



Aim

To enable players to perform the underlying skills of hurling accurately and consistently in an open, competitive environment and assist with the development of the team play

Playing Rules

- Play commences with the throw-in between two players from each team in the middle of the field
- The side-to-side (shoulder) charge is permitted
- Players may play the sliothar on the ground, players are permitted to lift the sliothar into the hand, then hand pass or strike after 4 steps
- Players may strike it from the hand after a 'clean' catch
- A player who catches the sliothar may take four steps with it in his/her hand or on the stick before playing it away
- Solo running with the sliothar on the hurley is not permitted after the four steps
- A player who is fouled takes the free by lifting and striking the ball – without taking it in the hand – or by striking it on the ground
- When a player fouls the sliothar e.g over carries it, the opponent nearest to the sliothar takes the free puck
- When the free is awarded, the sliothar to be given immediately to the player taking the puck. If this does not happen the ball is advanced 5m
- When a team plays the sliothar over the sideline the opponent nearest to where the sliothar crosses the line takes the sideline puck from the ground
- When a team plays the sliothar over their own sideline the other team are awarded a free puck from the centre of the field opposite where the sliothar crossed the sideline
- Opposing players must be at least 10m from the player taking the free puck, sideline puck or puck out. Free pucks should be no closer than 20m from the opposing sideline
- Players are not permitted to kick the sliothar but if the ball strikes the foot or leg of a player this does not constitute a foul

Scoring System

- 1 point when sliothar is played over the crossbar
- 3 points when sliothar is played under the crossbar



Equipment

- Well secured portable goal posts (15' x 7' or 4.5m x 2.2m) / training poles or flags may be used
- Bibs and cones
- Three smart touch (size 3) sliothars – one placed behind each goal and one in play



Playing the Game

- 11 v 11
- Playing area 90m x 40-50m (2 playing areas fit on 1 standard pitch)
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- No zones – free movement permitted
- Players rotate positions between goals, defence, midfield and attackers at half-time
- All players must wear a helmet with full facial protection



Time Duration

Blitz

- 2 halves
- 8 minutes per half

Game

- 2 halves
- 20 minutes per half

Modifications (only on agreement)

- Players may lift and strike the sliothar without taking it to hand
- Skill points may be awarded e.g 1 point for a successful block, hook or catch

