

## What are Go Games?

Go Games are small sided/modified versions of Ladies Gaelic Football which have been devised for children up to and including U12. Go Games can be played by a club, school and/or community team. All girls get to play during the course of the game and the score is not formally recorded. Go Games are structured to cater for the needs and abilities of all participants.

## Why Go Games/ what are the benefits?

Player	Coach	Club
<ul style="list-style-type: none"> <li>• FUN- Everyone plays</li> <li>• Increased touches</li> <li>• Opportunity to develop skills at own pace</li> <li>• Pressure of winning/losing removed</li> <li>• Focus on development</li> <li>• Opportunity to try different positions</li> <li>• Fair play and sportsmanship</li> </ul>	<ul style="list-style-type: none"> <li>• Development focus allowing coach to focus on coaching not ‘winning’</li> <li>• Pressure of winning/losing removed</li> <li>• Everyone plays so opportunity to try players in all positions</li> </ul>	<ul style="list-style-type: none"> <li>• Promote development Ethos &amp; Culture</li> <li>• Increased participation</li> <li>• Retention</li> <li>• Improved players technically, tactically and through team play</li> <li>• Opportunity to get more people involved</li> </ul>

## Who can organise?

Go Games can be organised by County board, clubs and schools. As per LGFA rule 296. *All games under 11 shall be organised through the Go Games model.*

**Central philosophy of Go Games** is - to promote **full participation** and **fair play** while catering for the developmental needs of the participants.

## How to Organise:

Use modified pitch, playing rules and equipment that are appropriate to the age group and ability level of those participating.

These playing rules are not set in stone – there is no reason why the rules cannot be modified to meet the varying needs and abilities that coaches meet ‘on the ground’.

Counties should adopt a standardised approach to Go Games based on these recommended rules to ensure uniformity among clubs. Counties should then provide clubs with the required Go Games rule sheet for their age group(s).

## Organising Go Games by:

### County Board

County board should organise activity for the needs of their membership:

- **U6/7/8/9/10/11 Go Games:**  
Spring Go Games March-May (Cluster blitzes/Geographical) with all county blitz June.  
Autumn Go Games: July-September and all county monster blitz October.
- **U12 Small sided games:** U12 games can be organised in a blitz or league format. There is no championship or finals to be played in Under 12 grade.  
Spring series: March-May (Cluster/Geographical) to allow grading,  
Autumn series: depending on grading. **N.B:** NO FINALS
- Suggested to provide **Go Games referee course(s)** and clubs could for example nominate min 2 referees to officiate Go Games. From this pool of referees, County board/ Club/ School utilise for Go Games/blitzes. There is an opportunity for experienced referees to attend and mentor/offer feedback to new referees.

## Club

To develop all players regardless of present ability, as coaches we need to provide an environment where they can practise their skills in a game situation. Modified small sided games allows increased repetition of skill and to develop tactical awareness and team play i.e players learn to master the skills of the game in a controlled environment while learning where to move and team play and know what to do and when to do it (Tactical awareness).

### How:

- **Training-** Clubs can organise modified games as part of your training to encourage mastery of skills in game situation. Modifying the pitch size, players a side and rules specific to the groups needs and abilities.
- Club could also **host a school Go Games blitz** for all feeder schools in area. An opportunity to promote the club in the area and create good club school link.
- Club festival day where hold an open day for all club members, play Go Games

## School

- **Lunch time league:** Organise a lunch time league, small sided games where the pupil can play and officiate. For example 7 a side x 'X' teams. 2 teams play 10/15 minute game, another team officiate (1 x referee, 2 x lines people, 4 x umpires). All pupils participate either playing or learning to officiate.

ITEM	UNDER 8 & UNDER 9	UNDER 10 & 11	UNDER 12
<b>1. Team sizes/ Participation</b>	Maximum 9 -a-side.  A club/school/community team with 14 players or more players should make two or more teams to play in games, where possible.  Coach/mentor encouraged to rotate positions at half-time.	Maximum 11-a-side, if teams have panels of 16 or more players they should make two or more teams to play in games, where possible.  Each sub should play a minimum of a full half in each game.  Coach/mentor encouraged to rotate positions at half-time.	Maximum 13-a-side if teams have panels of 18 or more players should make two or more teams to play in games, where possible  Each sub should play a minimum of a full quarter in each game.  Coach/mentor encouraged to rotate positions at half-time.
<b>2. Pitch Dimensions</b>	65m x 40m Make pitch smaller, if appropriate.	90m x 40-50m Make pitch smaller, if appropriate. (Depending on grading)	<b>Pitch no longer</b> than 105m long (20m line - 20m line). Make pitch smaller, if appropriate. (Depending on grading)
<b>3. Zones</b>	2 Zones: Line across halfway, Backs/forwards must remain in zone they are assigned/ midfielders can enter any zone.	2 Zones: Line across halfway, Backs/forwards must remain in zone they are assigned/ midfielders can enter any zone	None
<b>4. Duration</b>	Minimum 8min to maximum 15min per half.	Minimum 10min (blitz) Max 20 -25min per half (Normal game) 4 quarters as per rule 348 (12.5min per quarter)	Minimum 10min (blitz) to max 20 -25min per half (Normal game) 4 quarters as per rule 348 (12.5min per quarter)
<b>5. Goalposts</b>	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.	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft.
<b>6. Ball</b>	Size 2 Quick touch	Size 3 Smart touch	Size 4 or Smart touch
<b>7. Commence</b>	With throw in at halfway line 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.	With thrown in at halfway mark. All other players must stand 10m away from player taking.
<b>8. Outfield Play</b>	<b>Full rules except:</b> Two touches- one hop & one solo or 2 solos	<b>Full rules except:</b> Two touches- one hop & one solo or 2 solos	<b>Full rules except:</b> Two touches- one hop & one solo or 2 solos
<b>9. Goalkeeper</b>	After a score the ball is thrown in from half way line (digression of organising committee allowed here) otherwise, Restart play with kick out from hands 10m from goal	Restart play with kick out from hands 10m from goals	Restart play with kick out from hands 10m from goals
<b>10. Restarts: 'Nearest Player' Frees / '45's' / Side-line –</b>	All taken from the hand. All opposing players should be at least 10m from player taking. Free kicks should be no closer than 10m from opposing end line.  <b>Nearest Player</b> <b>Frees;</b> Player who is fouled or nearest fouled ball takes. <b>Side-line;</b> Player nearest ball when crosses line takes. <b>'45's';</b> No 45's, play commence with kick out  Referee chooses player nearest/last struck to take free.	All taken from the hand. All opposing players should be at least 10m from player taking. Free kicks should be no closer than 10m from opposing end line.  <b>Nearest Player</b> <b>Frees;</b> Player who is fouled or nearest fouled ball takes. <b>Side-line;</b> Player nearest ball when crosses line takes. <b>'45's';</b> No 45's, play commence with kick out  Referee chooses player nearest/last struck to take free.	All taken from the hand. All opposing players should be at least 10m from player taking. Free kicks should be no closer than 20m from opposing end line.  <b>Nearest Player</b> <b>Frees;</b> Player who is fouled or nearest fouled ball takes. <b>Side-line;</b> Player nearest ball when crosses line takes. <b>'45's';</b> Player who last strikes the ball on attacking team takes from halfway line in line where ball crosses end line.  Referee chooses player nearest/last struck to take free.
<b>11. Scoring</b>	3 points for over crossbar and 1 point for goal.	3 points for over crossbar and 1 point for goal	1 point for over crossbar and 3 points for goal as standard.
<b>12. Other</b>	No Penalties		

## Under 6 Go Games

### Aim:

To introduce players to game for the first time

The Official rules of LGFA will apply to all games however the following modified rules are applicable at under 6 level:

- 2 Zones: line across halfway. Backs/forwards remain in zone assigned, no midfielders
- Play to commence with throw in at centre
- After score, the ball to be thrown in from half way mark (To avoid ball stuck down 1 half), otherwise, restart play with kick out from hands 10m from goal.
- 2 touch rule (2 solos or 1 hop & 1 solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- No 45's (ball is deemed wide if goes over end line)
- No penalties
- 3 Points for over the bar, 1 point for under the cross bar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponents player who is nearest side-line to take from her hands
- **Referees decision is final**

### Organising

#### Equipment:

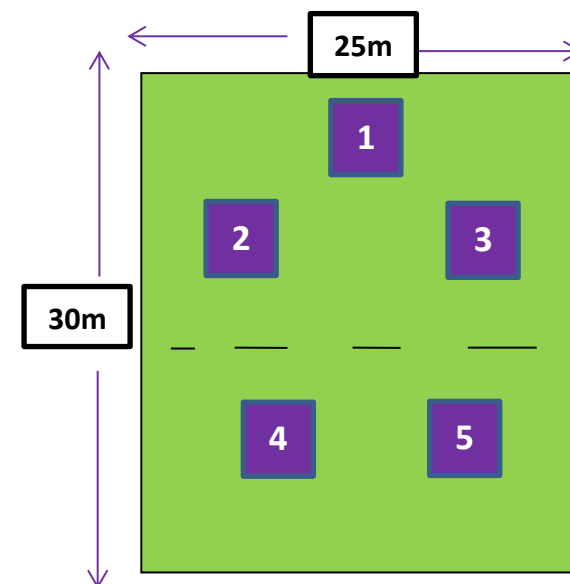
- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 1 first touch ball
- Cones for halfway line and side lines

#### Time:

- 20 min games (10per half)
- At least 2 games per occasion

### Playing the Game

- **5 v 5** including goal keeper
- **Max 7 v 7**
- Pitch 30m x 25m
- 2 Zones: line across halfway. Backs/forwards remain in zone,
- Players should rotate positions
- Unlimited subs if applicable
- Players should get equal playing time



## Under 7 Small Sided Games

### Aim:

To introduce players to game and initiate spatial awareness

The Official rules of LGFA will apply to all games however the following modified rules are applicable at under 7 level:

- 2 Zones: line across halfway. Backs/forwards remain in zone assigned, no midfielders
- Play to commence with throw in at centre
- After score, the ball to be thrown in from half way mark (To avoid ball stuck down 1 half), otherwise, restart play with kick out from hands 10m from goal
- 2 touch rule (2 solos or 1 hop & 1 solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- No 45's (ball is deemed wide if goes over end line)
- No penalties
- 3 Points for over the bar, 1 point for under the cross bar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponents player who is nearest side-line to take from her hands
- **Referees decision is final**

### Organising

#### Equipment:

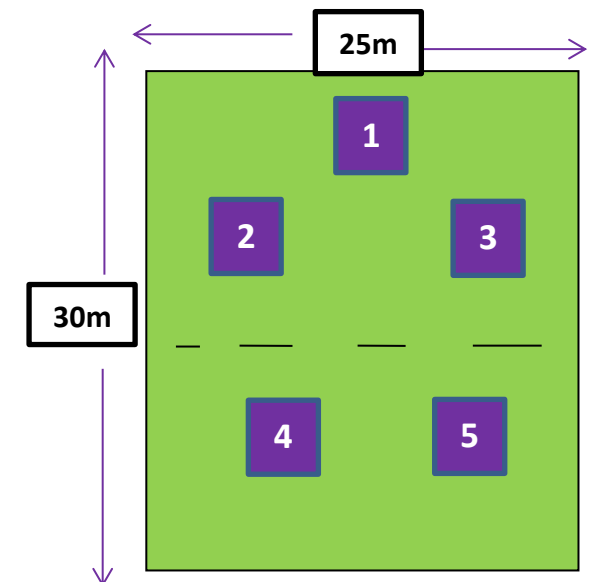
- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 1 first touch ball
- Cones for halfway line and side lines

#### Time:

- 20 min games (10per half)
- At least 2 games per occasion

### Playing the Game

- **5 v 5** inc goal keeper
- **Max 7 v 7**
- Pitch 30m x 25m
- 2 Zones: line across halfway. Backs/forwards remain in zone,
- Players should rotate positions
- Unlimited subs if applicable
- Players should get equal playing time



## Under 8 Go Games

### Aim:

To develop the basic technical skills in a controlled environment.

The Official rules of LGFA will apply to all games however the following modified rules are applicable at under 8 level:

- 2 Zones: line across halfway. Backs/forwards remain in zone assigned, midfielders can enter any zone
- Play to commence with throw in at centre
- After score, the ball to be thrown in from half way mark (To avoid ball stuck down 1 half) **OR** Goalkeeper may advance 10m for kick out
- 2 touch rule (2 solos or 1 hop & 1 solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- No 45's (ball is deemed wide if goes over end line)
- No penalties
- 3 Points for over the bar, 1 point for under the cross bar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponents player who is nearest side-line to take from her hands
- **Referees decision is final**

### Organising

#### Equipment:

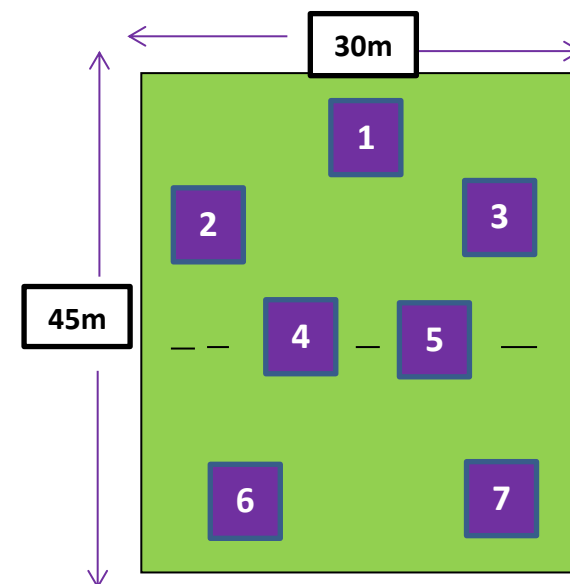
- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 2 Quick touch ball
- Cones for halfway line and side lines

#### Time:

- 20 min games (10 per half)
- At least 2 games per occasion

### Playing the Game

- **7 v 7** inc goal keeper
- **Max 9 v 9**
- Pitch 45m x 30m
- 2 Zones: line across halfway. Backs/forwards remain in zone, midfielders can enter any zone
- Players should rotate positions
- Unlimited subs if applicable
- Players should get equal playing time



## Under 9 Go Games

### Aim:

To continue to develop the basic technical skills in an environment where players are encouraged to develop tactical awareness i.e decision making, time & space

The Official rules of LGFA will apply to all games however the following modified rules are applicable at under 9 level:

- 2 Zones: line across halfway. Backs/forwards remain in zone assigned, midfielders can enter any zone
- Play to commence with throw in at centre
- After score, the ball to be thrown in from half way mark (To avoid ball stuck down 1 half) **OR** Goalkeeper may advance 10m for kick out
- 2 touch rule (2 solos or 1 hop & 1 solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- No 45's (ball is deemed wide if goes over end line)
- No penalties
- 3 Points for over the bar, 1 point for under the cross bar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponents player who is nearest side-line to take from her hands
- **Referees decision is final**

### Organising

#### Equipment:

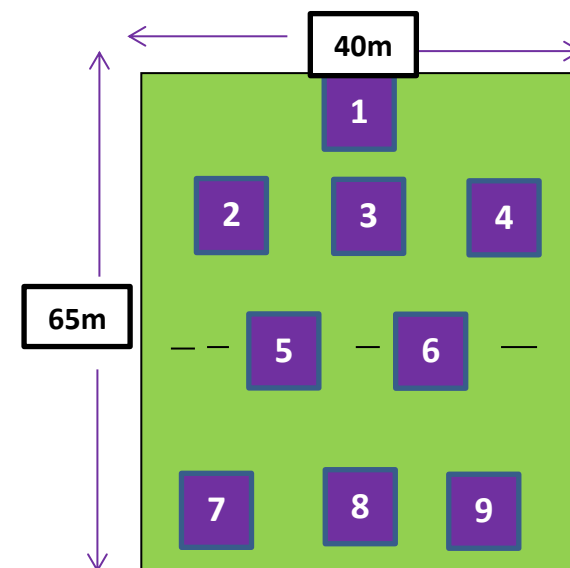
- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 2 Quick touch ball
- Cones for halfway line and side lines

#### Time:

- 30 min games (15 per half)
- At least 2 games per occasion

### Playing the Game

- **9 v 9** inc goal keeper
- Pitch 65m x 40m
- 2 Zones: line across halfway. Backs/forwards remain in zone, midfielders can enter any zone
- Players should rotate positions
- Unlimited subs if applicable
- **Players should get equal playing time**





## Under 10 Go Games

### Aim:

To continue to develop the basic technical skills in an environment where players are encouraged to develop tactical awareness i.e decision making, time & space

The Official rules of LGFA will apply to all games however the following modified rules are applicable at under 10 level:

- 2 Zones: line across halfway. Backs/forwards remain in zone assigned, midfielders can enter any zone
- Play to commence with throw in at centre
- Goalkeeper may advance 10m for kick out
- 2 touch rule (2 solos or 1 hop & 1 solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- No 45's (ball is deemed wide if goes over end line)
- No penalties
- 3 Points for over the bar, 1 point for under the cross bar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponents player who is nearest side-line to take from her hands
- **Referees decision is final**

### Organising

#### Equipment:

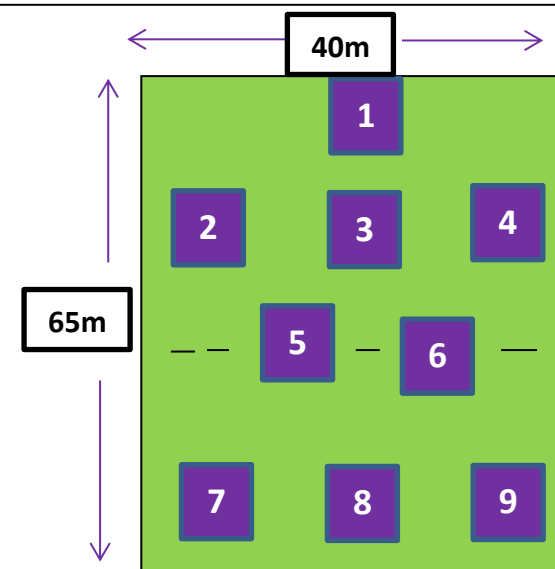
- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 3 smart touch ball
- Cones for halfway line and side lines

#### Time:

- 30 min games (15 per half)
- At least 2 games per occasion

### Playing the Game

- **9 v 9** inc goal keeper
- **Max 11a** side
- Pitch 65m x 40m
- 2 Zones: line across halfway. Backs/forwards remain in zone, midfielders can enter any zone
- Players should rotate positions
- Unlimited subs if applicable
- **Players should get equal playing time**



## Under 11 Go Games

### Aim:

To enable players to perform technical skills accurately and consistently and to assist with developing team play

The Official rules of LGFA will apply to all games however the following modified rules are applicable at under 11 level:

- Play to commence with throw in at centre
- Goalkeeper may advance 10m for kick out
- 2 touch rule (2 solos or 1 hop & 1 solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- No 45's (ball is deemed wide if goes over end line)
- 3 Points for over the bar, 1 point for under the cross bar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponents player who is nearest side-line to take from her hands
- **Referees decision is final**

### Organising

#### Equipment:

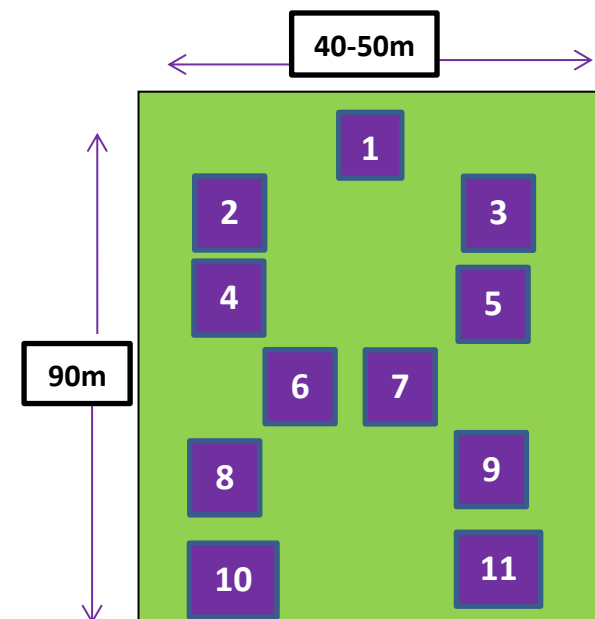
- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 4

#### Time:

- 50 min games
- 25 per half or 12.5min quarters

### Playing the Game

- **11 v 11** inc goal keeper
- Pitch 90m x 40-50m
- Players should rotate positions
- Unlimited subs if applicable
- **Players should get equal playing time**



## Under 12 Go Games

### Aim:

To enable players to perform technical skills accurately and consistently and to assist with developing team play

The Official rules of LGFA will apply to all games however the following modified rules are applicable at under 12 level:

- Play to commence with throw in at centre
- Goalkeeper may advance 13m for kick out
- 2 touch rule (2 solos or 1 hop & 1 solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- 45's (taken 40m from the hands)
- 1 Point for over the bar, 3 points for under the cross bar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponent's player who is nearest side-line to take from her hands
- **Referees decision is final**

### Organising

#### Structure

- U12 games to be organised in Blitz or league format
- **Spring**: Geographical/cluster blitzes/league to determine grading. Scores to be recorded but **not** published.
- **Autumn**: League based on spring grading
- 4 quarters as per rule 348

#### Equipment:

- Goal posts (8ft x 6ft)
- Jerseys or numbered bibs
- Size 4

#### Time:

- 50 min games
- 25 per half or 12.5 quarters

### Playing the Game

- **11 v 11** inc goal keeper
- **Max** 13 aside
- Pitch 90m x 40-50m
- **Max size** 105m (20m -20m line)
- Players should rotate positions
- Unlimited subs
- **Players should get equal playing time**

