



PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Organising a Game of Hurling/Camogie or Gaelic Football

Hurling, Camogie, Gaelic Football and Ladies Gaelic Football are played on an age graded basis up to sixth class. Go Games are small-sided versions of Hurling and Gaelic Football which have been devised for children up to and including 11 years of age. In all cases rules, equipment and facilities can be modified to meet the needs of players.

The following are the key underpinning principles of Go Games:

- All participants play in the full game
- Participant needs are catered for, where possible, on the basis of two year age cohorts i.e. U 7, U 9 & U 11 in a manner consistent with the ethos of Go Games
- Activities are structured in a manner which optimises the level of fun, friendship, fair play and achievement derived by participants
- 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
- 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 side of the body
- 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

Go Games may be organised on a blitz basis. The following Playing Rules for Go Games Hurling and Gaelic Football are provided by way of best practice recommendations and can be adapted to meet localised needs.

See www.gaa.ie/gogames for more information





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Recommended Hurling/Camogie Playing Rules

ITEM	UNDER 6 & 7	UNDER 8 & 9	UNDER 10 & 11
1. Team sizes/ Participation	<p>Maximum 7-a-side</p> <p>A club/school/community team with 10 or more players should make two or more teams to play in games, where possible</p> <p>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</p> <p>Coach/mentor encouraged to rotate positions at half-time</p>	<p>Maximum 9-a-side</p> <p>A club/school/community team with 14 players or more players should make two or more teams to play in games, where possible</p> <p>Where club/school/community team has 13 players or less, then each sub should play a minimum of a full half in each game</p> <p>Coach/mentor encouraged to rotate positions at half-time</p>	<p>Maximum 11-a-side</p> <p>A club /school/community team with 16 or more players should make two or more teams to play in games, where possible</p> <p>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</p> <p>Coach/mentor encouraged to rotate positions at half-time</p>
2. Pitch Dimensions	45m x 30m Make pitch smaller, if appropriate	65m x 40m Make pitch smaller, if appropriate	90m x 40-50m Make pitch smaller, if appropriate
3. Zones	2 Zones - Pitch split with cones across at halfway	None	None
4. Duration	Minimum 6min to maximum 12min per half	Minimum 8min to maximum 15min per half	Minimum 10min to maximum 20min 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 7 ft Training Poles are optional	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft
6. Sliotar	Size 1	Size 2	Size 3
7. Commence	With Puck Out from hand or ground All other players must stand 10m away from player taking	With puck out from the hand or ground All other players must stand 10m away from player taking	With throw-in at halfway mark All other players must stand 10m away from player taking
8. Outfield Play	All on the ground No kicking the ball	Full rules except: One hop of ball on hurley is permitted No kicking the ball	Full rules except: Solo run up to 10m permitted Catch, Lift into the hand and strike or ground strike at all times
9. Goalkeeper	Catch, Lift into the hand and strike or Ground Strike at all times No kicking the ball May use leg to block/save	Catch, Lift into the hand and strike or ground strike at all times No kicking the ball May use leg to block/save	May use leg to block/save Ball may be kicked once, but not in succession
10. Frees / '65's / Sideline – 'Nearest Player'	<p>No hop/solo All taken off the ground All opposing players should be at least 8m from player taking Free pucks should be no closer than 10m from opposing end line</p> <p>Nearest Player Frees: Player who is fouled or nearest fouled ball takes Sideline; Player nearest ball when crosses line takes '65'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</p>	<p>One hop of ball on hurley is permitted Strike from the hand or lift and strike (Frees & '65's') Sideline puck taken off the ground All opposing players should be at least 8m from player taking Free pucks should be no closer than 20m from opposing end line</p> <p>Nearest Player Frees; Player who is fouled or nearest fouled ball takes Sideline; Player nearest ball when crosses line takes '65'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</p>	<p>Strike from the hand or lift and strike (Frees & '65's') Sideline puck taken off the ground All opposing players should be at least 10m from player taking Free pucks should be no closer than 20m from opposing end line</p> <p>Nearest Player Frees; Player who is fouled or nearest fouled ball takes Sideline; Player nearest ball when crosses line takes '65'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</p>
11. Scoring	1 point for over crossbar and 1 point for goal	1 point for over crossbar and 1 point for goal	2 points for over crossbar and 3 points for goal
12. Other	Shoulder charge is not permitted but incidental contact is permitted	Shoulder charge is not permitted but incidental contact is permitted No rectangle rules apply	Shoulder charge is permitted, as standard No rectangle rules apply



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Recommended Gaelic Football Playing Rules

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



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Under12/13 Recommended Playing Rules

ITEM	Hurling	Football
1. Team sizes/ Participation	<ul style="list-style-type: none"> - 13-a-side - Unlimited substitutions may be made - Every player to play a minimum of 10min per game 	<ul style="list-style-type: none"> - 13-a-side - Unlimited substitutions may be made - Every player to play a minimum of 10min per game
2. Pitch Dimensions	<ul style="list-style-type: none"> - Length; Minimum 90m to maximum 105m (20m line to 20m line) - Width; Minimum 80m to maximum 90m 	<ul style="list-style-type: none"> - Length; Minimum 90m to maximum 105m (20m line to 20m line) - Width; Minimum 80m to maximum 90m
3. Duration	<ul style="list-style-type: none"> - 20-25min per half - 10min per half for Blitz 	<ul style="list-style-type: none"> - 20-25min per half - 10min per half for Blitz
4. Goalposts	<ul style="list-style-type: none"> - 15ft x 7 ft 	<ul style="list-style-type: none"> - 15ft x 7 ft
5. Equipment	<ul style="list-style-type: none"> - Size 4 sliotar 	<ul style="list-style-type: none"> - Size 4 football
6. Outfield Play	<ul style="list-style-type: none"> - Limit solo run to 10m is optional - '65's to be taken from halfway line - No rectangle rules apply 	<ul style="list-style-type: none"> - Kick outs can be taken from the hand or off the ground - One bounce & one toe-tap is optional - '45's to be taken from 30m from endline from the hand or off the ground - No rectangle rules apply

For more information:

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