	5
<u>Kickout</u>	Off the ground as normal	Off the ground as normal	Off the ground as normal	Off the ground as normal	Off the ground as normal	Off the ground as normal	Off the ground as normal	Off the ground as normal
Duration	60 mins	60 mins	60 mins	60 mins	60 mins	60 mins	60 mins	60 mins
Subs	5	5	5	5	5	5	5	5
Other								

*In rare circumstances, a team may play 13 a side in Division B or Division 2. This is only granted by written permission from the County Board well in advance of commencement of any competition.

Playing Rules for Competitions U12, U13, U14,

Age	U12		U13		U14	
Group			A & B *	C+	A & B *	C+
Division			1 & 2 *	3+	1 & 2 *	3+
Pitch	Temporary goals (15' w X 6' H)	Temporary goals (15' w X 6' H)	Temporary goals (15' w X 6' H)	Temporary goals (15' w X 6' H)	Full	Full
	13m-13m with nets	13m-13m with nets	13m-13m with nets	13m-13m with nets		
	Small square	Small square	Small square	Small square		
Numbers	Max 13	Max 13	Max 13	Max 13		
Ball Size	4 or smart touch	4 or smart touch	4 or smart touch	4 or smart touch	4	4
<u>Kickout</u>	The goalkeeper may kick the ball out from his hands, after a score or a wide. Any other player taking a kick out must do so from the ground.		The goalkeeper may kick the ball out from his hands, after a score or a wide. Any other player taking a kick out must do so from the ground. All kick outs must be taken from the small parallelogram.		<u>Goal Keeper</u> has the option to take it from their hands from then 21m line or off the ground. All others from the ground at the 21m line. Mark to be awarded for all <u>kickouts</u> passing the 45m line.	
Duration	52 minutes (4 X 13 mins) Every player must play at least a full quarter with the aim to get everyone equal playing <u>time</u>		52 minutes (4 X 13 mins) Every player must play at least a full quarter with the aim to get everyone equal playing time		60 mins (2 x 30)	
Subs	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Other	Player in possession has only 2 plays (1 hop & 1 solo or 2 solos')		Player in possession has only 2 plays (1 hop & 1 solo or 2 solos')		Player in possession has only 2 plays (1 hop & 1 solo or 2 solos')	
	No Penalties		No Penalties			

*In rare circumstances, a team may play 13 a side in Division B or Division 2. This is only granted by written permission from the County Board well in advance of commencement of any competition.

ITEM	UNDER 6 & 7	UNDER 10 & 11	UNDER 8 & 9
1. Team sizes/ Participation	Maximum 7-a-side A club/school/community team with 10 or more players should make two or more teams to play in games, where possible Where a club/school/community team with 9 players or less, then each sub should play a minimum of a full half in each game Coach/mentor encouraged to rotate positions at half-time	Maximum 11-a-side A club/school/community team with 16 or more players should make two or more teams to play in games, where possible Where a club/school/community team has 17 players or less, then each sub should play a minimum of a full half in each game Coach/mentor encouraged to rotate positions at half-time	Maximum 9-a-side A club/school/community team with 14 players or more players should make two or more teams to play in games, where possible Where club/school/community team has 13 players or less, then each sub should play a minimum of a full half in each game Coach/mentor encouraged to rotate positions at half-time
2. Pitch Dimensions	45m x 30m Make pitch smaller, if appropriate	90m x 40-50m Make pitch smaller, if appropriate	65m x 40m Make pitch smaller, if appropriate
3. Zones	2 Zones - Pitch split with cones across at half-way	None	None
4. Duration	Minimum 6min to maximum 12min per half	Minimum 10 min to maximum 20 min per half	Minimum 8min to maximum 15min per half
5. Goalposts	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft Training poles or cones are optional	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7ft Training poles are optional	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7ft Training poles are optional
6. Football	Size 1	Size 3	Size 2
7. Commence	With kick out from the hands or ground The player may advance 10m for kickout All other players must stand 10m away every side when taken	With throw-in at half-way mark, between 2-4 players on opposing teams	With kick out from the hands or ground The player may advance 10m for kickout All other players must stand 10m away every side when taken
8. Outfield Play	Full rules except: No solo (hop or toe-tap) allowed No fist/hand pass Pick up and crouch lift allowed	Full rules except: Restricted Solo; one hop & one toe-tap Fist/hand pass allowed Pick up and crouch lift allowed	Full rules except: Restricted Solo; one hop & one toe-tap No fist/hand pass Pick up and crouch lift allowed
9. Goalkeeper	Restart play with kick out from hands or on ground from 10m line	Restart play with kick out from hands or on ground from 10m line	Restart play with kick out from hands or on ground from 10m line
10. Frees / '45's / Sideline - 'Nearest Player'	All taken from the hand All opposing players should be at least 8m from player taking Free kicks should be no closer than 10m from opposing end line Nearest Player Frees: Player who is fouled or nearest fouled ball takes Sideline: Player nearest ball when crosses line takes '45's: Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line Referee chooses player nearest/last struck to take free	All taken from the hand All opposing players should be at least 10m from player taking Free kicks should be no closer than 20m from opposing end line Nearest Player Frees: Player who is fouled or nearest fouled ball takes Sideline: Player nearest ball when crosses line takes '45's: Player who last strikes the ball on attacking team takes from halfway line in line where ball crosses end line Referee chooses player nearest/last struck to take free	All taken from the hand Sideline puck taken off the ground All opposing players should be at least 8m from player taking Free kicks should be no closer than 20m from opposing end line Nearest Player Frees: Player who is fouled or nearest fouled ball takes Sideline: Player nearest ball when crosses line takes '45's: Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line Referee chooses player nearest/last struck to take free
11. Scoring	1 point for over crossbar and 1 point for goal	1 point for over crossbar and 3 points for goal	2 points for over crossbar and 1 point for goal
12. Other	Shoulder charge is not permitted but incidental contact is permitted	Shoulder charge is permitted, as standard No rectangle rules apply	Shoulder charge is not permitted but incidental contact is permitted No rectangle rules apply

105m
x
50m

Under - 12

Team Sizes

Substitutions

Zones

Pitch Size

Goal Size

Ball Size

Football - In play rules

Hurling/Camogie - In play rules

Duration

Restarts

Frees/Sidelines Hurling/Camogie

Frees/Sidelines Football

Min 8 v 8 Max 13 v 13

Unlimited - Equal Game Time for All

None

105 m x 50 m.

Portable goals

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

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

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

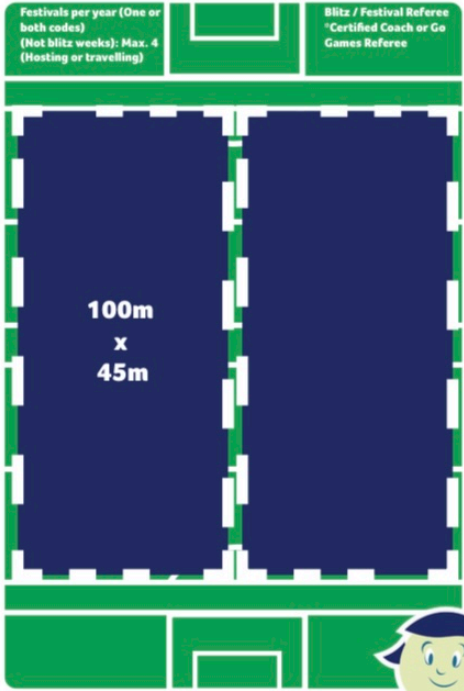
20-minute Blocks up to 60 Minutes

Puck/Kick outs from the hand

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

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

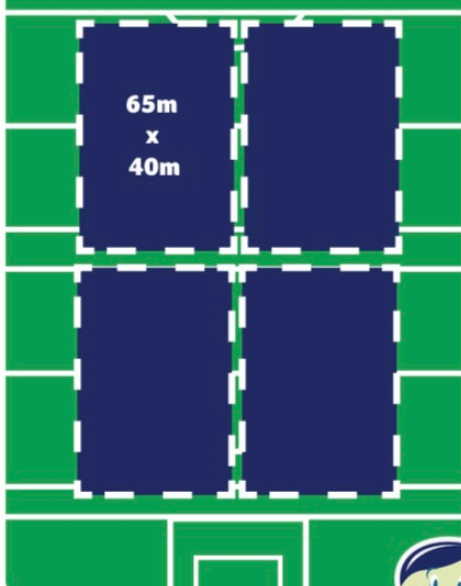
Under -10



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 half way 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



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