

# Under -12



**Team Sizes**

**Min 8 v 8 Max 13 v 13**



**Substitutions**

**Unlimited – Equal Game Time for All**



**Zones**

**None**



**Pitch Size**

**105 m x 50 m.**



**Goal Size**

**Portable goals**



**Ball Size**

**Hurling/Camogie Smart Touch/ Size 4  
Football Smart Touch**



**Football - In play rules**

**Two touches of ball permitted. Hop & Solo or Solo & Solo Standard. As per existing rules. Additional rules can be modified to meet local needs.**



**Hurling/Camogie-  
In play rules**

**One touch of ball on hurl permitted. Standard. As per existing rules. Additional rules can be modified to meet local needs.**



**Duration**

**20-minute Blocks up to 60 Minutes**



**Restarts**

**Puck/Kick outs from the hand**



**Frees/Sidelines  
Hurling/Camogie**

**Frees/ Side-lines – Normal rules. Players must be 10m away from player taking. Modified 45/65 taken from the centre point of the halfway line**



**Frees/Sidelines  
Football**

**Frees/ Side-lines – Normal rules. Players must be 10m away from player taking.**