



Coiste Go Games an Mhí

U11 Hurling Rules



Aim:

To enable players to perform the underlying technical skills of hurling accurately and consistently in an open, competitive environment and assist with the development of team play.

Playing Rules:

1. Play commences with a throw-in between two players from each team in the middle of the field.
2. The side-to-side (shoulder) charge is not allowed but incidental contact is permitted.
3. Players may play the sliotar on the ground, may lift and strike the sliotar (without taking it into the hand) or may strike it from the hand after a 'clean' catch.
4. A player who catches the sliotar may take four steps with it in his/her hand before playing it away.
5. Solo running with the sliotar on the hurley is not permitted.
6. The goalkeeper is permitted to catch or lift the sliotar into the hand with the hurley and take four steps before striking it.
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 (off the ground) from the centre of the field 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 (4.5m x 2.2m). If no goalposts available, then coloured 'javelin' poles shall be used.
2. Cones to mark the boundary lines.
3. Three Smart Touch (Size 3) sliotars – one placed behind each goal and one in play

Playing the Game:

1. Games are to be played at maximum 11 v 11.
2. Playing Area 90m x 40-50m (2 Playing Areas fit on 1 standard pitch).
3. 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
4. No zones - free movement permitted
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 10 minutes will be played as default.
2. Teams will have option to play another 10 minutes if desired. 50 minutes will be the maximum allowed playing time.