

Under -8

 **Team Sizes**

Min. 5 v 5 Max. 8 v 8

 **Substitutions**

Unlimited – Equal Game Time for All

 **Zones**

2 Zones - Pitch split with cones across at halfway

 **Pitch Size**

65 m. x 40 m.

 **Goal Size**

Training poles or portable goals: Where available

 **Ball Size**

Quick 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.**

 **Duration**

10-minute blocks up to 50 Minutes

 **Restarts**

**Side-line free from halfway to team that concedes score.
Puck/Kick outs from the hand on wide ball**

 **Frees/Sidelines
Hurling/Camogie**

**Frees - Strike from the hand or lift and strike. Side-lines taken off the ground.
Player fouled or nearest player to take all. Players must be 10m away from
player taking. Modified 45/65 taken from the centre point of the halfway line**

 **Frees/Sidelines
Football**

**All taken from the hands. Players 10m away. Player fouled
or nearest player to take**

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

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

**65m
x
40m**

