

Under -9



Team Sizes

Min. 5 v 5 Max. 9 v 9



Substitutions

Unlimited – Equal Game Time for All



Zones

None



Pitch Size

65 m. x 40 m.



Goal Size

Training poles or portable goals: Where available



Ball Size

Quick Touch



Football - In play rules

**One hop & one solo allowed
Standard: As per existing Association rule**



**Hurling/Camogie-
In play rules**

**One touch of ball on hurl permitted.
Standard. As per existing rules.**



Duration

10-minute blocks up to 50 Minutes



Restarts

Puck/Kick outs from the hand



**Frees/Sidelines
Hurling/Camogie**

Frees - Strike from the hand or lift and strike. Side-lines taken off the ground. Player fouled or nearest player to take all. Players must be 10m away from player taking. Modified 45/65 taken from the centre point of the halfway line



**Frees/Sidelines
Football**

**All taken from the hands. Players 10m away.
Player fouled or nearest player to take**

**Festivals per year (One or both codes)
(Not blitz weeks): Max. 4
(Hosting or travelling)**

**Blitz / Festival Referee
*Certified Coach or Go Games Referee**

**65m
x
40m**

