



Coiste Go Games an Mhí

U7-U8 Hurling Rules



Aim:

To develop the basic technical skills of hurling (grip, ground strike and stop) in a controlled competitive environment.

Playing Rules:

1. Play commences with a puck out from the hand.
2. The side-to-side (shoulder) charge is not allowed but incidental contact is permitted.
3. **All players must play the sliotar on the ground at all times.** Puck outs are from the hand.
4. All frees to be taken from the ground. A player who is fouled takes the free.
5. When a free is awarded, the sliotar to be given, on the full, to the player taking the free puck. If this does not happen the ball is advanced 5m.
6. When a player fouls the sliotar e.g. catches the ball, the opponent nearest to the sliotar takes the free puck.
7. When a team plays the sliotar over the sideline, the opponent nearest to where the sliotar crosses the line takes the sideline puck from the ground.
8. When a team plays the sliotar over its own endline, the other team are awarded a free puck (off the ground) from the 20m line opposite where the sliotar crossed the endline.
9. Opposing players to be at least 10m from the player taking a free puck, sideline puck or puck out. Free pucks should be no closer than 10m from the opposing endline.
10. Players are not permitted to kick the sliotar but if the ball strikes the foot or leg of a player this does not constitute a foul.

Equipment:

1. Goal posts (3m x 1.8m). If no goalposts available, then coloured 'javelin' poles shall be used.
2. Cones to mark the boundary lines.
3. The Quick Touch sliotar (Size 2) may be used in this game as players become more technically proficient. If any dispute over size of the ball, then First Touch (Size 1) will be used.

Playing the Game:

1. Games are to be played at maximum 7 v 7.
2. Playing Area 45m x 30m (4 Playing Areas fit on 1 standard pitch)
3. 1 goalkeeper, 3 defenders and 3 attackers
4. Two zones that split field in half. Players to remain within the zone to which they are assigned.
5. All players rotate positions after each quarter. Teams change sides at half-time. No formal team talks at 1st and 3rd quarter intervals.
6. All players must wear a helmet with full facial protection.

Time Duration:

1. 4 periods of 8 minutes will be played as default.
2. Teams will have option to play another 8 minutes if desired. 40 minutes will be the maximum allowed playing time.