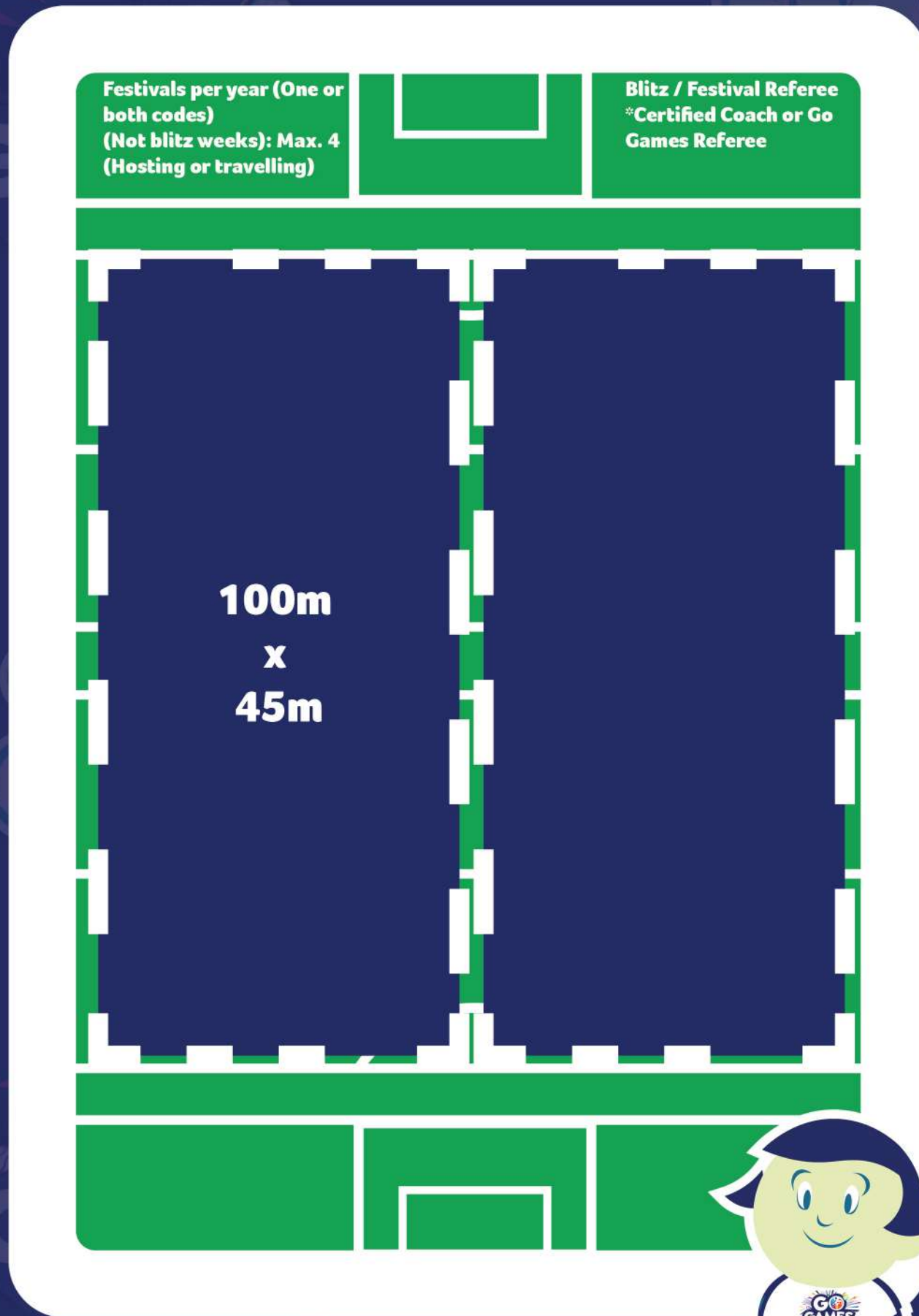


Under -10



Team Sizes

Min 6 v 6 Max. 10 v 10

Substitutions

Unlimited – Equal Game Time for All

Zones

None

Pitch Size

100 m. x 45 m.

Goal Size

Portable goals

Ball Size

Smart 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. Additional rules can be modified to meet
local needs.**

Duration

2 x 10 minutes x 3 games

Restarts

Puck/Kick outs from the hand

**Frees/Sidelines
Hurling/Camogie**

**Frees/ Side-lines – Normal rules. Players must be 10m away
from player taking. Modified 45/65 taken from the centre point
of the halfway line**

**Frees/Sidelines
Football**

**Frees/45's/ Side-lines – Normal rules. Players must
be 10m away from player taking.**