



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 teams 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.