

## Coiste na nÓg Dhun na nGall Under-Age Rules & Regulations 2022

### Go Games (Football & Hurling) U-7/U-9/U-11

#### General Rules (All Divisions)

Any Divisional or Inter Division Matches Being Played At Quarter Final, Semi-Final or Final Stage that finish level at Full-Time are subject to Mandatory additional time. This will consist of 2 x 10 minute periods of extra time. This applies to all Divisional Quarter-Finals, Semi-Finals and Finals in both League & Championship. This also Includes All County Quarter-Finals, Semi-Finals & Finals in League & Championship. The only Exception is if the match referee deems there is insufficient light or weather conditions have deteriorated significantly in which case the official can decide not to play the additional time. In such cases he/she may terminate the match at fulltime.

1. The rules listed below and overleaf have been agreed by Coiste na nÓg CCC and are to be implemented by each match official in full, in order to ensure there is consistent and fair application of all rules throughout Dhun na nGall. No deviations or exceptions are permitted.
2. Protective Mouth Guard – Since January 2014 wearing a protective mouth guard has been mandatory at All Grades, please enforce this under Rule. 6.2 (Guideline – direct player to leave the field to get gum-shield, if they return without gum-shield issue a caution, repeat if necessary and on issuing of 2nd caution for this offence this is to be followed by a red card. The only exception to where a player has a letter from a dentist, eg if a retainer or brace is in place.
3. A player may play only one grade above their age, ie U-11 players may play both U-12 & U-13 but NOT U-15 An U-13 player may play U-13 and U-15 but not U-17.
4. Girls may play along with boys at all grades up to and including U-12 but NOT above this grade ie U-13 upwards. Girls must adhere to the same rules as boys ie pick up or crouch lift, if they lift the ball off the ground using only their hands award a free to opposition.
5. For all matches where portable goal-posts are in use the match referee MUST check and ensure that the goal-posts are properly staked or pegged into the ground BEFORE the match commences.
6. The referee must ensure that all non-players & spectators etc must remain outside the boundary fence during matches. Also, anyone other than umpires that are loitering behind or around the goalposts must be directed towards their designated areas by the referee. This especially includes managers or mentors. During matches there are to be no ball games played behind the goalposts.
7. Please note that only sports glasses or goggles made from a composite material are permitted to be worn by players, No Player is permitted to wear normal glasses under any circumstances so as not to constitute a physical danger to the player or other players. The match referee is entitled to object to the player wearing the sports goggles if the referee reasonably believes that they are unsafe.

GO-Games are subject to the general rules of the association

Participants may play up one age grade, ie U-7 may play U-9 & U-9 may play at U-11.

Playing Numbers Playing Time Field Dimensions

U-7. A Maximum of 7 v 7 Four Quarters of 7mins. Recommended (2 x 8-10min Halves) 45m x 30m

U-9. A Maximum of 9 v 9. Four Quarters of 7mins. Recommended (2 x 12-15mins Halves) 65m x 40m

U-11. A Maximum of 11 v 11 Four Quarters of 7mins. Recommended (2 x 20min Halves) 100m x 40m (21 to 21)

Go Games Ball Sizes U-7 - First Touch (Size 3 ball) U-9 -Quick Touch, U-11 – Smart Touch (Size 4 ball)

#### U-7 Go Games Rules

Outfield Play ; Full rules except 2 touch Rule (1 x bounce & 1 x solo OR 2 x solo) Pick up and crouch lift allowed. Tackle : U-8 ; Shoulder charge is not permitted and players are only allowed to tackle the ball. Scoring ; 1 Point for an over the crossbar, 1 Point for a goal.Frees/Side-lines ; All taken from the hand, all players should be at least 5m from kicker. Player who is fouled or nearest the free takes the kick. Referee CAN choose the free-taker as to avoid 1 or 2 players taking all frees/ side-lines & kick-outs.45's ; No 45's, play restarted with a goal kick. Players using foul language to be replaced for the remainder of the game. Kick-outs ; From the hand or ground, Goalkeeper may advance 10m from goal line, all other players to be

approx. 5m from kick. Hand Pass ; Fist/Hand pass allowed. Square Ball & Penalties: NO SQUARE BALL & NO PENALTY KICKS. Commence ; with throw-in on the halfway mark.

#### **U-9 Go Games Rules**

Outfield Play ; Full rules except 2 touch Rule (1 x bounce & 1 x solo OR 2 x solo) Pick up and crouch lift allowed.

Tackle : U-9 ; Shoulder charge is permitted. Incidental contact only is permitted & players must tackle the ball.

Scoring ; 1 Point for an over the crossbar, 1 Point for a goal. Frees/Side-lines ; All taken from the hand, all players should be at least 8m from kicker. Player who is fouled or nearest the free takes the kick. Referee CAN choose the free-taker as to avoid 1 or 2 players taking all frees/ side-lines & kick-outs. 45's ; No 45's, play restarted with a goal kick. Players using foul language to be replaced for the remainder of the game. Kick-outs ; From the hand or ground, Goalkeeper may advance 10m from goal line, all other players to be approx. 7m from kick. Hand Pass ; Fist/Hand pass allowed. Commence ; With throw-in on the halfway mark. Square Ball & Penalties: NO SQUARE BALL & NO PENALTY KICKS.

#### **U-11 Go Games Rules**

Outfield Play ; Full rules except 2 touch Rule (1 x bounce & 1 x solo OR 2 x solo) Pick up and crouch lift allowed. Tackle : U-11 ; Shoulder charge is permitted and players are only allowed to tackle the ball. Incidental contact only is permitted & players must tackle the ball. Frees/Side-lines ; All taken from the hand, all players should be at least 8m from kicker. Player who is fouled or nearest the free takes the kick or side-line except for scoring free. Free kicks should be no closer than 20m from opposition end-line, ie if a foul occurs close to goals the free is taken out to the 20m line in line where the foul was committed. 45's ; 45's Taken 30m from goal-line from the hand. Kick-outs ; From the hand or ground (Tee Permitted) Goalkeeper may advance 13m from goal line, all other players to be approx. 8m from kick. Hand Pass ; Fist/Hand pass allowed. Scoring ; 1 Point for an over the crossbar, 3 Points for a goal. Mark ; Award on 30m line outwards. Penalties : NO PENALTY KICKS. (13m Free Only) Square Ball ; Square Ball (Small rectangle to be approx. Minimum 14ft x 6ft to maximum 15ft x 6ft, Normal square ball rule applies) Commence ; With throw-in on the halfway line mark.

U-12 A Maximum of 11 v 11 (2 x 20min Halves) 100m x 40m (21 to 21) Size 4 Football

#### **U-12 Rules**

Outfield Play ; Full rules except 2 touch Rule (1 x bounce & 1 x solo OR 2 x solo) Pick up and crouch lift allowed. Tackle : U-12 ; Shoulder charge is permitted and players are only allowed to tackle the ball. Incidental contact only is permitted & players must tackle the ball. Frees/Side-lines ; All taken from the hand, all players should be at least 8m from kicker. Player who is fouled or nearest the free takes the kick or side-line except for scoring free. Free kicks should be no closer than 20m from opposition end-line, ie if a foul occurs close to goals the free is taken out to the 20m line in line where the foul was committed. 45's ; 45's Taken 30m from goal-line from the hand. Kick-outs ; From the hand or ground (Tee Permitted) Goalkeeper may advance 13m from goal line, all other players to be approx. 8m from kick. Hand Pass ; Fist/Hand pass allowed. Scoring ; 1 Point for an over the crossbar, 3 Points for a goal. Mark ; Award on 30m line outwards. Penalties : NO PENALTY KICKS. (13m Free Only) Square Ball ; Square Ball (Small rectangle to be approx. Minimum 14ft x 6ft to maximum 15ft x 6ft, Normal square ball rule applies) Commence ; With throw-in on the halfway line mark.

#### **U-13 Rules**

Team Sizes/Participation ; 13 a side Duration ; 25 minutes per half. Size 4 Football. Unlimited Substitutions. Pitch Size 20m Line to 20m Line Goalposts 15ft x 6ft 45's To be taken from the hands 30m from end-line, directly in line where ball went out of play. Kick-outs can be taken from the ground or from the hand within the 13m semi-circle. Frees/Side-lines All taken from the hand, all players should be at least 13m from kicker. Free kicks should be no closer than 20m from opposition end-line, ie if a fouls occurs close to goals the free is taken out to the 20m line in line where the foul was committed. Mark ; Award on 30m line outwards from kickouts, Advance mark also applies. Square Ball Ball (Small rectangle to be approx. Minimum 14ft x 6ft to maximum 15ft x 6ft, Normal square ball rule applies) No Penalties.

#### **U-15 Rules**

Team Size; 15 a side (5 Subs) Duration ; 30 minutes per half. Size 4 Football. Kick-outs To be taken on the 20m line from the ground only (Tee permitted). 45's To be taken from the ground only 45m from end line, directly in line where ball went out of play. Mark; Award on 45m line outwards. Advance Mark also applies. Penalty Kick 11m As Per Adult Rules.

#### **U-17 Rules**

Team Size; 15 a side (5 Subs) Duration ; 30 minutes per half. Size 5 Football.

Kick-outs To be taken from the ground only on the 20m line. (Tee Permitted) 45's To be taken from the ground only 45m from end-line, directly in line where ball went out of play.

**MARK To catch the ball cleanly from a Kick-Out without it touching the ground, on or past the 45m line nearest the Kick-Out point.**

or

**To catch the ball cleanly on or inside a 45m line from a kick in play (i.e. not from set-play) delivered by an attacking player on or beyond the opposing team's 45m line, that travels at least 20m and without it touching the ground.**

### Under 13 Hurling

a. Unlimited substitutions allowed, substitutions can be made at any time in the game.

b. Playing pitch must not be less than 100m long and should be within the following range:

Under 13 Hurling	Pitch length	Pitch width
11 a side	13m line to 13m line	Full adult width

c. The maximum width for goal posts will be 4.50m wide and maximum height of crossbar 2.1m high.

d. Goal nets to be provided. Penalty for breach €25.

e. Matches shall be of two periods of 25 minutes duration.

f. Under 13 hurling teams are allowed to play a League fixture with a minimum of 7 players and a maximum of 11 players per team.

i. Teams shall commit to field at 11 a side but on mutual agreement teams can play up to 15.

ii. Fielding 10 or less players for the sake of gaining a competitive advantage would not be in keeping with the spirit of the league.

iii. Both teams must field an equal number of players, and the team with the lesser number of players must be accommodated for the fixture to proceed. If a player comes off due to injury, the opposition team must take a player off to have equal numbers in both teams.

iv. There should be no subs for the team with the lowest numbers, if the numbers are being reduced to facilitate the match proceeding.

g. Size 4 slotar to be used

### Under 15 Hurling Competitions

a. Five substitutions allowed, substitutions can be made at any time in the game.

b. Playing pitch must not be less than 100m long and should be within the following range:

Under 15 Hurling	Pitch length	Pitch width
13 a side	Full adult pitch	Full adult width

c. Goal posts shall be full adult size.

d. Goal nets to be provided. Penalty for breach €25.

e. Games shall be of two periods of 30 minutes duration. Teams shall play in the opposite directions at the start of each period.

f. Under 15 hurling teams are allowed to play a League fixture with a minimum of 9 players and a maximum of 15 players per team.

i. Teams should field at 13 a side but can play 15 a side by mutual agreement.

ii. Fielding 12 or less players for the sake of gaining a competitive advantage would not be in keeping with the spirit of the league.

iii. Both teams must field an equal number of players, and the team with the lesser number of players must be accommodated for the fixture to proceed. If a player comes off due to injury, the opposition team must take a player off to have equal numbers in both teams.

iv. There should be no subs for the team with the lowest numbers, if the numbers are being reduced to facilitate the match proceeding

g. Under 15 hurling teams are allowed to play a championship fixture with (i) "A" championship minimum 13 players, maximum 15 players (ii) "B" Championship minimum 11 players, maximum 13 players

h. Size 4 sliotar must be used.

#### Under 17 Hurling Competitions

a. Five substitutions allowed, substitutions can be made at any time in the game. b. Playing pitch should be within the following range:

Under 17 Hurling	Pitch length	Pitch width
15 a side	Full adult pitch	Full adult width

b. Goal posts shall be full adult size.

c. Goal nets to be provided. Penalty for breach €25.

d. Full adult hurling rules

e. Under 17 hurling teams are allowed to play a League fixture with a minimum of 11 players and a maximum of 15 players per team.

i. Teams should strive to field at 15 a side.

ii. Fielding 14 or less players for the sake of gaining a competitive advantage would not be in keeping with the spirit of the league.

iii. Both teams must field an equal number of players, and the team with the lesser number of players must be accommodated for the fixture to proceed. If a player comes off due to injury, the opposition team must take a player off to have equal numbers in both teams.

iv. There should be no subs for the team with the lowest numbers, if the numbers are being reduced to facilitate the match proceeding.

f. Under 17 hurling teams are allowed to play a Championship fixture with

i. A championship – 15 players per team.

ii. "B" championship - a minimum of 13 players and a maximum of 15 players per team.

G Size 5 Sliotar must be used.

#### Match reports to be sent to the following Addresses ONLY!

All County League & Championship Quarter-finals, Semi-finals & Finals (All Grades) to be sent to ([Disciplinarysecretary.coistenanog.donegal@gaa.ie](mailto:Disciplinarysecretary.coistenanog.donegal@gaa.ie)). All Regional league & championship match reports (up to and including regional finals) must be sent to the address below that covers your area. In all cases reports must be submitted within 3 Days (No Exceptions). All Results must be texted in within 1 Hour of full-time.

# IMPORTANT NOTE # All Sending Off or Disciplinary issues that have arisen from a match where they are included in the referees post match report **must** be sent directly to [Disciplinarysecretary.coistenanog.donegal@gaa.ie](mailto:Disciplinarysecretary.coistenanog.donegal@gaa.ie) whether it is a Regional or All County competition.

Northern Regional Board	Inishowen Regional Board
Sharon Harnett 27 Glencar Park	Paddy McGonigle Ferris Lane
Letterkenny, Co Donegal	Buncrana Co Donegal
<a href="mailto:treasurernorthernboard@gmail.com">treasurernorthernboard@gmail.com</a>	<a href="mailto:paddymcgonigle2@hotmail.com">paddymcgonigle2@hotmail.com</a>
0868405785	0861605701
Southern Regional Board	Hurling and All County
Sabrina Brosnan 37 Woodlands Ballyshannon	Jim Quinn Welchstown Ballybofey
Co Donegal	Co Donegal
<a href="mailto:Sabrina.s.brosnan@gmail.com">Sabrina.s.brosnan@gmail.com</a>	<a href="mailto:Disciplinarysecretary.coistenanog.donegal@gaa.ie">Disciplinarysecretary.coistenanog.donegal@gaa.ie</a>
0868241297	0879499195