

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.

