

GAA SOCIAL AND RECREATIONAL HURLING AND FOOTBALL



Join the thousands of people who have participated in Camán Abú & Peil Abú.

There has been a very positive response from participants who have derived a great sense of achievement, fun and enjoyment from their involvement in Camán Abú & Peil Abú (Recreational Games).

The Playing Rules reflect the social and recreational nature of Camán Abú and Peil Abú. Teams can be made up of male and female players on the basis that each team has an equal number of female players on the field at the same time. Players (apart from where Camán Abú and Peil Abú are organised within a Post-Primary School) should be over 16 years of age.

The underlying philosophy of Camán Abú and Peil Abú is about playing Gaelic games in a fun and enjoyable manner and it will therefore become an important tool in combating player burnout and drop out while also contributing to increased self-esteem, health and a general sense of well-being.



If you are interested in becoming a coordinator in your Club or School, please contact:

gamesdevelopment@gaa.ie or

Games Development

Croke Park

Dublin 3



Feedback from Participants

Eric Marah, Cork Institute of Technology: "I haven't played GAA for many years and I've been looking for a way to play again at a non-competitive level. Peil Abú gives me this opportunity; the games are fun and active. I'm especially looking forward to the hurling version, Caman Abú, despite not being able to tell one end of a hurley from the other!"



Social & Recreational Hurling & Football is:

- A Non-Contact Fun & Easy Game
- Mixed Games for Male and Females
- Fast & Exciting
- Modified Playing Rules