



## Kildare GAA Southboard Football Rules 2020



| 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  | 60m L X 40m W, divided into 2 zones of 30m. Length to be reduced if games smaller sided | 80m L X 50m W   | 90m L X 60m W   | Full pitch with goals placed on 21 metre line                     |
| Zonal markings                     | All zone boundaries to be clearly marked, with cones or something similar.   |   | 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 -13 by agreement  |
| Rotation of positions              | All players including goalkeeper to play in different positions for each quarter   |   | 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  |
| Kick taking                        | Free kicks, kick-outs, side-line balls and 45s may be taken from the hand or off the ground  |   |   |   |   |
| 45s                                | To be taken from 20m in line with where the ball went out of play  | 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 45m in line with where the ball went out of play |
| Player taking free kick            | Players who is fouled takes the kick or for technical fouls / side-line 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                                    |   |
| Enforcement of zones               | Players designated in the forwards/backers 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  | FULLY COMPETITIVE GAMES AT U12                                    |
| Pick up                            | Standard pick-up but recommended for u8s that a decent attempt be permissible  | Standard Pick-Up  | Standard Pick-Up  | Standard Pick-Up  | Standard Pick-Up  |
| Limited possession                 | A player is limited to two plays e.g. one hop & one solo. 4 steps rule applies.  |   |   |   | 2 Plays (1 Hop 1 Solo – 2 Solos)                                  |
| Shoulder                           | Allowed as normal rules  |   |   |   |   |
| Commencement of Quarter / Half     | Normal Throw-In in centre of Pitch   |   |   |   |   |
| Playing equipment to be used       | First Touch Football - Size 3, Gumshields/Mouthguards  | Quick Touch / Smart Touch Football - Size 3, Gumshields/Mouthguards                     | Size 4 Footballs, Gumshields/Mouthguards  | Size 4 Footballs, Gumshields/Mouthguards                          | Size 4 Footballs, Gumshields/Mouthguards                          |
| 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 kids get games. Every player must play at least half a game   |   |   |   | Standard Substitutions  |
| 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     |   |   |

\*Please see u12 rules on separate link