



# KEY PRINCIPLES OF GO GAMES:



Go Games are small-sided versions of Hurling and Gaelic Football which have been devised for children up to and including 11 years of age

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All participants play in the full game.

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Teams shall be a maximum of 7-a-side at Under-8 &, 9-a-side at Under-9 & 10 and 11-a-side at Under- 11 age levels.

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Participant needs are catered for, where possible, on the basis of one year age cohorts i.e. U.8, U.9 U10 & U.11 in a manner consistent with the ethos of Go Games.



Activities are structured in a manner which optimises the level of fun, friendship, fair play and achievement derived by participants.

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Participants train and play in a safe, supportive and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement.

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Players master the basic skills of Hurling and Gaelic Football and experience the sense of accomplishment, which derives from acquiring playing proficiency on the left and right hand side of the body.



The scores are not recorded for any of the Go Games

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Coaches are encouraged to highlight specific coaching focus at each age grade.

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Everybody involved in Go Games, whether as players, parents/ guardians, spectators, mentors, , officials etc., should adhere to the key underpinning principles and give expression to the GAA 'Give Respect, Get Respect' initiative.



# Under 8 Hurling



## AIM

To develop the basic technical skills (grip, ground strike and stopping) in a controlled competitive environment.

## PLAYING RULES

- Play commences with a throw in the centre.
- Goalkeepers to puck the ball out after a score.
- Puck out from hand after a wide. Goalkeeper allowed to come out 10m to do this
- At puck outs, the player gets a second chance if he misses first time
- Ground hurling to be used for the first half of each game.
- Solo running with the sliotar on the hurley is not permitted.
- Air hurling to be allowed in the second half of each game
- The goalkeeper is permitted to catch or lift the sliotar into the hand, take four steps and strike it from the hand but is not permitted to solo run with the sliotar on the hurley
- Free pucks to be taken off the ground (1st half and from the hand 2nd half from where the foul occurred.
- All frees to be taken from the ground directly opposite the goals.
- Player who is fouled to take the free.
- Players are permitted to kick the sliotar out of a ruck.
- When a team plays the ball over its own end line, opponents are awarded a free puck from the ground from the 20mt line directly opposite the goal. (A 65 ).

## COACHING FOCUS

Coaches should highlight:

- Ground striking
- Pick up
- Striking from the hands
- Coaches to encourage player to score points.

## PLAYING THE GAME

- 5v5 (Minimum applicable from 2024 season) 7v7 (Max)
- 45m X 30m
- 1 goalkeeper, 2 defenders, 2 midfielders, 2 attackers

- All players to wear a helmet with full facial protection.
- Teams are of mixed ability (no streaming)
- All players rotate positions after each half

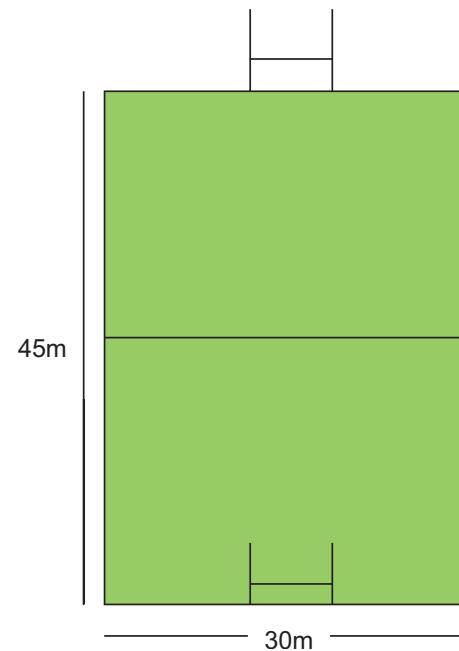
## TIME DURATION

- 25 minute games
- 12.5 minutes per half.
- At least 2 games per occasion.

## EQUIPMENT

- Well-secured portable goal posts (10' X 6' or 3M X 1.8M)
- Quick Touch Sliotars.

## RECOMMENDED PLAYING AREA





# Under 8 Football



## AIM

To develop the basic technical skills (catching and kicking) in a controlled competitive environment.

## PLAYING RULES

- Play to commence with a throw up in centre
- Throw in at centre after score
- Goalkeeper may advance 10m for a kick out.
- The player can carry the ball for one hop and one solo.
- The ball may be lifted off the ground with the hands, provided the player involved is on his/her feet.
- A player who is fouled to take the free from the hands.
- When a team plays the ball over its own end line, opponents are awarded a free from the hand from the 20mt line directly opposite the goal. (A 45)
- All frees should be taken directly opposite the goal.
- No frees closer than 10m from the goals. (no Penalties).
- Side to side charge is permitted

## COACHING FOCUS

Coaches should highlight the following:

- Good catching
- Kicking for scores
- Encourage kicking over the bar.

## PLAYING THE GAME

- 5v5 (Minimum applicable from 2024 season) 7v7 (Max)
- 45m X 30m approx
- Teams are of mixed ability ( no streaming)
- All players to rotate positions after each half.

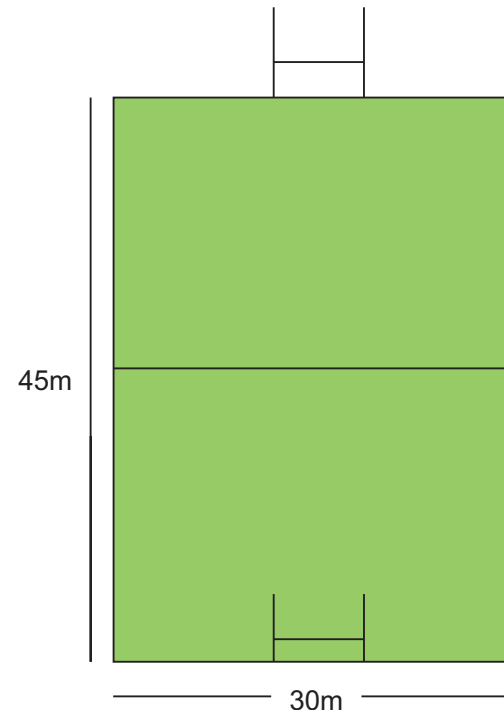
## TIME DURATION

- 25 minute games
- 12.5 minutes per half.
- At least 2 games per occasion.

## EQUIPMENT

- Well secured portable goal posts (3M X 1.8M)
- Training poles can be used as goalposts if necessary
- Bibs or Jerseys
- Quick Touch (size 2) footballs - one placed behind each goal and one in play

## RECOMMENDED PLAYING AREA





# Under 9 Hurling



## AIM

To consolidate the basic technical skills developed at age 7/8 level (grip, ground strike and stop) in an environment where players are also encouraged to strike from the hand and develop tactical awareness/prowess i.e. decide on the best option in terms of making use of and/or creating time and space.

## PLAYING RULES

- Play to commence with a throw in from the centre.
- Side-to-Side charge is permitted.
- The games start with Ten minutes ground hurling. The next Fifteen minutes of each half players may lift the ball into the hand and commence air hurling. Hand passing is allowed at this time
- Solo running with the sliotar on the hurley is not permitted.
- Goalkeeper to restart play after a score or wide with a puck-out
- The goalkeeper is permitted to catch or lift the sliotar into the hand with the hurley and take 4 steps before striking it
- Free puck to be taken out of the hands were the free occurred.
- Player who is fouled to take the free
- '65's' are awarded. All are taken as a free puck (from the hand) 32m out from where the ball crossed the line.
- Goalkeeper to advance 10m for puck out after score or wide.
- Opposing players to be at least 10m away from the player taking free puck, sideline puck or puck out.
- Players are allowed ONE kick of the ball on the ground, but no score can be kicked

## COACHING FOCUS:

- First touch
- Jab lift
- Striking from the hand
- Overhead catching
- Coaches should encourage player to score points

## PLAYING THE GAME

- 7v7 (Minimum applicable from 2024 season) 9v9 (Max)
- (65-70m) X (40-45m)
- 1 goalkeeper, 3 defenders, 2 midfielders, 3 attackers
- All players to wear a helmet with full facial protection.
- All players rotate positions after each half
- Teams must be streamed according to ability

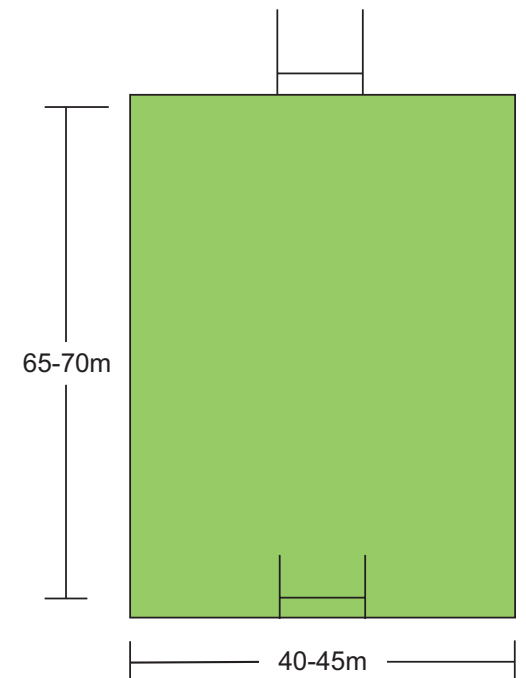
## TIME DURATION

- 50 minute games
- 25 minutes per half.
- 1 game per occasion.

## EQUIPMENT

- Well-secured portable goal posts (10' X 6' or 3M X 1.8M)
- Jerseys
- Three Quick Touch (Size 2) sliotars - one placed behind each goal and one in play

## RECOMMENDED PLAYING AREA





# Under 9 Football



## AIM

To consolidate the basic technical skills developed at age 7/8 level (catching and kicking) in an environment where players are also encouraged to develop tactical awareness/prowess i.e. decide on the best option in terms of making use of and/or creating time and space.

## PLAYING RULES

- Play to commence with a throw up in centre
- Goalkeeper may advance 10m for a kick out.
- After a score, the play recommences with a kickout from the goal keeper
- The player can carry the ball for one hop and one solo
- The ball must be lifted off the ground using the toe.
- '45's' are awarded. These will be taken from 32m out from where the ball crosses the line.
- No frees closer than 13m from the goals. (no Penalties)
- A player who is fouled to take the free out of the hands from where the foul occurred

## COACHING FOCUS

- Good catching
- Kicking on the run
- Introducing soloing
- Coaches to encourage players to perform the two handed block

## TIME DURATION

- 50 minute games
- 25 minutes per half
- 1 game per occasion

## PLAYING THE GAME

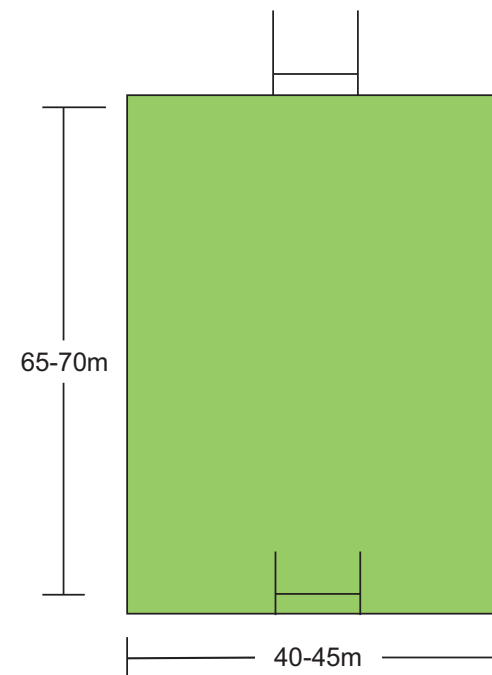
- 7v7 (Minimum applicable from 2024 season) 9v9 (Max)
- (65-70m) X (40-45m)
- 1 goalkeeper, 3 defenders, 2 mid-fielders, 3 attackers.

- Teams must be streamed according to ability
- All players to rotate positions after each half.

## EQUIPMENT

- Well secured portable goal posts.
- U/9- (10' x 6' or 3m x 1.8m)
- Jerseys
- Three Quick Touch (Size Footballs - one placed behind each goal and one in play)

## RECOMMENDED PLAYING AREA



## NOTES ON STREAMING:

See note at: <http://www.dublingaa.ie/juvenile/regulations>



# Under 10 Hurling



## AIM

To consolidate the basic technical skills developed at age 7/9 level (grip, ground strike and stop) in an environment where players are also encouraged to strike from the hand and develop tactical awareness/prowess i.e. decide on the best option in terms of making use of and/or creating time and space.

## PLAYING RULES

- Play to commence with a throw in at the centre.
- A Player may lift the ball from the start.
- A player can take four steps, tap or bounce the sliotar on the hurl & take another four steps before playing it away.
- Solo running with the sliotar on the hurley is not permitted.
- Goalkeeper to restart play after a score or wide with a puck-out.
- All free pucks shall be lift and strike from where the foul occurred.
- Player who is fouled to take the free
- 65's' are awarded. These will be taken as a free puck (lift & strike) 32m out from where the ball crossed the line.
- Goalkeeper to advance 10m for puck out after score or wide.
- Players permitted ONE kick of sliotar on the ground, but no score can be kicked

## COACHING FOCUS

- Overhead catch
- Jab and roll lift
- Striking on the run
- Hooking on the move
- Coaches to encourage players to score points were possible

## PLAYING THE GAME

- 9 v 9
- (65-70m) X (40-45m)
- 1 goalkeeper, 3 defenders, 2 midfielders, 3 attackers
- All players to wear a helmet with full facial protection.
- Teams are to be streamed according to their ability.

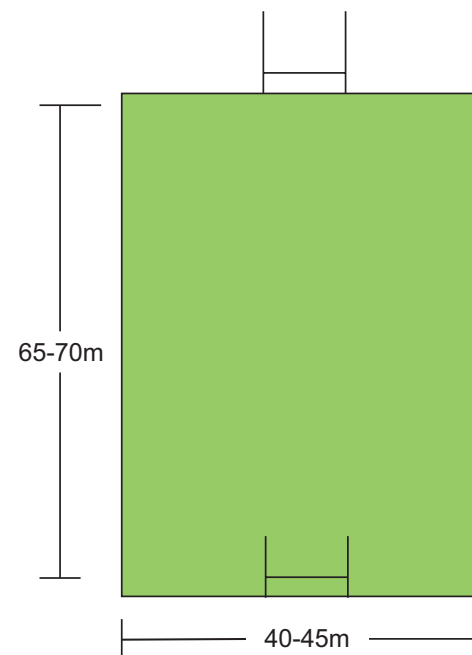
## TIME DURATION

- 50 minute games
- 25 minutes per half.
- 1 game per occasion.

## EQUIPMENT

- Well-secured portable goal posts (15' x 7' or 4.5m x 2.2m)
- Jerseys
- Three Quick Touch (Size 2) sliotars.

## RECOMMENDED PLAYING AREA

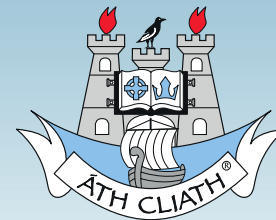


## NOTES ON STREAMING:

See note at: <http://www.dublingaa.ie/juvenile/regulations>



# Under 10 Football



## AIM

To consolidate the basic technical skills developed at age 7/9 level (catching and kicking) in an environment where players are also encouraged to develop tactical awareness/prowess i.e. decide on the best option in terms of making use of and/or creating time and space.

## PLAYING RULES

- Play to commence with a throw up in centre
- After a score, the play recommences with a kickout from the goal keeper
- The player can carry the ball for one hop and one solo
- The ball must be lifted off the ground using the toe.
- '45's' are awarded. These will be taken from 32m out
- No frees closer than 13m from the goals. (no Penalties)
- A player who is fouled to take the free
- Goalkeeper may advance 10m for a kick out.

## COACHING FOCUS

- Overhead catching
- Crouch lift
- Traveling using solo and bounce
- Kicking on the run
- Coaches to encourage players to kick from distance

## PLAYING THE GAME

- 9 v 9
- (65-70m) X (40-45m )
- 1 goalkeeper, 3 defenders, 2 mid-fielders, 3 attackers.
- Teams must be streamed according to ability

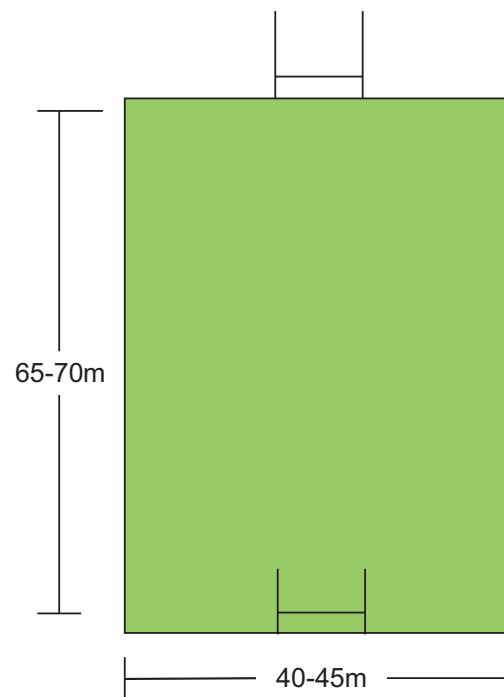
## TIME DURATION

- 50 minute games
- 25 minutes per half
- 1 game per occasion

## EQUIPMENT

- Well secured portable goal posts (15' x 7' or 4.5m x 2.2m)
- Jerseys
- Three Quick Touch (Size 2) Footballs - one placed behind each goal and one in play

## RECOMMENDED PLAYING AREA



## NOTES ON STREAMING:

See note at: <http://www.dublingaa.ie/juvenile/regulations>.



# Under 11 Hurling



## AIM

To allow players perform the underlying technical skills accurately and consistently in an open competitive environment and assist with the development of team play i.e. where players anticipate who should go where in order to maximise/minimise scores/scoring opportunities.

## PLAYING RULES

- Play to commence with a throw in at the centre.
- Players are permitted to lift the sliotar into the hand and strike from the start
- A player on taking possession can take 4 steps, a max of 8 steps Solo running , followed by 4 steps to play away ( 16 steps maximum from taking possession to striking the sliotar).
- '65's' are awarded. These will be taken from 50m out in line with where the ball went out of play.
- All free pucks and 65's shall be lift and strike.
- Players permitted ONE kick of sliotar on the ground, but no score can be kicked
- No frees closer than 20m from the goals. (no Penalties)
- A "square ball" will not be called by referees at this age.

## COACHING FOCUS

- Overhead catching
- Strike of the hurley
- Soloing at speed
- Coaches to encourage players to go for goals

## PLAYING THE GAME

- 11 v 11(max), 9 v 9 (Minimum applicable from 2024 season)
- (90-100m) x (40-50m) or 20m line to 20m line
- All players to wear a helmet with full facial protection.
- Teams are to be streamed according to ability.

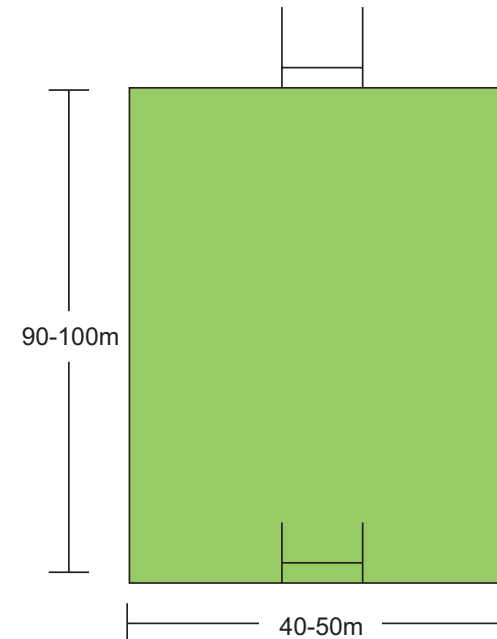
## TIME DURATION

- 50 minutes.
- 25 minutes per half.
- 1 game per occasion.

## EQUIPMENT

- Well secured portable goal posts (15' X 7' or 4.5M X 2.2M)
- Three Smart Touch (Size 3) sliotars to be used.

## RECOMMENDED PLAYING AREA



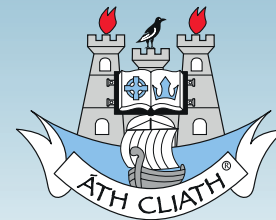
## NOTES ON STREAMING:

See note at: <http://www.dublinaa.ie/juvenile/regulations>





# Under 11 Football



## AIM

To enable players perform the underlying technical skills accurately and consistently in an open competitive environment and assist with the development of team play i.e. where players anticipate who should go where in order to maximise/minimise scores/scoring opportunities.

## PLAYING RULES

- Play to commence with a throw up in centre
- Goalkeeper may advance 10m for a kick out
- The player can carry the ball for one hop and one solo (or two solos)
- The ball must be lifted off the ground using the toe.
- '45's' are awarded. These will be taken from 40m out in line with where the ball went out of play.
- A "square ball" will not be called by referees at this age.
- No frees closer than 13m from the goals. (no Penalties)

## COACHING FOCUS

- High Catch
- Crouch lift on the move
- Traveling - solo and side step
- Near hand tackle

## PLAYING THE GAME

- 11 v 11 (max), 9 v 9 (Minimum applicable from 2024 season)
- (90-100m) x (40-50m) or 20m line to 20m line
- Teams must be streamed according to ability

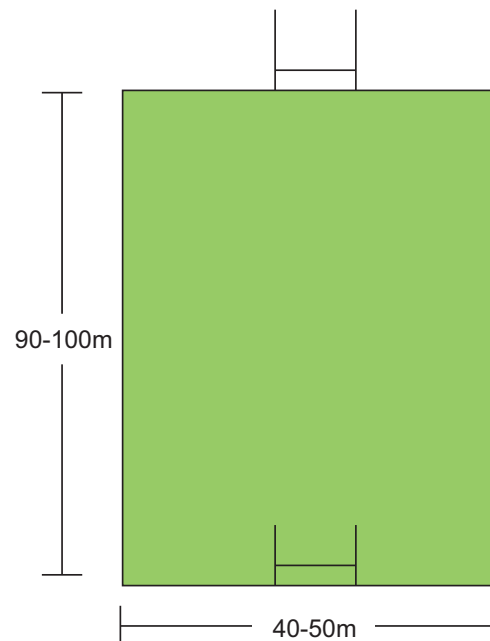
## TIME DURATION

- 50 minute game
- 25 minutes per half
- 1 game per occasion

## EQUIPMENT

- Portable Goal posts (15' x 7' or 4.5m x 2.2m)
- 3 Smart Touch (Size 3) footballs - one placed behind either goal and one in play

## RECOMMENDED PLAYING AREA



## NOTES ON STREAMING:

See note at: <http://www.dublingaa.ie/juvenile/regulations>.



# Under 12 Hurling



## AIM

At this age the players are almost playing full Hurling rules but with still reduced playing numbers which will give young players better opportunity to develop their skills. U/12 is the first time referees record scores in an effort to make sure that teams are streamed in the right league for U13 competition.

## PLAYING RULES

- Play to commence with a throw in at the centre
- Players permitted ONE kick of sliotar on the ground, but no score can be kicked
- No limit on the number of consecutive plays (except when a player makes 3 catches)
- All frees / 65`s to be taken by lifting and striking the ball
- `65`s` are awarded. These will be taken from 50m out in line with where the ball went out of play
- If a free is conceded via an aggressive foul within 13m from the goal a penalty is awarded
- No frees closer than 20m from the goals. (inc Penalties)
- Square Ball will apply

## SCORING SYSTEM

- 1 point when the sliotar is played over the crossbar.
- 3 points when the sliotar is played under the crossbar.

## PLAYING THE GAME

- 13 v13 (max), 11v 11 (min)
- (90-100m) x (40-50m) or 20m line to 20m line
- All players to wear a helmet with full facial protection.
- Teams are to be graded according to divisional capability.

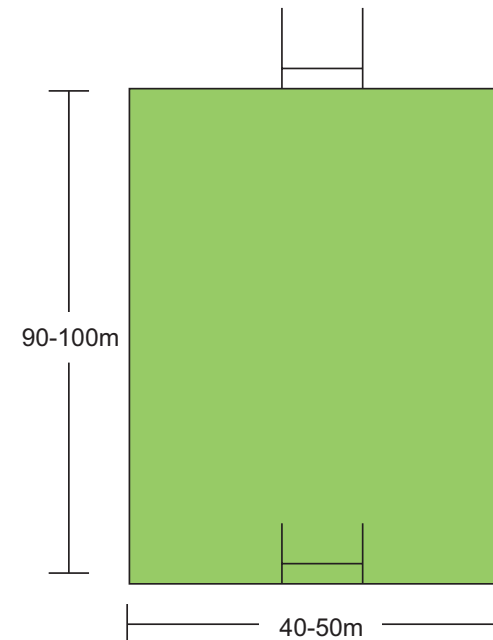
## TIME DURATION

- 50 minutes
- 25 minutes per half
- 1 game per occasion

## EQUIPMENT

- Well secured portable goal posts (15' X 7' or 4.5M X 2.2M)
- Three Smart Touch (Size 3) sliotars to be used.

## RECOMMENDED PLAYING AREA





# Under 12 Football



## AIM

At this age the players are almost playing full football rules but with still reduced playing numbers which will give young players better opportunity to develop their skills. U/12 is the first time referees record scores in an effort to make sure that teams are streamed in the right league for U13 competition.

## PLAYING RULES

- Play to commence with a throw up in centre
- Goalkeeper may advance 10m for a kick out
- The ball must be lifted off the ground using the toe
- No limit on the number of consecutive plays (except two bounces)
- '45's' are awarded. These will be taken from 40m out in line with where the ball went out of play
- If a free is conceded via an aggressive foul within 13m from the goal a penalty is awarded taken 11m from goal
- Technical free within the square is a penalty
- A 'square ball' will be called by refs at this age
- Black cards not applicable at this age grade

## SCORING SYSTEM

- 1 point when the ball is played over the crossbar.
- 3 points when the ball is played under the crossbar.

## PLAYING THE GAME

- 13 v 13 (max) 11 v 11 (min)
- (90-100m) x (40-50m) or 20m line to 20m line
- Teams must be streamed according to ability
- At this age teams are divided into divisional sections

## TIME DURATION

- 50 minute game
- 25 minutes per half
- 1 game per occasion

## EQUIPMENT

- Portable Goal posts (15' x 7' or 4.5m x 2.2m)
- 3 Smart Touch (Size 3) footballs - one placed behind either goal and one in play

## RECOMMENDED PLAYING AREA

