

ITEM	UNDER 7	UNDER 8 & 9	UNDER 10 & 11
1. Team sizes/ Participation	<p>Maximum 7-a-side</p> <p>A team with 10 or more players must make two or more teams to play in games, where possible</p> <p>All players are entitled to at least one full half of playing time .</p> <p>Coach/mentor encouraged to rotate positions at half-time</p>	<p>Maximum 9-a-side</p> <p>A team with 12 players or more players must make two or more teams to play in games, where possible</p> <p>All players are entitled to at least one full half of playing time .</p> <p>Coach/mentor encouraged to rotate positions at half-time</p>	<p>Maximum 11-a-side</p> <p>A team with 14 players or more players must make two or more teams to play in games, where possible</p> <p>All players are entitled to at least one full half of playing time .</p> <p>Coach/mentor encouraged to rotate positions at half-time</p>
2. Pitch Dimensions	45m x30m (4 areas fit on full adult pitch) Make pitch smaller, if appropriate	65m x 40m (4 areas fit on full adult pitch) Make pitch smaller, if appropriate	90m x 40-50m (2 areas fit across the full adult pitch) Make pitch smaller, if appropriate
3. Zones	2 Zones - Pitch split with cones across at halfway	None	None
4. Duration	40 mins in total of playing time per day	50 mins in total of playing time per day	60 mins in total of playing time per day
5. Goalposts	Well secured goalposts; Minimum 8ft x6ft to maximum 15ft x7 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 No Training poles allowed
6. Sliotar	Size 1 - First Touch	Size 2 - Quick Touch	Size 3 - Smart Touch
7. Commence	With puckout from the ground 10m from goal All other players must stand 10m away from player taking	With puckout 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 players
8. Outfield Play	All play must be on the ground Ball may be kicked once, but not in succession	Full rules except: One hop of ball on hurley is permitted Ball may be kicked once, but not in succession	Full rules except: Solo run up to 10m permitted and two catches of ball . Ball may be kicked once, but not in succession
9. Goalkeeper	Ground strike at all times No lifting 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	Catch, Lift into the hand, and strike or ground strike at all times May use leg to block/save
1. Frees/ '65s'/ Sideline- Nearest Player	<p>All taken off the ground</p> <p>All opposing players must be at least 10m from playertaking Free pucks must be no closer than 10m from opposing end line</p> <p>Nearest Player</p> <p>Frees: Player who is fouled or nearest fouled ball takes the free</p> <p>Sideline; Player nearest ball when crosses line takes the free</p> <p>'65s'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line takes the free</p> <p>Referee chooses player nearest/last struck to take free</p>	<p>Lift and strike (Frees & '65s')</p> <p>Sideline puck taken off the ground</p> <p>All opposing players should be at least 10m from playertaking</p> <p>Free pucks should be no closer than 20m from opposing endline</p> <p>Nearest Player</p> <p>Frees; Player who is fouled or nearest fouled ball takes</p> <p>Sideline; Player nearest ball when crosses line takes</p> <p>'65s'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line</p> <p>Referee chooses player nearest/last struck to take free</p>	<p>Lift and strike (Frees & '65s')</p> <p>Sideline puck taken off the ground</p> <p>All opposing players should be at least 10m from playertaking</p> <p>Free pucks should be no closer than 20m from opposing endline</p> <p>Nearest Player</p> <p>Frees; Player who is fouled or nearest fouled ball takes</p> <p>Sideline; Player nearest ball when crosses line takes</p> <p>'65s'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line</p> <p>Referee chooses player nearest/last struck to take free</p>
11. Scoring	1 point for score. No scores are recorded or published	1 point for score. No scores are recorded or published.	1 point for score. No scores are recorded or published.
12. Other	Shoulder charge is not permitted but incidental contact is permitted Silent Sidelines are enforced	Shoulder charge is not permitted but incidental contact is permitted No rectangle rules (No Square Ball/Penalties) Silent Sidelines are enforced	Shoulder charge is not permitted but incidental contact is permitted No rectangle rules (No Square Ball/Penalties) Silent Sidelines are enforced



OFFICIAL GAELIC FOOTBALL PLAYING RULES



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6. Football	Size 1 - First Touch	Size 2 - Quick Touch	Size 3 - Smart Touch
7. Commence	With kick out from the hands or ground The player may advance 10m for kick out All other players must stand 10m away every side when taken	With kick out from the hands or ground The player may advance 10m for kick out 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; One Touch (hop or toe-tap) allowed Crouch Pickup must be attempted and encouraged	Full rules except: Two Touch (one hop & one toe-tap or two toe-taps) Crouch Pickup must be correct	Full rules except: Two Touch (one hop & one toe-tap or two toe-taps) Crouch Pickup must be correct
9. Goalkeeper	Restart play with kick out from hands or on ground from 10m line	Restart play with kick out from hands or on ground from 10m line	Restart play with kick out from hands or on ground from 10m line
10. Frees / '45s' / Sideline - 'Nearest Player'	All taken from the hand All opposing players should be at least 10m from player taking Free kicks 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 '45s'; 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 '45s'; 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 '45s'; 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
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