



RECOMMENDED CAMOGIE



CAMOGIE

| ITEM | UNDER 8 | UNDER 10 | UNDER 12 |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Team sizes/ Participation | <p>Maximum 8-a-side.</p> <p>A club/school/community team with 10 or more players should make two or more teams to play in games, where possible.</p> <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skort or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half-time. | <p>Maximum 10-a-side.</p> <p>A club/school/community team with 14 players or more players should make two or more teams to play in games, where possible.</p> <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skort or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half-time. | <p>Maximum 12-a-side. 13 a side if clubs have panels of 16 or more</p> <p>Each sub should play a minimum of a full half in each game.</p> <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skort or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half-time. |
| 2. Pitch Dimensions | 45m x 30m Make pitch smaller, if appropriate. | 65m x 40m Make pitch smaller, if appropriate. | Pitch no longer than 105m long (20m line - 20m line). Make pitch smaller, if appropriate. (depending on grading) |
| 3. Zones | 2 Zones - Pitch split with cones across at halfway.. Players must remain within the zone to which they are assigned | 2 zones Pitch split with cones across at halfway. Players must remain within the zone to which they are assigned | None |
| 4. Duration | Minimum 6min to maximum 12min per half. | Minimum 8min to maximum 15min per half. | Minimum 10min to maximum (blit) 20 -25min per half normal game |
| 5. Goalposts | Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 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. |
| 6. Slotar | Size 1 First Touch | Size 2 Quick touch | Size 3 smart touch |
| 7. Commence | With Puck Out from hand or ground or throw in. After a score ball is thrown in from half way line (digression of organising committee allowed here) All other players must stand 10m away from player taking. | With puck out from the hand or ground. or throw in. After a score ball is thrown in from half way line (digression of organising committee allowed here) All other players must stand 10m away from player taking. | With thrown in at halfway mark. All other players must stand 10m away from player taking. |
| 8. Outfield Play | All on the ground. No kicking the ball. | Full rules except: One hop of ball <u>only</u> on hurley is permitted. No kicking the ball. | Full rules except: One hop of ball <u>only</u> on hurley permitted. Ball may be kicked once, but not in succession. |
| 9. Goalkeeper | Catch, Lift into the hand and strike or Ground Strike at all times. No kicking the ball. May use leg to block/save. No hop/solo. | Catch, Lift into the hand and strike or ground strike at all times. No kicking the ball. May use leg to block/save. One hop of ball on hurley is permitted. | Catch, Lift into the hand and strike or ground strike at all times. May use leg to block/save. Ball may be kicked once, but not in succession. |
| 10. Frees / '45's / Sideline – 'Nearest Player' | All taken off the ground. All opposing players should be at least 8m from player taking. Free pucks 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. '45's'; 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. | Strike from the hand or lift and strike (Frees & '65's'). Sideline puck taken off the ground. All opposing players should be at least 8m from player taking. Free pucks should be no closer than 20m from opposing end line. All opposing players should be at least 10m from player taking. Nearest Player Frees; Player who is fouled or nearest fouled ball takes. Sideline; Player nearest ball when crosses line takes. '45's'; 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. | Strike from the hand or lift and strike (Frees & '65's'). Sideline puck taken off the ground. All opposing players should be at least 10m from player taking. Free pucks 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. '45's'; 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. |
| 11. Scoring | 1point for over crossbar and 1point for goal. | 2point for over crossbar and 1point for goal. | 1 points for over crossbar and 3points for goal as standard. |
| 12. Other | Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply. | Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply | Shoulder charge is not permitted but incidental contact is permitted No rectangle rules apply. |