

ORGANISING A GAME OF HURLING/CAMOGIE OR GAELIC FOOTBALL

GAA 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, fulfilment, 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.





RECOMMENDED HURLING/CAMOGIE PLAYING RULES

ITEM	UNDER 6 & 7	UNDER 8 & 9	UNDER 10 & 11
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 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	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
2. Pitch Dimensions	45m x 30m Make pitch smaller, if appropriate	65m x 40m Make pitch smaller, if appropriate	90m x 40-50m
3. Zones	2 Zones - Pitch split with cones across at half-way	None	Make pitch smaller, if appropriate 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
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	Catch, Lift into the hand and strike or ground strike at all times May use leg to block/save Ball may be kicked once, but not in succession
10. Frees/'65s/Sideline-Nearest Player	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 Nearest Player Frees: Player who is fouled or nearest fouled ball takes the free Sideline: Player nearest ball when crosses line takes the free '65s': Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line takes the free Referee chooses player nearest/last struck to take free	One hop of ball on hurley is permitted Strike from the hand or lift and strike (Frees & '65s') 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 Nearest Player Frees: Player who is fouled or nearest fouled ball takes Sideline: Player nearest ball when crosses line takes '65s': 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	Strike from the hand or lift and strike (Frees & '65s') 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 Nearest Player Frees: Player who is fouled or nearest fouled ball takes Sideline: Player nearest ball when crosses line takes '65s': 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 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



RECOMMENDED GAELIC FOOTBALL PLAYING RULES

ITEM	UNDER 6 & 7	UNDER 8 & 9	UNDER 10 & 11
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 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	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
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	Minimum 10 min to maximum 20 min per half
4. Duration	Minimum 6min to maximum 12min per half	Minimum 8min to maximum 15min per half	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7ft
5. Goalposts	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7ft 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
6. Football	Size 1	Size 2	Size 3
7. Commence	With kickout from the hands or ground The player may advance 10m for kickout All other players must stand 10m away every side when taken	With kickout 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 halfway mark, between 2-4 players on opposing teams
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 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
9. Goalkeeper	Restart play with kickout from hands or on ground from 10m line	Restart play with kickout from hands or on ground from 10m line	Restart play with kickout 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 pucks 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 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	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
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