

Traditional games

Hurling



Hurling is a traditional game played by males in Ireland, there is a similar game played by females called camogie.

It is a game of two halves and is a fast paced game played on a large pitch. Players must wear helmets to protect their faces as the game can be very physical.



The game is played at a local level with each town's club playing throughout the year and working towards being the best at club level. Then each county aims to work their way through a league and become the best team in the country by winning an All-Ireland Final with is played in the National Stadium in Dublin.

A HURLING pitch is almost twice the size of a soccer pitch

DEFENSE: Goal Keeper, Full Forwards, Half Forwards

OFFENSE: Mid Fielders, Half Forwards, Full Forwards

SCORING: 1 point over the bar, 1 goal = 3 points under the bar

GAME DURATION: 30 minute halves with a 10 minute half time

example: HOME 2-13 Total 19 points

www.regulatorshurling.org

WHAT YOU CAN DO:

CATCH: RUN WITH THE BALL: *Up To 4 Steps

STRIKE: HAND PASS: KICK:

WHAT YOU CAN'T DO:

Throw the ball

Pickup the ball with your hands

Carry down the field

"Solo" - A player runs down the field balancing the ball on their hurl

SIDELINE CUT: How the ball is put back into play when it goes out of bounds

65's: Free shot when the defense knocks the ball out of play

*Player must not touch the ball with their hand while shooting penalties, 65s, or sideline cuts

FUN FACTS:

- Hurling is the oldest field sport still in existence, dating back to over 2,000 years
- Hurling is strictly an amateur sport
- Players are extremely loyal to their home county clubs
- Women's hurling is called "Camogie"
- There are no "off sides", making the sport move very quickly
- Hurling is the National sport of Ireland

CROKE PARK, DUBLIN
3rd largest stadium in Europe and host of the all-Ireland championships, the "Super Bowl" of hurling, held at the end of August

GAA
GAELIC ATHLETIC ASSOCIATION was founded in Dublin in 1884 and is the worldwide governing body for gaelic sport, including hurling

USGAA
UNITED STATES GAELIC ATHLETIC ASSOCIATION governs the 130 Gaelic sporting clubs based in the US

TEAMS

A game of hurling is played by two teams. Each team is comprised of up to 15 players.

The player breakdown is as follows:

- 1 Goalkeeper
- 6 Defensive Players
- 2 Mid-Field Players
- 6 Offensive Players
- 3 Players pair up with their opposite marks.

GAME PLAY

- A game or match usually consists of two halves of 25-35 minutes.
- The sliotar (ball) cannot be picked up from the ground directly with the hand. The hurley must be used to roll, jab, lift or flick the sliotar into the hand.
- The sliotar can be caught while in the air or bouncing along the ground.
- The sliotar can be transferred to the hand at most twice. If the sliotar touches the ground, the count is reset.
- The sliotar can be hit with the hurley on the ground or in the air.
- The sliotar can also be kicked or hand passed, using one hand for the entire movement. The sliotar cannot be thrown.
- The sliotar can be kept in the hand for at most 4 consecutive steps or the length of time to take 4 steps.
- The sliotar can be balanced on the stick for an unlimited time.

FOULS

- Touching the sliotar directly with a hand while it is on the ground.
- Overplaying the sliotar by catching it more than twice with the hand or running for more than four steps while in the hand.
- Physically challenging a player while the sliotar is not present (off the ball challenge) or by playing in an aggressive and illegal manner.
- A player may not grab or hold another player's hurley.

PHYSICAL CONTACT

- Hurling is a physical game and a certain amount of contact is permitted, provided it is in attempting to gain possession of the sliotar.
- A fair shoulder charge is permitted.

SCORING

- A point is scored when the sliotar is hit over the crossbar, which is above the goal keeper, and between the goal posts.
- A goal is scored when the sliotar is hit under the cross bar and into the goal between the goal posts. A goal is worth 3 points.
- Goals and points can be scored from play or from 'set pieces' such as a free or a side line cut.

ESSENTIAL SKILLS

- Picking up the sliotar via rolling the sliotar with the hurley into the hand (roll lift) or by using the hurley to scoop the sliotar into the hand (jab lift).
- Balancing and running with the sliotar on the hurley (solo run).
- Striking the sliotar with the hurley on the ground (ground pull or hurl) and by tossing the sliotar into the air and striking it.
- Striking the sliotar while moving on the ground or in the air (doubling on the sliotar).
- **Free Taking:** Picking the sliotar from the ground and striking it in one movement without handling the sliotar.
- **Sideline cut:** Chipping the sliotar from the ground when it goes over a sideline.
- Fielding the sliotar by catching it in the air.
- Blocking a shot is when a player uses his/her hurley to prevent another player from striking the sliotar. This tackle must be done from in front of the striker as they are

tossing the sliotar into the air.

- **'Hooking'** is a skill where a player uses his/her hurley to prevent another player from striking the sliotar. This is done from behind the striker and his/her hurley must be intercepted as the striking motion is taking place

