

U7-U8 Gaelic Football Rules

To develop the basic technical skills of football (catching and kicking) in a controlled competitive environment.



Playing Rules:

1. Play commences with a kick out from the hands.
2. The goalkeeper may advance 10m for a kick out.
3. The side-to-side (shoulder) charge is not allowed but incidental contact is permitted.
4. The ball may be caught in the hands and played away by kicking or hand passing the ball.
5. The ball may be carried for four steps and players are restricted to one bounce or solo per possession before playing the ball away.
6. The player must make an effort to correctly lift the ball off the ground.
7. A player who is fouled takes the free from the hands and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free.
8. When a free is awarded, the ball to be given, on the full, to the player taking the free kick. If this does not happen the ball is advanced 5m.
9. When a team plays the ball over the sideline, the opponent nearest to where the ball crosses the line, takes the sideline kick from the hands.
10. When a defender plays the ball over his own end line, the other team are awarded a free kick from the 20m line.
11. Opposing players to be at least 5m from the player taking a free kick, sideline kick, 20m kick or kick out. Free kicks should be no closer than 10m from the opposing end line.

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 First Touch (Size 1) footballs – one placed behind each goal and one in play.

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 mouthguard when playing.

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.