

Go Hurling Recommendations

Age	Under-8	Under-10	Under-12
Players	Min: 6-a-Side Max: 8-a-Side	Min: 8-a-Side Max: 10-a-Side	Min: 11-a-Side Max: 13-a-Side
Pitch Dimensions	45m x 40m	65m x 50m	90m x 50/60m
Zones	2 Zones	2 Zones	No Zones
Start of Game	Throw in	Throw in	Throw in
Frees/65s/Sidelines	All Frees are taken from the ground. The free is taken by the player that was fouled. Sidelines as normal by closest player. 65s – 20m out from goals	A free may be taken as a strike on the ground, from the hand or as a normal free. Frees by the player that was fouled Sidelines as normal by closest player. 65s – 30m out from goals	All frees/sidelines as normal
Duration	2 x 8 mins (or 15 min games no half time)	2 x 10mins (or 18 min games no half time)	2 x 20mins (or 3 x 15mins)
Rotation of Positions	Rotate positions at Half Time All Players Must Play	Rotate positions at Half Time All Players Must Play	Players may be rotated during the game. All Players Must play
Sliotar	Quick Touch Sliotar	Quick Touch Ball Sliotar	Smart Touch or Size 3 Sliotar
Outfield Play	Ground Hurling. Goalkeeper can catch & strike from the hand. As blitzes Progress & on agreement from all teams at a blitz lifting may be allowed for last 5min of a game.	On the Ground (1 st five min each half)+Catch and Strike No Solo	Normal Rules No square ball

