

## Player Development Programme Festival Day Guidelines

### Blitz Day Format

- **Registration will commence at 9:00am (morning session) & 13:00am (afternoon session) where you will receive your fixtures for the day**  
(Fixtures are attached to the email but may change before the day if there are changes with teams)  
-Ensure that your teams arrive on time as a late start to the day will disrupt all fixtures.
- **6 Teams per Pitch**
- **Teams stay at allocated pitch**
- **Unlimited Substitutions**
- **NO Scores will be kept.** Please inform your mentors of this to avoid unnecessary pressure from the sidelines.

#### Personal Belongings

- Each County will have dressing rooms allocated to them – some teams may have to share however, you will not have to share with another County.
- All players/teams will be responsible for their own gear and personal belongings so please ensure you keep it with you at all times.
- Can we ask that all teams bring a set of bibs should there be a colour clash of jerseys with another team.

#### Food/Refreshments

There will be a shop in operation on the day in the Mallow GAA Complex however, we do advise all players to bring a packed lunch.

### 7-a-side Games

- **2 pitches per area from 21m line to the 21m line Approx, 35-40m wide**
- **6 teams divide into 2 panels (7-a-side fixtures will run at the same time on both mini pitches as per fixtures)**  
Coaches to divide teams for these small-sided games.
- **2 games each – 4 games per team**
- **24 minutes playing time**
- **12 mins no half time**
- **Nearest Player: Player who is fouled will take the free from her hands**

#### Conditions:

- **Full rules**
- **One Hop, One Solo**

\*Conditions will be chosen at random by the role of a dice before each game commences

## Player Development Programme Festival Day Guidelines

### 15-a-side Games

- Full length pitch
- 6 teams
- 2 Games each
- 15 minutes no half time

#### Conditions:

- One hop One solo
- 4 Seconds on the ball
- Normal Rules
- Silent Sideline

\*Conditions will be chosen at random by the role of a dice before each game commences

#### Referee's & Pitch Co-Ordinators:

- All our referees know the rules and are fully trained. Please show them respect at all times.
- All our pitch co-ordinators are volunteers and have given up their day to help make this blitz a fun and enjoyable experience. They are there should you have any issue but must be shown respect at all times.
- Failure to treat both our referee's and pitch co-ordinators with respect will result in your team being removed from the festival day.

# *Enjoy Your Day!!*