



**THE
CAMOGIE
ASSOCIATION**
An Cumann Camógaíochta

GO GAMES POLICY

The National Coaching and Games Development Committee

Contents	Pg
Policy Statement	2
Introduction	2
Purpose of this policy	2
Scope	2
Breaches	3
Player eligibility for Go Games	3
Defining Camogie Go Games	4
Organising Go Games	4
Go Games Regulations - u7 to u12	5
Go Games Leagues at U.11 and u12	5
Go Games Playing Rules	5
Appendix 1 Go Games Rules	6
Under 12 and Under 13 Progression Games Policy 2022	7

This document has been drafted by the National Coaching and Games Development Committee. This forms the basis of national policy and is effective as of April 2022

Policy Statement

The Camogie Association is committed to providing a graduated playing introduction to the game of camogie. The Go Games ethos allows for players of all abilities to participate in our games in a fun, learning and safe environment.

Introduction

Camogie Go Games refers to a games development pathway that is aligned to the Camogie Association player pathway and is for players from u7, u8, u9, u10, u11 and u12.

Purpose of this policy

The purpose of this policy is to ensure a structured, standardised and unified approach to the development of young players in Camogie. The long term aim of the Go Games structure is to allow all players in the Go Games age to develop at their own pace and be exposed to the game in a graduated way. All players playing Go Games should experience meaningful game time in a number of different positions over a playing year. Go Games are child centred and developmentally appropriate by the utilisation of small sided games.

The exposure of young players to this type of games development pathway will ensure that they are exposed to positive experiences of the game of Camogie.

Scope

This policy applies to each County Board, club and educational unit responsible for the organisation of Go Games Blitzes, matches and mini leagues. Each County Board, club and educational unit must be aware of and comply with the provisions of this policy.

All units and members of the Camogie Association are bound by the rules of the Camogie Association, please see **rule 3.1** of the Official Guide.

The organisation of Go Games by all county boards must comply with **Rule 33.10**

Rule 33.10

All games activities organised for all players aged U12 by all units of the Association must be:

- Child centred
- Small sided games
- Developmentally appropriate
- Provide all players with meaningful playing time.

Breaches

Any members, clubs, county executives or affiliated unit that does not comply with Camogie Association policy on Go Games will be subject to sanction. This sanction will be at the discretion of the relevant provincial council.

Player eligibility for Go Games;

28.4. A player must meet the following age criteria in order to be eligible to participate in competitions:

U12; Be Under 12 and Over 8 'Under' means that a player must be under the age limit by midnight on the 31st December of the year prior to the playing year. 'Over' means a player must be over the age limit by midnight 31st December of the year prior to the playing year

For breaches of the above Rule, the penalty is the awarding of the game to the opposing team where applicable and a suspension of up to six months to the person(s) in charge of the team in which the breach is committed (Also see Rule 44 for player playing illegally).

Defining Camogie Go Games

Go Games are small-sided versions of Camogie and Hurling which have been devised for children up to and including 12 years of age. The following are the key underpinning principles of Go Games:

- All participants play in the full game.
- Participant needs are catered for, where possible, on the basis of 1year age cohorts i.e. U.7, U.8, U.9, U.10 U.11 & U.12 in a manner consistent with the ethos of Go Games.
- Activities are structured in a manner which optimises the level of fun, friendship, fair play and achievement derived by participants.
- Participants train and play in a safe, supportive and stimulating environment where they are encouraged to risk error, to learn and to derive maximum enjoyment from their involvement.
- Players master the basic skills of Camogie and experience the sense of accomplishment, which derives from acquiring playing proficiency on the left and right hand side of the body.
- Everybody involved in Go Games, whether as players, parents/guardians, spectators, mentors, teachers, officials etc., should adhere to the key underpinning principles and give expression to the GAA 'Give Respect, Get Respect' initiative.

Organising Go Games

- ✓ Go Games may be organised by a Club, county board/divisional boards, or Primary Schools.
- ✓ Counties can organise U.7 & U.9 blitzes as required.
- ✓ U7 and U9 Go Games Camogie shall be organised on a blitz format only annually.
- ✓ Go Games in the U11 age groups shall be organised on a blitz format between March to June annually.
- ✓ An U11 Go Games league can be organised by county boards from August 1st to September 31st annually. Clubs participating in an U11 Go Games league must first participate in at least 2 Go Games Blitzes.
- ✓ Go Games in the U12 age groups shall be organised on a blitz and league format annually. Clubs participating in an U12 Go Games league must first participate in at least 3 blitzes organised by their respective county board.

Go Games Regulations - u7 to u12

The following Go Games Regulations shall apply:

- ✓ Go Games are subject to general rules of the Association.
- ✓ Full camogie gear to be worn for all matches (jersey/skorts or skirts /socks/helmet)
Shinguards are recommended are recommended up to u12.
- ✓ Teams shall be a maximum of:
 - U6 & U7 maximum 7-a-side.
 - U8 & U9 maximum 8-a-side.
 - U10 & U11 maximum 11 -a- side.
 - U12 maximum 13 -a-side.

- ✓ Participants may play up as the age criteria rule in the official guide allows. (28.4)
- ✓ No provision is made to publish scores, to play on a knock-out basis nor to include semi-finals, finals etc. in Go Games blitzes at any age group.
- ✓ No provision is made to present trophies, cups etc. Where certificates/medals are presented in lieu of participation, the same certificate/medal must be presented to every participant at Go Games Blitzes.

Go Games Leagues at U11 and U12

Regulations:

1. U11 and U12 Leagues are subject to general rules of the Association.
2. Full camogie gear to be worn for all matches (jersey/skorts or skirts /socks/helmet)
3. **Clubs must participate in at least 2 cluster blitz's at U11 and 3 at U12 level before being eligible to participate in the U11 and U12 leagues.**
4. Provision may be made for semi-final and finals to take place, provided that participating teams have played a **minimum of 4 league/qualifier games.**
5. Provision may be made for the presentation of medals, trophies/cups.
6. The length of the playing field will be no longer than 105m long (20m line - 20m line) for u11 and no longer 65m and no narrower than 40m for u11.
7. Unlimited substitutions may be made during a game to optimise participation.
8. **Every player must experience game time in every league game.**
9. Leagues at U11 and U12 age may be organised on a match or a blitz basis. Games may be organised involving county boards, clubs and primary school on an internal (i.e. single unit) or external (i.e. multiple unit) basis.
10. Teams should be a maximum of 11-a-side for U11 and 13- a -side for U12.
11. See appendices 1 for pitch dimensions for each age.
12. Everybody involved in games at U11 and U12, whether as players, parents/guardians, spectators, mentors, teachers, officials etc., should adhere to the key underpinning principles and give expression to the GAA 'Give Respect, Get Respect' initiative.

Go Games Playing Rules

- The recommended Playing Rules for Go Games Camogie and Hurling are provided in Appendices 1
- These are provided by way of best practice recommendations and can be adapted to meet localised needs.
- Where units from different counties play a game, these Playing Rules will be used.

Counties are asked to consider running U13 autumn leagues after the U12 GO Games are complete to allow for players to experience transition from Go Games to full Camogie rules before they play competitively at U14 level.

Agreed by April Ard Chomhairle

Reviewed.....



RECOMMENDED CAMOGIE



CAMOGIE

ITEM	UNDER 6 and UNDER 7	UNDER 8 and UNDER 9	UNDER 10 and UNDER 11
1. Team sizes/ Participation	<p>Maximum 7-a-side.</p> <p>A club/school/community team with 10 or more players should make two or more teams to play in games, where possible.</p> <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skorts or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half-time. 	<p>Maximum 9-a-side.</p> <p>A club/school/community team with 14 players or more players should make two or more teams to play in games, where possible.</p> <ul style="list-style-type: none"> Full camogie gear to be worn for all matches (jersey/skorts or skirts /socks/helmet) Coach/mentor encouraged to rotate positions at half-time. 	<p>Maximum 11-a-side.</p> <p>Club /school/community team with 16 or more players should make two or more teams to play in games, where possible</p> <p>Where a club/school/community team has 17 players or less, then each sub should play a minimum of a full half in each game Coach/mentor encouraged to rotate positions at half-time</p>
2. Pitch Dimensions	45m x 30m Make pitch smaller, if appropriate.	65m x 40m Make pitch smaller, if appropriate.	90 m x 40-50m Make pitch smaller, if appropriate.
3. Zones	2 Zones - Pitch split with cones across at halfway.	None	Make pitch smaller, if appropriate, None
4. Duration	Minimum 6min to maximum 12min per half.	Minimum 8min to maximum 15min per half.	Minimum 10min to maximum 20 min per half
5. Goalposts	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles or cones are optional.	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	With Puck Out from hand or ground. All other players must stand 10m away from player taking.	With puck out from the hand or ground. All other players must stand 10m away from player taking.	With thrown in at halfway mark. All other players must stand 10m away from player taking.
8. Outfield Play	All on the ground. No kicking the ball.	Full rules except: One hop of ball <u>only</u> on hurley is permitted. No kicking the ball.	Full rules except: Solo Run up to 10m permitted. Solo
9. Goalkeeper	Catch, Lift into the hand and strike or Ground Strike at all times. No kicking the ball. May use leg to block/save.	Catch, Lift into the hand and strike or ground strike at all times. No kicking the ball. May use leg to block/save.	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.
10. Frees / '45's / Sideline – 'Nearest Player'	<p>All taken off the ground.</p> <p>All opposing players should be at least 8m from player taking.</p> <p>Free pucks should be no closer than 10m from opposing end line.</p> <p>No hop /solo</p> <p>Nearest Player</p> <p>Frees: Player who is fouled or nearest fouled ball takes.</p> <p>Sideline; Player nearest ball when crosses line takes.</p> <p>'45's'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line.</p> <p>Referee chooses player nearest/last struck to take free.</p>	<p>Strike from the hand or lift and strike (Frees & '65's').</p> <p>Sideline puck taken off the ground.</p> <p>All opposing players should be at least 8m from player taking.</p> <p>Free pucks should be no closer than 20m from opposing end line.</p> <p>One Hop of ball on hurley is permitted.</p> <p>Nearest Player</p> <p>Frees; Player who is fouled or nearest fouled ball takes.</p> <p>Sideline; Player nearest ball when crosses line takes.</p> <p>'45's'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line.</p> <p>Referee chooses player nearest/last struck to take free.</p>	<p>Strike from the hand or lift and strike (Frees & '65's').</p> <p>Sideline puck taken off the ground.</p> <p>All opposing players should be at least 10m from player taking.</p> <p>Free pucks should be no closer than 20m from opposing end line.</p> <p>Nearest Player</p> <p>Frees; Player who is fouled or nearest fouled ball takes.</p> <p>Sideline; Player nearest ball when crosses line takes.</p> <p>'45's'; Player who last strikes the ball on attacking team takes from halfway line in line where ball crosses end line.</p> <p>Referee chooses player nearest/last struck to take free.</p>
11. Scoring	1point for over crossbar and 1point for goal.	1 point for over crossbar and 1point for goal.	2 points for over crossbar and 3 points for goal.
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.

Under 12 and Under 13 Progression Games Policy

2022

This document has been drafted by the National Coaching and Games Development Committee. This forms the basis of national policy and is effective as of 01 April 2022.

Policy Statement

The Camogie Association is committed to providing a graduated playing introduction to the game of camogie. The progression games ethos allows for players of all abilities the opportunity to build confidence and the skills required to transition from Go Games to U14 in a fun, learning and safe environment, away from the pressures of championships.

Purpose of this policy

The purpose of this policy is to ensure a structured, standardised, and unified approach to the development of young players in Camogie at Under 12 and Under 13, i.e., non-championship ages. The long-term aim of the structure is to allow all players to transition from go games to the full-sized pitch through a progressive stepped approach.

Players should experience meaningful game time in several different positions over a playing year. Players are encouraged to develop all the skills of camogie on a bigger field. U12 and U13 are child centred and developmentally appropriate by the utilisation of unlimited subs. U12s and U13s are not part of the Gaelic Games Go Games policy.

Scope

This policy applies to each county board, club, and province responsible to running Under 12 and Under 13 games programmes. Each county board, club and province must be aware of and comply with the provisions of this policy. All units and members of the Camogie Association are bound by the rules of the Camogie Association.

The organisation of U12 games by all county boards must comply with Rule 33.10

Rule 33.10

All games activities organised for all players aged U12 by all units of the Association must be:

- Child centred
- Small sided games
- Developmentally appropriate
- Provide all players with meaningful playing time.

UNDER 12 Progression Games Policy Aim:

“To enable young camogie players to perform technical skills correctly and consistently. To support young camogie players with developing team-play.”

U12 Regulations:

1. The U12 season shall be a mix of blitzes and / or leagues.
2. U12 Leagues & blitzes are subject to general rules of the Camogie Association.
3. Participants may play up as the age criteria rule in the official guide allows. (Rule 28.4)
4. No provision is made to publish scores or to play on a knock-out basis.
5. Full camogie gear to be worn for all matches (jersey/skorts or skirts /socks/helmet)
6. Where certificates/medals are presented in lieu of participation, the same certificate/medal must be presented to every participant.
7. Provision may be made for finals to take place, provided that participating teams have played a minimum of four league/qualifier games.
8. Where possible, every division should have an even number of teams and every team should play a final.
9. Teams should be a maximum of 13- a -side for U12. Where both teams have thirteen players, the default is 13-a-side.
10. League pitch size for 13-a-side: 105m long (20m line - 20m line) by a minimum of 80m wide and up to full width (as appropriate to the standard of the teams). The pitch can be reduced for smaller sided games as appropriate.
11. Goalposts for league matches should be 15ft wide. For non-league blitzes, slalom poles may be used.
12. Unlimited substitutions may be made during a game to optimise participation.
13. Every U12 player must experience game time in every league game – minimum half a game.
14. Leagues at U12 age may be organised on a match or a blitz basis. Games may be organised involving county boards, clubs, and primary school on an internal (i.e., single unit) or external (i.e., multiple unit) basis.
15. Clubs should be encouraged to enter second teams in leagues and to allow players to play up a grade to facilitate the fielding of second teams but should not replace or minimise game time for age-appropriate players. The unit in charge is encouraged to offer appropriate divisions for second teams to play each other. For example, a second team division could be 8-a-side and on a smaller pitch, as appropriate.
16. Everybody involved in games at U12, whether as players, parents/guardians, spectators, mentors, teachers, officials etc., should adhere to the key underpinning principles and give expression to the GAA ‘Give Respect, Get Respect’ initiative.

U12 Playing Rules

1. Team sizes/ participation maximum 13-a-side.
2. Each U12 player should play a minimum of half the match.
3. Players should rotate positions.
4. Unlimited subs and all should get active game time.
5. Duration Minimum 10min to maximum 25min per half.
6. Sliotar: Progression from the U11 Quick touch sliotar to match ball size four is recommended, or as seen appropriate for your county. Each county Development Committee / Development Officer to decide on the sliotar that is appropriate for its level of development. Default for U12s for national and provincial games is match ball size 4 (to promote more natural striking).
7. Frees/'45's / Sideline – 'Nearest Player' strike and lift.
8. "45s" to be taken from the sixty-five when playing from 20m line to 20m line.
9. Default Scoring: two points for over crossbar and three points for goal.
10. No rectangle rules apply.

County Development Committee has the authority to modify playing rules in accordance with local needs and standards. Examples:

- One point for a goal and three points for over the bar from play, to encourage the coaching of striking and still promotes everyone to take their own free by giving one point for a pointed free. It also encourages the rotating of goalkeepers.
- Three points for a goal and one for a point. The normal scoring rules of camogie can result in loads of goals scrambled across the line and coaches reacting by putting a strong player in goals to stop in.
- One point per score: should be used where slalom poles are used instead of goalposts with a crossbar.
- One touch and no solo for small-sided blitzes games. Encourages passing and stops the strong players dominating. This is not rarely an issue on a full sized U12 league pitch, 105m x 90m.

UNDER 13 Progression Games Policy Aim:

“To enable young camogie players at this age to develop their skills and team-play further , while providing them with a period of transition between games development and competitive games programmes.”

The Camogie Association encourages the running of a U13 league on completion of a U12 season , to facilitate this transition period

U13 Regulations:

1. U13 Leagues are subject to general rules of the Association.
2. Full camogie gear to be worn for all matches (jersey/skorts or skirts /socks/helmet)
3. Unlimited substitutions may be made during a game to optimise participation.
4. 15-a-side max and 12-a-side min. You play with the number of players the smallest team has.
5. Full-sized pitch for 15 v 15 and 14 v 14.
6. The pitch can be reduced to 13m-to-13m lines at full width for 13 v 13 and 12 v 12. Or reduce the width to 80m while continuing to use the big goal posts. (Which promotes striking on the run into a bigger target).
7. Full playing rules except, all puckouts from the 20m line.
8. Sliotar: Size 4
9. 25mins a half.
10. Provision may be made for finals to take place, provided that participating teams have played a minimum of four league/qualifier games. Where possible, every division should have an even number of teams and every teams should play a final.
11. Provision may be made for the presentation of medals, trophies/cups.
12. Scoring: One point for a point and three points for a goal.
13. Everybody involved in games at U13, whether as players, parents/guardians, spectators, mentors, teachers, officials etc., should adhere to the key underpinning principles and give expression to the GAA ‘Give Respect, Get Respect’ initiative

County Development committee has the authority to modify rules in accordance with local needs and standards. Examples:

- Full sized goal posts are strongly recommended for players to gain experience to striking into a larger target. It is easier to gain confidence striking on the run into full sized goalpost.

- Where games are 13 v 13 or 12 v 12, consider making the pitch narrower before shortening it. Small goals are a much harder target to score in.
- For matches across county borders or regional / national matches, the above rules are default.

Breaches

- **Rule Breaches by clubs or mentors: THDC.**
As per rule 33.8 and ratified Under 12 and U13 Progression Games Policy, non-compliance with policy by a unit will be referred to the relevant Transfers, Hearing and Disciplinary Committees (THDCs) for sanction.
- **Non-compliance with Under 12 and Under 13 Progression Games Policy: National**
Where a county fails to comply with the **Under 12 and Under 13 Progression Games Policy** for the provision on their games programme structure for U12 & U13, breaches shall be reported to the Coaching and Games Committee and proposed sanctions must be ratified by Ard Chomhairle.

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