



RECOMMENDED CAMOGIE



DUBLIN CAMOGIE

ITEM	UNDER 8	UNDER 9/10	UNDER 11/12
1. Team sizes/ Participation	Maximum 8-a-side. A club/school/community team with 10 or more players should make two or more teams to play in games, where possible. <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skort or shorts/socks/helmet/Skingaurds) All players must play at least half a match 	Maximum 9-a-side. A club/school/community team with 14 players or more players should make two or more teams to play in games, where possible. <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skorts or shorts /socks/helmet/Skingaurds)) All players must play at least half a match 	Maximum 11-a-side. <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skorts must be worn/ /socks/helmet/Skingaurds)) All players must play at least half a match
2. Pitch Dimensions	45m x 30m Make pitch smaller, if appropriate.	65m x 40m Make pitch smaller, if appropriate.	90M X 50M
3. Zones	3 Zones - Pitch split with cones across at each third of pitch.. Players must remain within the zone to which they are assigned.	2 zones Pitch split with cones across at halfway. Players must remain within the zone to which they are assigned except midfielders who can roam throughout pitch.(Must wear bib)	None
4. Duration	Minimum 7 min to maximum 14 min per half.	10 minutes per half- 20 minutes per Go Game: Recommended: 2/3 Games per Cluster	Cluster blitz 12 mins each half. Leagues are 25 mins a side.
5. Goalposts	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles or cones are optional. Pole/cone placed 3 feet outside either Goalpost for bonus score.	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles are optional.	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft.
6. Sliotar	Size 1 First Touch	Size 2 Quick touch	Size 3 smart touch
7. Commence	Play commences with a throw in on halfway line. After a score sliotar is thrown in on the half way line. After a wde, play can commence with a puck out OR A throw in on halfway line. (Mentors to decide)	Play commences with a throw in on halfway. After a score sliotar is thrown in on the half way line After a wde, play can commence with a puck out OR A throw in on halfway line. (Mentors to decide)	Play commences with a throw in on halfway. After a score sliotar is thrown in on the half way line After a wde, play can commence with a puck out OR A throw in on halfway line. (Mentors to decide)
8. Outfield Play	1 st Half on the ground. 2 nd half – All skills (NO soloing) No kicking the ball.	1 st Half on the ground. 2 nd half – All skills (NO soloing) One hop of sliotar <u>only</u> on hurley and strike is permitted . No kicking the sliotar.	Full rules except: One hop of sliotar <u>only</u> on hurley with additional 4 steps allowed. Ball may be kicked once, but not in succession and not from hand.
9. Goalkeeper	Catch, Lift into the hand and strike or Ground Strike. Allowed 4 steps No kicking the ball. May use leg to block/save. No hop/solo.	Catch, Lift into the hand and strike or ground strike at all times. No kicking the ball. May use leg to block/save. One hop of ball on hurley is permitted.	Catch, Lift into the hand and strike or ground strike at all times. May use leg to block/save. Ball may be kicked once, but not in succession. One hop of sliotar on hurley is permitted
10. Frees/ '45's'/ Sideline – 'Nearest Player'	Groundstrike or lift and strike (Frees & '45's'). All opposing players should be at least 8m from player taking. Free pucks should be no closer than 13m from opposing end line. Nearest Player Frees: Player who is fouled takes free. Sideline; Player nearest ball when crosses line takes. '45's'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line. Referee chooses player nearest/last struck to take free.	Groundstrike or lift and strike (Frees & '45's'). Sideline puck taken off the ground. All opposing players should be at least 8m from player taking. Free pucks should be no closer than 20m from opposing end line. All opposing players should be at least 10m from player taking. Nearest Player Frees; Player who is fouled takes free.. Sideline; Player nearest ball when crosses line takes. '45's'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line. Referee chooses player nearest/last struck to take free.	Groundstrike or lift and strike (Frees & '45's') Sideline puck taken off the ground. All opposing players should be at least 10m from player taking. Free pucks should be no closer than 20m from opposing end line. Nearest Player Frees; Player who is fouled or nearest fouled ball takes. Sideline; Player nearest ball when crosses line takes. '45's'; Player who last strikes the ball on attacking team takes from halfway line in line where ball crosses end line. Referee chooses player nearest/last struck to take free.
11. Scoring	3 points for over crossbar and 3 points for goal..Cones/posts 3 feet wide to be used on both sides of the goal – 1 pt to be added. .	3 Point for over crossbar and 1 Point for goal. BONUS SKILLS PT- Catching the sliotar cleanly. Lifting and striking the sliotar in the air. Where slalom poles are used- All scores – 1 Pt	1 points for over crossbar and 3points for goal as standard. Slalom poles in cluster blitz can be used. All scores – 1 point. No score allowed from kicking the sliotar.
12. Other	Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply.	Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply	Shoulder charge is not permitted but incidental contact is permitted No rectangle rules apply.



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<p>Additional Guidelines</p>	<p>Players MUST rotate positions at half time. i.e. backs become midfielders; midfielders become forwards/goalie etc.- (Not the full back rotating with the corner back!) Mentors MUST adhere to this. The Variety will make the games more enjoyable for the players.**</p> <p>7 mins per half- 14 minutes per Game: 2/3 Games per Cluster Blitz.</p> <p>Each club will provide a Go Games trained referee according to the amount of teams entered. Referees will be from the home club, paid €10 per team and be at least 15 years of age.</p> <p>No scores to be returned.</p> <p>All players must be registered with the Dublin Camogie Board.</p>	<p>9 a side: (Goalie/3 defenders/2 midfielders wearing bibs/3 attackers) Teams to be made smaller rather than bigger to encourage max. participation. We are suggesting that clubs set out extra pitch in case of extra numbers arriving when hosting a cluster Blitz. Remember the idea is that all children play as much as possible.</p> <p>3. All players MUST play at least half a match.</p> <p>4. No streaming. All teams split as equally as possible where clubs have more than 1 team.</p> <p>5. TWO Zones. Players MUST remain within the zone to which they are assigned. Midfielders must wear bibs and can enter both Zones but must return to the centre of the field for puck outs if there are puck-outs.**</p> <p>6. 10 minutes per half- 20 minutes per Go Game: Recommended: 2/3 Go Games per Cluster</p> <p>7. Players MUST rotate positions at half time. i.e. backs become midfielders; midfielders become forwards/goalie etc.- (Not the full back rotating with the corner back!) Mentors MUST adhere to this. The Variety will make the games more enjoyable for the players.**</p> <p>2. Each club will provide a Go Games trained referee according to the amount of teams entered. Referees will be from the home club, paid €10 per team and must be at least 15 years of age.</p> <p>3. All players must be registered with the Dublin Camogie Board.</p>	<p>11 a side max. (1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers).</p> <p>Cluster Blitzes- 12 mins per half- 24 mins per G0 Game. Recommended: 2/3 Go Games per Cluster Blitz. For Cluster Blitzes players MUST rotate positions at half time - i.e. backs become midfielders/ midfielders become forwards/goalie etc. Mentors MUST adhere to this. The variety will make the games more enjoyable for the players. This rule does not apply for the Mini Leagues.**</p> <p>Mini Leagues are 25 minutes per half.</p> <p>1. All players MUST wear a helmet with full facial protection, shin-guards and skort.</p> <p>2. Referees will be from the neutral clubs, paid €15 per team and will be at least 15 years old.</p> <p>Mentors are to contact the referee coordinator from club supplying the neutral referee at least 48 hrs in advance of match.</p> <p>3. Scores to be returned for Mini Leagues but not for Cluster Blitzes on an official referee form CC5 by the referee to</p> <p>Barbara Grennell , 20 Chapel Crescent Riverston Abbey Navan Road Dublin 7</p> <p>4. All players must be registered with Dublin Camogie Board. Official team sheets MUST be given to Referee before the start of the second half along with referee payment.</p>

