

Under -11

 **Team Sizes**

Min 6 v 6 Max. 11 v 11

 **Substitutions**

Unlimited – Equal Game Time for All

 **Zones**

None

 **Pitch Size**

100 m. x 45 m.

 **Goal Size**

Portable goals

 **Ball Size**

Smart Touch

 **Football - In play rules**

**One hop & one solo allowed
Standard: As per existing Association rule**

 **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/45's/ Side-lines – Normal rules. Players must
be 10m away from player taking.**

**Festivals per year (One or
both codes)
(Not blitz weeks): Max. 4
(Hosting or travelling)**

**Blitz / Festival Referee
*Certified Coach or Go
Games Referee**

**100m
x
45m**

