



RECOMMENDED HURLING RULES



ITEM	UNDER 6 & 7	UNDER 8 & 9	UNDER 10 & 11
1. Team sizes/ Participation	<p>Maximum 7-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> <p>Where a club/school/community team with 9 players or less, then each sub should play a minimum of a full half in each game.</p> <p>Coach/mentor encouraged to rotate positions at half-time.</p>	<p>Maximum 9-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> <p>Where club/school/community team has 13 players or less, then each sub should play a minimum of a full half in each game.</p> <p>Coach/mentor encouraged to rotate positions at half-time.</p>	<p>Maximum 11-a-side.</p> <p>A club /school/community team with 16 or more players should make two or more teams to play in games, where possible.</p> <p>Where a club/school/community team has 17 players or less, then each sub should play a minimum of a full half in each game.</p> <p>Coach/mentor encouraged to rotate positions at half-time.</p>
2. Pitch Dimensions	45m x 30m Make pitch smaller, if appropriate.	65m x 40m Make pitch smaller, if appropriate.	90m x 40-50m Make pitch smaller, if appropriate.
3. Zones	2 Zones - Pitch split with cones across at halfway.	None	None
4. Duration	Minimum 6min to maximum 12min per half.	Minimum 8min to maximum 15min per half.	Minimum 10min to maximum 20min per half.
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. Sliotar	Size 1	Size 2	Size 3
7. Commence	With Puck Out from hand or ground. All other players must stand 10m away from player taking.	With puck out from the hand or ground. 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 on hurley is permitted. No kicking the ball.	Full rules except: Solo run up to 10m permitted.
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 / '65'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. '65'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. '65'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. '65'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.	1point for over crossbar and 1point for goal.	2 points for over crossbar and 3points for goal as standard.
12. Other	Shoulder charge is not permitted but incidental contact is permitted.	Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply	Shoulder charge is permitted as standard. No rectangle rules apply.