

Under -7



Team Sizes

Min. 4 v 4 Max. 7 v 7



Substitutions

Unlimited – Equal Game Time for All



Zones

2 Zones - Pitch split with cones across at halfway



Pitch Size

45 m. x 30 m.



Goal Size

Training poles: 3m Apart



Ball Size

First Touch



Football - In play rules

Only 1 v 1 Tackling; Allowed carry ball with bounce for 8 steps or 8 seconds.



**Hurling/Camogie-
In play rules**

Only 1 V 1 Tackling / Allowed to crowd on a loose Sliotar; 6 seconds to strike before referee intervenes. Ground Hurling with goalkeeper allowed to lift, catch and strike from hand. No deliberate kicking of Sliotar. Additional rules can be modified to meet local needs.



Duration

10-minute blocks up to 40 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**

All taken off ground. Players 10m away. Player fouled or nearest player to take



**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**

**45m
x
30m**

