

Under -12



Team Sizes

Min 8 v 8 Max 13 v 13



Substitutions

Unlimited – Equal Game Time for All



Zones

None



Pitch Size

105 m x 50 m.



Goal Size

Portable goals



Ball Size

**Hurling/Camogie Smart Touch/ Size 4
Football Smart Touch**



Football - In play rules

**Two touches of ball permitted. Hop & Solo or Solo & Solo
Standard. As per existing rules. Additional rules can be
modified to meet local needs.**



**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

20-minute Blocks up to 60 Minutes



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

**105m
x
50m**

