



Coiste Go Games an Mhí

U9-U10 Hurling Rules



Aim:

To consolidate the basic technical skills of hurling in an environment where players are also encouraged to strike from the hand and to develop tactical awareness / prowess, i.e. decide on the best options in terms of making use of and creating time and space.

Playing Rules:

1. Play commences with a puck out from the hand.
2. The side-to-side (shoulder) charge is permitted.
3. **Outfield players must play the sliotar on the ground in the 1st and 3rd Quarters.**
4. **During the 2nd and 4th Quarters outfield players are also permitted to lift the sliotar into the hand with the hurley.**
5. The goalkeeper is permitted to catch or lift the sliotar into the hand, take four steps and strike it from the hand but is not permitted to solo run with the sliotar on the hurley.
6. **Solo running with the sliotar on the hurley is not permitted.**
7. Free pucks may be taken from the hand or off the ground. A player who is fouled takes the free.
8. 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.
9. When a player fouls the sliotar e.g. catches the ball, the opponent nearest to the sliotar takes the free puck.
10. 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.
11. When a team plays the sliotar over its own endline, the other team are awarded a free puck (from the hand or ground) from the 30m line opposite where the sliotar crossed the endline.
12. 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 20m from the opposing endline.
13. 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. Three Quick Touch (Size 2) sliotars – one placed behind each goal and one in play.

Playing the Game:

1. Games are to be played at maximum 9 v 9
2. Playing Area 65m x 40m (4 Playing Areas fit on 1 standard pitch)
3. 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
4. No zones on pitch.
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 9 minutes will be played as default.
2. Teams will have option to play another 9 minutes if desired. 45 minutes will be the maximum allowed playing time.