



Cumann Camógaiochta na nGael Comhairle Uladh



Indoor Camogie Rules

1. All players must wear a helmet with full facial protection
2. Only indoor hurls (White bas) and Go Games sliotar Size 1 may be used
3. All games are 5 a-side, panel of 7 players, with 3 Substitutions allowed per game
4. Games Duration - All games are 5mins each way
5. Ground Camogie Only - All Puck outs and frees to be taken along the ground too
6. Only goals count as scores
7. Any deliberate stopping or kicking of the sliotar results in a Penalty
8. Any catching of the sliotar even from the Goalkeeper results in a penalty
9. Outfield players may not play the sliotar back to their own goalkeeper
10. Rebounds from sidewalls and end walls are allowed
11. Yellow Card Offence - Player must be replaced for remainder of game
12. Red Card Offence - Expulsion from the remainder of that days competition