



## Kildare GAA North & South Board Hurling Rules



Rule	Under 8 & Younger	Under 9	Under 10	Under 11	Under 12
Length of games	4 x 10 minute quarters	4 x 10 minute quarters	2 x 20 minute halves	2 x 20 minute halves	2 x 25 minute halves
Pitch Size & Layout	50m L X 30m W, divided into 2 zones of 25m. Length to be reduced if games smaller sided	70m L X 40m W, divided into 2 zones of 35m. Length to be reduced if games smaller sided	80m L X 50m W	90m L X 60m W	Between 20m lines X 70m W
Zonal markings	All zone boundaries to be clearly marked, with cones or something similar.		No Zones	No Zones	No Zones
Maximum No. of players & Formation	7-a-side 1-2-2-2	9-a-side 1-3-2-3	9-a-side 1-3-2-3	11-a-side 1-2-2-2-2-2	11-a-side 1-2-2-2-2-2
Rotation of positions	All players including goalkeeper to play in different positions for each quarter		N/A	N/A	N/A
Scoring	1 point for all scores i.e goal = 1pt, point = 1pt.		3 points for a point and 1 point for a goal		Normal Rules
Puck taking	Frees, puck-outs, and 65s may be taken from the hand or ground. Sideline balls to be taken off the ground			Frees & 65s lifted off the ground, puck-outs may be taken from the hand. Sideline balls to be taken off the ground	
65s	To be taken from 25m in line with where the ball went out of play	To be taken from 30m in line with where the ball went out of play	To be taken from 35m in line with where the ball went out of play	To be taken from 40m in line with where the ball went out of play	To be taken from 45m in line with where the ball went out of play
Player taking free	Players who is fouled takes the kick or for technical fouls / sideline balls the players nearest the ball when the foul is committed/the ball goes out of play.		No restrictions on free takers	No restrictions on free takers	No restrictions on free takers
Enforcement of zones	Players designated in the forwards/back zones may not leave the zone unless they are in possession of the ball or tracking an opponent from their zone who is in possession of the ball. Other active departures from the zone should result in a free kick from the point of breach.		Not Applicable	Not Applicable	Not Applicable
Lifting the Sliothar	Ground Hurling Only	Standard Lift	Standard Lift	Standard Lift	Standard Lift
Limited possession	No Solo Runs Permitted	No Solo Runs Permitted, 4 steps rule applies.	No Solo Runs Permitted, 4 steps rule applies.	No Solo Runs Permitted, 4 steps rule applies.	No Solo Runs Permitted, 4 steps rule applies.
Shoulder	Allowed as normal rules				
Commencement of Quarter / Half	Goalkeeper to puck out the ball	Goalkeeper to puck out the ball	Normal Throw-In in centre of Pitch	Normal Throw-In in centre of Pitch	Normal Throw-In in centre of Pitch
Playing equipment to be used	First Touch Sliothar, Helmets with Faceguards, Shin Guards	Quick Touch / Smart Touch Sliothar, Helmets with Faceguards, Shin Guards	Size 4 leather sliothar, Helmets with Faceguards, Shin Guards		
Goals	Ideally 10ft x 6ft goals but larger allowable given no difference between goals and points. Training poles to be used where required		Ideally 15ft x 7ft but different size goals allowed depending on what posts are available		
Substitutions	Subs allowed on a roll on roll off basis to ensure all players get games. Every player must play at least half a game				
Streaming of Players on Ability	No streaming, where clubs have more than one team all teams fielded are to be of equal ability i.e. No strong and weak teams.		N/A	N/A	N/A
Teamsheets	N/A	N/A	Teamsheets to be provided for each match and to be exchanged with the opposing mentor.		