



## Kildare GAA North & South Board Football 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	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	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
Kick taking	Free kicks, kick-outs, sideline 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 35m 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 / 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/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	Not Applicable
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.				
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				
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		