



MINI ALL-IRELAND

LADIES FOOTBALL 2026

"The aim is that each child participates fully and that the games are played in a spirit of fun and fair play for the enjoyment of all."

Rules:

- 1 hop-1 solo
- Only 45s in U11 & U12, Players that are fouled should take the free in most cases
- Proper tackling - Near Hand Tackle, Shadowing & Block down
- Games are 10 min's a half, 90 sec half time breaks
- Under 6, Under 7, Under 8 & Under 9 Games will restart after a score with a throw up in the middle of the field
- Normal scores - 1 pt over crossbar, 3 pts under the crossbar

PLAYERS

- Should assemble with your team manager at designated pitch 15 mins before throw in.
- Jersey of your team colour must be worn every evening.
- We have allocated team managers to every team.

SUBSTITUTIONS

- If there is a difference of 1 between teams - No substitutes
- If a difference of 2 - Play with 1 sub
- If a difference of 3 - Play with 2 subs
- If 4 or more (highly unlikely), points are awarded & teams are mixed for a game.

MANAGERS

- Manager of the week competition in each age group, winners will be selected using listed criteria (see back of the application form)
- Team Jersey to be worn every evening.
- Team sizes may vary, check with referee before each game follow guidelines on substitutes
- Players not on your list cannot be put on your team.
- Assemble your team 15 mins before throw in at designated pitch.
- Stay off the pitch.
- Only shout encouragement.
- If you have any problems with parents or spectators, please report to **Niall** immediately.
- Rotate positions -Give players a chance in every position
- On the Final night check your panel against the original list and notify Niall of any changes.
- On the Final night bring your team up to Niall for the presentation and Prize giving.