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### **Policy re Playing Games**

Player must play in their own age group but can be allowed to play in two grades. Given any conflict players will have to prioritise their own age group (unless some special circumstance arises – special circumstance to be approved by the committee).

In order to play up, the player will be required to practice AT LEAST 3 times per week. Once with each team, and then the second practice has to be alternated each week (so for an u12 player, they'd have to practice once with u12, once with u13, and then at the weekend practice one week with the u12s and the next week with u13s). Obviously if parents were willing to get them to all 4 trainings that would be a bonus.

For games, players must play in their own age group if games clash. If for example there is an u12 game on an u13 training night, player can play the u12 game. If there is an U13 game on a u12 training night, player can play the U13 game.

Coaches for the older team should decide who play up, but not at the expense of the development of one of their older players.

Younger players are permitted to be a part of older teams, but no player should be left off any team.

When we get to u15/16 and up, and there is no limit or any minimum on playing time. At these age groups the coaches decide who plays and who doesn't play.



**SECRETARY: CAROLINE EDWARDS, HOLLYBANK HOUSE, CUFFESGRANGE, CO. KILKENNY 086 811 4136**

