



RECOMMENDED CAMOGIE



CAMOGIE

ITEM	UNDER 8	UNDER 10	UNDER 12
1. Team sizes/ Participation	<p>Maximum 8-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> <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skort or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half-time. 	<p>Maximum 10-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> <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skort or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half-time. 	<p>Maximum 12-a-side. 13 a side if clubs have panels of 16 or more</p> <p>Each sub should play a minimum of a full half in each game.</p> <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skort or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half-time.
2. Pitch Dimensions	<p>45m x 30m</p> <p>Make pitch smaller, if appropriate.</p>	<p>65m x 40m</p> <p>Make pitch smaller, if appropriate.</p>	<p>Pitch no longer than 105m long (20m line - 20m line).</p> <p>Make pitch smaller, if appropriate. (depending on grading)</p>
3. Zones	<p>2 Zones - Pitch split with cones across at halfway or alternatively colour code the sidelines to reflect the zones. Players must remain within the zone to which they are assigned. Mid-fielders are permitted to roam the full pitch but must wear bibs so they can be identified by referee.</p>	<p>2 zones - Pitch split with cones across at halfway or alternatively colour code the sidelines to reflect the zones. Players must remain within the zone to which they are assigned. Mid-fielders are permitted to roam the full pitch but must wear bibs so they can be identified by referee.</p>	<p>None</p>
4. Duration	<p>Minimum 6min to maximum 12min per half.</p>	<p>Minimum 8min to maximum 15min per half.</p>	<p>Minimum 10min to maximum (blit) 20 -25min per half normal game</p>
5. Goalposts	<p>Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles or cones are optional.</p>	<p>Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles are optional.</p>	<p>Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft.</p>
6. Sliotar	<p>Size 1 First Touch</p>	<p>Size 2 Quick touch</p>	<p>Size 3 smart touch</p>
7. Commence	<p>With Puck Out from hand or ground or throw in.</p> <p>After a score ball is thrown in from half way line (discretion of organising committee allowed here)</p> <p>All other players must stand 10m away from player taking.</p>	<p>With puck out from the hand or ground. or throw in.</p> <p>After a score ball is thrown in from half way line (digression of organising committee allowed here)</p> <p>All other players must stand 10m away from player taking.</p>	<p>With thrown in at halfway mark.</p> <p>All other players must stand 10m away from player taking.</p>
8. Outfield Play	<p>All on the ground.</p> <p>No kicking the ball.</p>	<p>Full rules except:</p> <p>One hop of ball <u>only</u> on hurley is permitted.</p> <p>No kicking the ball.</p>	<p>Full rules except:</p> <p>One hop of ball <u>only</u> on hurley permitted.</p> <p>Ball may be kicked once, but not in succession.</p>
9. Goalkeeper	<p>Catch, Lift into the hand and strike or Ground Strike at all times.</p> <p>No kicking the ball.</p> <p>May use leg to block/save.</p> <p>No hop/solo.</p>	<p>Catch, Lift into the hand and strike or ground strike at all times.</p> <p>No kicking the ball.</p> <p>May use leg to block/save.</p> <p>One hop of ball on hurley is permitted.</p>	<p>Catch, Lift into the hand and strike or ground strike at all times.</p> <p>May use leg to block/save.</p> <p>Ball may be kicked once, but not in succession.</p>
10. Frees / '45's / Sideline – 'Nearest Player'	<p>All taken off the ground.</p> <p>All opposing players should be at least 8m from player taking.</p> <p>Free pucks should be no closer than 10m from opposing end line.</p> <p>Nearest Player</p> <p>Frees: Player who is fouled or nearest fouled ball takes.</p> <p>Sideline; Player nearest ball when crosses line takes.</p> <p>'45's'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line.</p> <p>Referee chooses player nearest/last struck to take free.</p>	<p>Strike from the hand or lift and strike (Frees & '65's').</p> <p>Sideline puck taken off the ground.</p> <p>All opposing players should be at least 8m from player taking.</p> <p>Free pucks should be no closer than 20m from opposing end line.</p> <p>All opposing players should be at least 10m from player taking.</p> <p>Nearest Player</p> <p>Frees; Player who is fouled or nearest fouled ball takes.</p> <p>Sideline; Player nearest ball when crosses line takes.</p> <p>'45's'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line.</p> <p>Referee chooses player nearest/last struck to take free.</p>	<p>Strike from the hand or lift and strike (Frees & '65's').</p> <p>Sideline puck taken off the ground.</p> <p>All opposing players should be at least 10m from player taking.</p> <p>Free pucks should be no closer than 20m from opposing end line.</p> <p>Nearest Player</p> <p>Frees; Player who is fouled or nearest fouled ball takes.</p> <p>Sideline; Player nearest ball when crosses line takes.</p> <p>'45's'; Player who last strikes the ball on attacking team takes from halfway line in line where ball crosses end line.</p> <p>Referee chooses player nearest/last struck to take free.</p>
11. Scoring	<p>1point for over crossbar and 1point for goal.</p>	<p>3point for over crossbar and 1point for goal.</p>	<p>1 points for over crossbar and 3points for goal as standard.</p>
12. Other	<p>Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply.</p>	<p>Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply</p>	<p>Shoulder charge is not permitted but incidental contact is permitted No rectangle rules apply.</p>