Coiste na nÓg Dhun na nGall Under-Age Rules & Regulations 2024

Go Games (Football & Hurling) U-7/U-9/U-11

General Rules (All Divisions)

Any Divisional or Inter Division Matches Being Played At Quarter Final, Semi-Final or Final Stage that finish level at Full-Time are subject to Mandatory additional time. This will consist of 2 x 10 minute periods of extra time. This applies to all Divisional Quarter-Finals, Semi-Finals and Finals in both League & Championship. This also Includes All County Quarter-Finals, Semi-Finals & Finals in League & Championship. The only Exception is if the match referee deems there is insufficient light or weather conditions have deteriorated significantly in which case the official can decides not to play the additional time. In such cases he/she may terminate the match at fulltime.

1. The rules listed below and overleaf have been agreed by Coiste na nÓg CCC and are to be implemented by each match official in full, in order to ensure there is consistent and fair application of all rules throughout Dhun Na nGall. No deviations or exceptions are permitted.

2. Protective Mouth Guard – Since January 2014 wearing a protective mouth guard has been mandatory at All Grades, please enforce this under Rule. 6.2 (Guideline – direct player to leave the field to get gum-shield, if they return without gum-shield issue a caution, repeat if necessary and on issuing of 2nd caution for this offence this is to be followed by a red card. The only exception to where a player has a letter from a dentist, eg if a retainer or brace is in place.

3. A player may play only one grade above their age, ie U-11 players may play both U-12 & U-14 but NOT U-16 An U-14 player may play U-14 and U-16 but not U-18.

4. Girls may play along with boys at all grades up to and including U-12 but NOT above this grade ie U-13 upwards. Girls must adhere to the same rules as boys ie pick up or crouch lift, if they lift the ball off the ground using only their hands award a free to opposition.

5. For all matches where portable goal-posts are in use the match referee MUST check and ensure that the goal-posts are properly staked or pegged into the ground BEFORE the match commences. Nets must be provided on all portable goal-posts for U13 competitions.

6. The referee must ensure that all non-players & spectators etc must remain outside the boundary fence during matches. Also, anyone other than umpires that are loitering behind or around the goalposts must be directed towards their designated areas by the referee. This especially includes managers or mentors. During matches there are to be no ball games played behind the goalposts.

7. Please note that only sports glasses or goggles made from a composite material are permitted to be worn by players, No Player is permitted to wear normal glasses under any circumstances so as not to constitute a physical danger to the player or other players. The match referee is entitled to object to the player wearing the sports goggles if the referee reasonably believes that they are unsafe.

**Football Regulations**

U-12 A Maximum of 13 v 13 25 minutes per half. Size 4 Football. Unlimited Substitutions. Pitch Size 20m Line to 20m Line Goalposts 15ft x 6ft, sidelines to be brought in by 25 meters from the centre of the D on each side

**U-12 Rules**

Outfield Play ; Full rules except 2 touch Rule (1 x bounce & 1 x solo OR 2 x solo) Pick up and crouch lift allowed. Tackle : U-12 ; Shoulder charge is permitted and players are only allowed to tackle the ball. Incidental contact only is permitted & players must tackle the ball. Frees/Side-lines ; All taken from the hand, all players should be at least 8m from kicker. Player who is fouled or nearest the free takes the kick or side-line except for scoring free. Free kicks should be no closer than 20m from opposition end-line, ie if a foul occurs close to goals the free is taken out by 20m in line where the foul was committed. 45’s ; 45’s Taken from the 45 yard line from the hand or ground. Kick-outs ; From the hand or ground (Tee Permitted) Goalkeeper may advance 13m from goal line, all other players to be approx. 8m from kick. Hand Pass ; Fist/Hand pass allowed. Scoring ; 1 Point for an over the crossbar, 3 Points for a goal. Penalties : NO PENALTY KICKS. (13m Free Only) Square Ball ; Square Ball (Small rectangle to be approx. Minimum 14ft x 6ft to maximum 15ft x 6ft, Normal square ball rule applies) Commence ; With throw-in on the halfway line mark. Black/Yellow/Red rules apply per official rules. Goal nets to be provided. Penalty for breach €25.

**U-14 Rules**

Team Sizes/Participation ; Full rules except 2 touch Rule (1 x bounce & 1 x solo OR 2 x solo) 15 a side Duration ; 30 minutes per half. Size 4 Football. Unlimited Substitutions. Pitch Size – Full pitch Kick-outs To be taken on the 20m line from the ground only (Tee permitted). 45’s To be taken from the ground only 45m from end line, directly in line where ball went out of play. Mark; Award on 45m line outwards. Advance Mark also applies. Penalty Kick 11m As Per Adult Rules. Every player who is togged and is eligible to play needs to be named on the teamsheet.

**U-16 Rules**

Team Size; 15 a side (5 Subs) Duration ; 30 minutes per half. **Size 5 Football**. Kick-outs To be taken on the 20m line from the ground only (Tee permitted). 45’s To be taken from the ground only 45m from end line, directly in line where ball went out of play. Mark; Award on 45m line outwards. Advance Mark also applies. Penalty Kick 11m As Per Adult Rules.

**U-18 Rules**

Team Size; 15 a side (5 Subs) Duration ; 30 minutes per half. Size 5 Football.

Kick-outs To be taken from the ground only on the 20m line. (Tee Permitted) 45’s To be taken from the ground only 45m from end-line, directly in line where ball went out of play.

**MARK To catch the ball cleanly from a Kick-Out without it touching the ground, on or past the 45m line nearest the Kick-Out point.**

**or**

**To catch the ball cleanly on or inside a 45m line from a kick in play (i.e. not from set-play) delivered by an attacking player on or beyond the opposing team’s 45m line, that travels at least 20m and without it touching the ground.**

Under 12 Hurling

11 a-side games with a minimum of 7a-side to allow the game to be played. Where the situation arises that both clubs have for example 18 plus players 2 9 a-side games should be played. The aim at U12hurling in 2024 is to give all players the maximum playing time at all times. It is important that clubs consult each other prior to a game so that the number of players available to each club can be finalised prior to the actual fixture.

* Unlimited substitution - Equal game time for all.
* Portable posts to be used.
* Goal nets to be provided. Penalty for breach €25.
* Pitch size 100m x 40m
* Clubs should strive to have 20 minute blocks up to 60minutes.
* Clubs are also encouraged to have all players playing and not standing on the sideline.
* Smart touch sliotar to be used

Under 14 Hurling

* Unlimited substitutions allowed, substitutions can be made at any time in the game.
* The maximum width for goal posts will be 4.50m wide and maximum height of crossbar 2.1m high.
* Goal nets to be provided. Penalty for breach €25.
* Matches shall be of two periods of 30 minutes duration.
* Under 14 hurling teams are allowed to play a League fixture with a minimum of 11 players per team.
* Teams shall commit to field at 11 a side but on mutual agreement teams can play up to 15.
* Fielding less players for the sake of gaining a competitive advantage would not be in keeping with the spirit of the league.
* Both teams must field an equal number of players, and the team with the lesser number of players must be accommodated for the fixture to proceed. If a player comes off due to injury, the opposition team must take a player off to have equal numbers in both teams.
* There should be no subs for the team with the lowest numbers, if the numbers are being reduced to facilitate the match proceeding.
* Size 4 sliotar to be used

Under 16 Hurling Competitions

* Five substitutions allowed, substitutions can be made at any time in the game.
* playing pitch as for adult
* Goal posts shall be full adult size.
* Goal nets to be provided. Penalty for breach €25.
* Games shall be of two periods of 30 minutes duration.
* Under 16 hurling teams are allowed to play a League fixture with a minimum of 11 players and a maximum of 15 players per team.
* Fielding less players for the sake of gaining a competitive advantage would not be in keeping with the spirit of the league.
* Both teams must field an equal number of players, and the team with the lesser number of players must be accommodated for the fixture to proceed. If a player comes off due to injury, the opposition team must take a player off to have equal numbers in both teams.
* There should be no subs for the team with the lowest numbers, if the numbers are being reduced to facilitate the match proceeding
* Under 16 hurling Championship. “A” Championship 15 a-side, “B” Championship 13 a-side.
* Size 5 sliotar must be used.

Under 18 Hurling Competitions

* Five substitutions allowed, substitutions can be made at any time in the game. b. Playing pitch should be same as adult
* Goal posts shall be full adult size.
* Goal nets to be provided. Penalty for breach €25.
* Full adult hurling rules
* Under 18 hurling teams are allowed to play a League fixture with a minimum of 11 players and a maximum of 15 players per team.
* Teams should strive to field at 15 a side.
* Fielding less players for the sake of gaining a competitive advantage would not be in keeping with the spirit of the league.
* Both teams must field an equal number of players, and the team with the lesser number of players must be accommodated for the fixture to proceed. If a player comes off due to injury, the opposition team must take a player off to have equal numbers in both teams.
* There should be no subs for the team with the lowest numbers, if the numbers are being reduced to facilitate the match proceeding.
* Under 18 hurling championship
* “A” championship – 15 a-side

“B” championship - 13 a-side

* Size 5 Sliotar must be used.

Hurling match reports to be sent to Jim Quinn by the referee.

Match reports to be sent to the following Addresses ONLY!

All County League & Championship Quarter-finals, Semi-finals & Finals (All Grades) to be sent to (Disciplinarysecretary.coistenanog.donegal@gaa.ie). All Regional league & championship match reports (up to and including regional finals) must be sent to the address below that covers your area. In all cases reports must be submitted within 3 Days (No Exceptions). All Results must be texted in within 1 Hour of full-time.

# IMPORTANT NOTE # All Sending Off or Disciplinary issues that have arisen from a match where they are included in the referees post match report **must** be sent directly to [Disciplinarysecretary.coistenanog.donegal@gaa.ie](mailto:Disciplinarysecretary.coistenanog.donegal@gaa.ie) whether it is a Regional or All County competition.

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| **Northern Regional Board** | **Inishowen Regional Board** |
| Sharon Harnett  27 Glencar Park | Paddy McGonigle  Ferris Lane |
| Letterkenny, Co Donegal | Buncrana  Co Donegal |
| [treasurernorthernboard@gmail.com](mailto:treasurernorthernboard@gmail.com) | [paddymcgonigle2@hotmail.com](mailto:paddymcgonigle2@hotmail.com) |
| 0868405785 | 0861605701 |
| **Southern Regional Board** | **Hurling and All County** |
| Sabrina Brosnan  37 Woodlands  Ballyshannon | Jim Quinn  Welchstown  Ballybofey |
| Co Donegal | Co Donegal |
| [Sabrina.s.brosnan@gmail.com](mailto:Sabrina.s.brosnan@gmail.com) | Disciplinarysecretary.coistenanog.donegal@gaa.ie |
| 0868241297 | 0879499195 |