

Kildare Coiste na nÓg Go Games Football Rules 2023



Rule	Under 8 & Younger	Under 9	Under 10	Under 11
Length of games	4 x 10 minute quarters	4 x 10 minute quarters	2 x 20 minute halves	2 x 20 minute halves
Pitch Size & Layout	50m L X 30m W, divided into 2 zones of 25m. Length to be reduced if games smaller sided	60m L X 40m W, divided into 2 zones of 30m. Length to be reduced if games smaller sided	80m L X 50m W	90m L X 60m W
Zonal markings	All zone boundaries to be clearly marked, with cones or something similar.		No Zones	No Zones
Maximum No. of players & Formation	7-a-side 1-2-2-2	9-a-side 1-3-2-3	9-a-side 1-3-2-3	11-a-side 1-2-2-2-2-2
Rotation of positions	All players including goalkeeper to play in different positions for each quarter		N/A	N/A
Scoring	Scores not to be recorded		3 points for a point and 1 point for a goal	
Kick taking	Free kicks, kick-outs, sideline balls and 45s may be taken from the hand or off the ground			
45s	To be taken from 20m, in line with where	To be taken from 25m, in line with where	To be taken from 30m, in line	To be taken from 35m, in line
Player taking free kick	Players who is fouled takes the kick or for technical fouls / sideline balls the players nearest the ball when the foul is committed/the ball goes out of play.			
Enforcement of zones	Players designated in the forwards/backwards zones may not leave the zone unless they are in possession of the ball or tracking an opponent from their zone who is in possession of the ball. Other active departures from the zone should result in a free kick from the point of breach.		Not Applicable	Not Applicable
Pick up	Standard pick-up but recommended for u8s that a decent attempt be permissible	Standard Pick-Up	Standard Pick-Up	Standard Pick-Up
Limited possession	A player is limited to two plays e.g. one hop & one solo. 4 steps rule applies.			
Utilising Weaker Foot	In 2nd Quarter for U8s & U9s kicking to be only with weaker foot (with the exception of Kick Outs). If stronger foot used then a throw in is awarded. Same rule applies for Under 10 but it will be during the last 10 minutes of 1st half kicking.			N/A
Shoulder Challenge	Allowed as normal rules			
Commencement of Quarter / Half	Normal Throw-In in centre of Pitch			
Recommencement after score	Throw-In in centre of Pitch		Goalkeeper to kick out the ball	
Playing equipment to be used	First Touch Football - Size 3, Gumshields/Mouthguards	Quick Touch / Smart Touch Football - Size 3, Gumshields/Mouthguards	Size 4 Footballs, Gumshields/Mouthguards	Size 4 Footballs, Gumshields/Mouthguards
Goals	Ideally 10ft x 6ft goals but larger allowable given no difference between goals and points. Training poles to be used where required. H&S Player welfare all moveable / mobile goal posts must be secured adequately to prevent them from blowing/falling over		Ideally 15ft x 7ft but different size goals allowed depending on what posts are available H&S / Player welfare all moveable / mobile goal posts must be secured adequately to prevent them from blowing/falling over	
Substitutions	Subs allowed on a roll on roll off basis to ensure all players get games. Every player must play at least half a game			
Streaming of Players on Ability	No streaming, where clubs have more than one team all teams fielded are to be of equal ability i.e. No strong and weak teams			
Teamsheets	N/A	N/A	N/A	Required
Referees	Go Games Trained Referee	Go Games Trained Referee	Go Games Trained Referee	Go Games Trained Referee