



2026 EVENTS

# OUTDOOR SPORTS

Your guide to running events at  
an Area and County Level





## Contents

Guide to Outdoor Sports Events at Area, County and Provincial Level .....	5
Relevant Event Webpages .....	7
Camogie .....	8
Why Camogie? .....	8
Getting Started in Your Area .....	8
Area-Level Events .....	9
County-Level Events.....	10
Provincial Finals.....	10
Cycling on Grass .....	11
Why Cycling on Grass? .....	11
Getting Started .....	11
Area-Level Events .....	12
County-Level Events.....	12
Gaelic Football .....	13
Why Gaelic Football?.....	13
Getting Started in Your Area .....	13
Area-Level Events .....	14
County-Level Events.....	15
Provincial Finals.....	15
Hurling .....	16
Why Hurling? .....	16
Getting Started in Your Area .....	16
Area-Level Events .....	17
County-Level Events.....	18

Provincial Finals.....	18
Pitch and Putt.....	19
Why Pitch and Putt? .....	19
Getting Started in Your Area .....	19
Area-Level Events .....	20
County-Level Events.....	21
Rounders .....	22
Why Rounders? .....	22
Getting Started in Your Area .....	22
Area-Level Events .....	23
County-Level Events.....	24
Provincial Finals.....	24
Skittles .....	25
Why Skittles? .....	25
Getting Started in Your Area .....	25
Area-Level Events .....	26
County-Level Events.....	27
Provincial Finals.....	27
Soccer.....	28
Why Soccer? .....	28
Getting Started in Your Area .....	28
Area-Level Events .....	29
County-Level Events.....	30
Provincial Finals.....	30
Soccer 7-a-side.....	31
Why Soccer 7-a-side? .....	31
Area-Level Events .....	32
County-Level Events.....	33
Provincial Finals.....	33
Throwball Rounders .....	34
Why Throwball Rounders? .....	34
Getting Started in Your Area .....	34
Area-Level Events .....	35

County-Level Events.....	36
Provincial Finals.....	36
Tag Rugby.....	37
Why Tag Rugby? .....	37
Getting Started in Your Area .....	37
Area-Level Events .....	38
County-Level Events.....	39
Provincial Finals.....	39
X Rugby 7's.....	40
Why X Rugby 7's? .....	40
Getting Started in Your Area .....	40
Area-Level Events .....	41
County-Level Events.....	42
Provincial Finals.....	42
Additional Resources and websites.....	43
List of Local Sports Partnerships in Ireland .....	44



## Guide to Outdoor Sports Events at Area, County and Provincial Level

Participation in Cairn Community Games events at Area level is at the heart of what we do. While reaching the National Finals is a superb achievement, the real value lies in the running of Area events where children aged 6 to 16 can take part, learn new skills, and have fun.

None of this would be possible without the dedication and commitment of adult and youth volunteers. Their involvement is critical in creating a safe and structured environment for these events.

To ensure the success of these events and the safety of all participants, there are key steps that must be followed:

1. **Children First:** The safety of children is paramount. All events must follow Children First guidelines to ensure a safe, child-centred environment. Your Area/County/Province needs a Children's Officer, and this role is a mandated role. There is a dedicated team at Head Office to assist you in your role
2. **Recruitment of Volunteers:** Volunteers are the backbone of Cairn Community Games. Encourage parents, teachers, and community members to get involved. Ensure that volunteers are given induction opportunities at Area Level and are familiar with our [policies and procedures](#).
3. **Garda Vetting:** All volunteers must undergo [Garda vetting](#) to ensure the safety of the children. This is a non-negotiable requirement.
4. **Area Affiliation via the Online Registration System (ORS):** Areas must be affiliated on the [ORS](#) before running events.
5. **Setting of Dates:** National dates are set first, and counties can then set their own event dates accordingly.
6. **Insurance Requirements:** Events can only be insured if the area is affiliated. If specific indemnity is needed for a venue, please contact Head Office. No events should begin before insurance is confirmed by emailing [Head Office](#)
7. **Risk Assessment and Child Safeguarding Statement:** It is essential to complete a risk assessment and have a child safeguarding statement in place before any event. Please visit our [Safeguarding Page](#) to find out more.
8. **Code of Conduct:** All adults and parents must sign the [Code of Conduct](#) to ensure a safe and respectful environment.
9. **Equality, Diversity and Inclusion:** Equality, diversity and inclusion are essential in Cairn Community Games, ensuring that every child, regardless of background or ability, feels welcome and valued as part of a supportive and

enriching experience. Ensure that all venues you use are accessible for all abilities.

10. **Promotion of Events:** Counties have access to Canva Pro accounts, complete with preloaded templates and brand kits. Specific guides on Social Media and PR are available on this [page](#).
11. **GDPR and Consent:** Ensure [GDPR](#) regulations are followed, and consent is obtained for all children participating in events.
12. **Registration of Participants:** All children participating must be registered on the ORS to maintain accurate records and ensure they are insured.
13. **Fill your panels:** When registering team events, please ensure that you fill the panel so that the team will not have to withdraw in case children need to cancel their place.
14. **Residency and Age/Gender Requirements:** Children must reside in the Area where they are participating in events. They must be of the correct age and gender for an event. We use the 31<sup>st</sup> July as our cut-off date. Please visit our [Age Calculator](#).
15. **Event Rules:** Visit our website [Event Pages](#) for most up to date rules BEFORE organising an event
16. **Fundraising and Support:** Fundraise locally and seek support from local councillors and Local Sports Partnerships (LSPs) where possible.
17. **Training:** Keep an eye on our [Training](#) webpage where courses are advertised and can be registered for.
18. **LSP/NGB's:** Contact your local NGB's and Local Sports Partnerships for advice in relation to venues and officials – they can be very helpful. Visit the end of this guide for a full contact list of [Local Sports Partnerships in Ireland](#)
19. **Scheduling/Timetabling:** Be conscious when scheduling Area or County finals that you take into consideration other events happening that day or weekend – ie: local events, NGB events etc. Always check [www.cairncommunitygames.ie/events-calendar](http://www.cairncommunitygames.ie/events-calendar) so that you can plan towards the National Finals!

## Relevant Event Webpages

Before deciding to organise a Community Games event, it's essential to visit the relevant webpage for the most up-to-date information. Each event page provides the latest details on rules, age categories, competition formats, and other essential guidelines that could impact your planning.

Staying informed by regularly checking the webpage ensures that you are following current Cairn Community Games rules, helping you avoid any issues or confusion.

- **Camogie** – [www.cairncommunitygames.ie/events/camogie](http://www.cairncommunitygames.ie/events/camogie)
- **Cycling on Grass** – [www.cairncommunitygames.ie/events/cycling-on-grass](http://www.cairncommunitygames.ie/events/cycling-on-grass)
- **Gaelic Football** –  
U10 - [www.cairncommunitygames.ie/events/gaelic-football-ba53b](http://www.cairncommunitygames.ie/events/gaelic-football-ba53b)  
U12/U14 - [www.cairncommunitygames.ie/events/gaelic-football](http://www.cairncommunitygames.ie/events/gaelic-football)
- **Hurling** – [www.cairncommunitygames.ie/events/hurling](http://www.cairncommunitygames.ie/events/hurling)
- **Pitch and Putt** – [www.cairncommunitygames.ie/events/pitch-and-putt](http://www.cairncommunitygames.ie/events/pitch-and-putt)
- **Rounders** – [www.cairncommunitygames.ie/events/rounders](http://www.cairncommunitygames.ie/events/rounders)
- **Skittles** – [www.cairncommunitygames.ie/events/skittles](http://www.cairncommunitygames.ie/events/skittles)
- **Soccer** – [www.cairncommunitygames.ie/events/soccer---outdoor](http://www.cairncommunitygames.ie/events/soccer---outdoor)
- **Soccer 7-a-side** – [www.cairncommunitygames.ie/events/soccer---7-a-side](http://www.cairncommunitygames.ie/events/soccer---7-a-side)
- **Throwball Rounders** – [www.cairncommunitygames.ie/events/throwball-rounders](http://www.cairncommunitygames.ie/events/throwball-rounders)
- **Tag Rugby** – [www.cairncommunitygames.ie/events/tag-rugby](http://www.cairncommunitygames.ie/events/tag-rugby)
- **X Rugby 7's** – [www.cairncommunitygames.ie/events/rugby-7s](http://www.cairncommunitygames.ie/events/rugby-7s)

# Camogie

[www.cairncommunitygames.ie/events/camogie](http://www.cairncommunitygames.ie/events/camogie)

## Why Camogie?

### 1. **An Integral Part of Irish Heritage**

Camogie, the female counterpart of hurling, is a sport with deep cultural significance in Ireland. It was first formalised in 1904 with the foundation of the Camogie Association, giving women a platform to participate in one of Ireland's oldest sports. Camogie shares many similarities with hurling, both have ancient roots in Irish history, dating back over 3,000 years.

### 2. **Develops Coordination and Motor Skills**

Camogie requires children to hone their hand-eye coordination and improve their overall motor skills through regular practice and gameplay.

### 3. **Encourages Teamwork and Communication**

By working together towards a common goal, children improve their communication skills and learn the importance of teamwork on the field.

### 4. **Builds Physical Strength and Agility**

Camogie enhances physical strength and agility as players must be quick, adaptable, and strong in their movements.

### 5. **Promotes Discipline and Focus**

The rules and fast pace teach children the importance of discipline and staying focused throughout the game.

### 6. **Promotes Healthy Competition and Fitness**

It provides a healthy, competitive environment for children while helping them stay fit and active through regular matches and practice.

## Getting Started in Your Area

### 1. **Recruit Participants**

Engage local clubs, schools, and Local Sports Partnerships (including your local GAA Club) to encourage participation. Emphasise that camogie is a fast-paced, exciting game for girls, with competitions available in a variety of age categories.

### 2. **Competition Structure**

- Age Categories and Panel Information:
- Girls Under 14/Over 10

- Each team consists of 12 players: Panel of 16 (12 players + 4 substitutes).
  - Matches are played with a size 4 sliotar.
3. **Promotion**  
Use social media to create an event page or share content promoting the camogie competition. Post updates, practice tips, and videos to inspire children to get involved. Contact local newspapers, radio stations, and online platforms to promote the event. Emphasise the skill-building, teamwork, and physical fitness benefits of camogie.
  4. **Host a Camogie Skills Workshop**  
Organise workshops to help children develop basic camogie skills such as striking, catching, and dribbling. This will build their confidence and help them feel ready for the competition. Work with your local GAA club on this if you can.
  5. **Make It Easy**  
Prepare a simple, informative email or flyer explaining the camogie competition and its benefits. Use Canva to design professional promotional materials, and collaborate with your County to access Canva Pro.
  6. **Highlight the Physical and Social Benefits**  
Emphasise how camogie helps children develop physical fitness, teamwork, and mental focus. Offer to provide a practice session to help familiarise clubs or schools with the game.
  7. **Emphasise Flexibility**  
Reassure clubs, schools, and Local Sports Partnerships that the competition can fit within their schedules. Offer support in organising practices or integrating camogie into their regular physical activity programmes.

## Area-Level Events

1. **Set a Date**  
Choose a date that provides enough time for teams to prepare. Promote the event early to maximise participation from local clubs and schools.
2. **Setting Up the Field**  
Ensure the camogie field is well-marked and safe for play. Provide clear signage and adequate seating for spectators.
3. **Prepare Referees**  
Assign referees experienced in camogie. Ensure they understand the rules and expectations for each age group.

#### 4. **Time Management**

Organise the event to ensure that all matches run smoothly, with enough time for breaks. Proper planning is key to a successful event.

#### 5. **Encourage Participation**

Focus on making the event fun and educational. Encourage children to enjoy themselves, learn new skills, and practise fair play.

#### 6. **Scoring and Feedback**

After the matches, offer feedback to the teams to help them improve and prepare for future competitions.

### County-Level Events

#### 1. **Prepare the County Event**

Follow a similar structure to the Area event. Group camogie with other team sports for a lively day of competition. Ensure all teams are familiar with the rules and provide a supportive environment.

#### 2. **Celebrate Effort and Team Spirit**

Capture photos and highlights to celebrate the teams' efforts. Encourage local clubs, schools, and families to support the children taking part.

### Provincial Finals

#### 1. **This is a Provincial event.**

Teams must qualify at County level to advance to the Provincial Finals.

#### 2. **Panel Submission**

Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

# Cycling on Grass

[www.cairncommunitygames.ie/events/cycling-on-grass](http://www.cairncommunitygames.ie/events/cycling-on-grass)

## Why Cycling on Grass?

- 1. Develops Bike Handling and Confidence**  
Cycling on grass is a fun challenge that helps children improve their balance, control, and confidence on a bicycle.
- 2. Encourages Physical Activity**  
It's a great way for children to stay active and enjoy the outdoors.
- 3. Promotes Sportsmanship**  
Competing in a friendly event encourages teamwork, fair play, and a positive attitude.
- 4. Accessible and Inclusive**  
The event is open to all children who meet the age criteria, making it a welcoming introduction to cycling competitions.

## Getting Started

- 1. Recruit Participants**  
Contact local schools, youth clubs, and cycling groups to encourage participation.
- 2. Competition Structure**
  - **Age Categories:**
    - Under 12/Over 10
    - Under 14/Over 12
  - **Event Type:**
    - **County Event only** (no Regional or Provincial Finals)
  - **Qualifications:**
    - Two cyclists qualify from County to National per event
  - **Equipment:**
    - Protective headgear must be worn
    - Cyclists use their own bikes, subject to approval of the coordinator
- 3. Promotion**  
Use social media to promote the event, share safety tips, and encourage

participation. Promote the event through local newspapers, radio, and online platforms.

**4. Host a Cycling Skills Workshop**

Organise a workshop to teach children the basics of cycling on grass, focusing on safety and bike control.

**5. Make It Easy**

Provide clear information and support to schools and clubs.

## Area-Level Events

**1. Set a Date**

Choose a date that allows enough time for preparation and promotion.

**2. Setting Up the Course**

- Mark out a safe, grassy area for the race.
- Ensure the course is free from hazards and clearly marked.
- Set up a start/finish line and a clear route for each age category.

**3. Prepare Referees**

Assign referees or marshals familiar with cycling rules. Ensure they understand the competition format and can oversee the event safely.

**4. Encourage Participation**

Create a supportive environment where children can enjoy cycling and develop their skills.

**5. Scoring and Feedback**

Provide feedback to help riders improve. Celebrate their efforts and highlight areas for growth.

**6. Qualification**

- Two cyclists per age category qualify from County to National.
- No Regional or Provincial Finals in this event.

## County-Level Events

**1. Prepare the County Event**

Follow a similar structure to the Area event.

**2. Celebrate Effort and Team Spirit**

Capture photos and highlights to celebrate all children. Encourage local clubs, schools, and families to support the children and build a sense of community around the event.

# Gaelic Football

U10 - [www.cairncommunitygames.ie/events/gaelic-football-ba53b](http://www.cairncommunitygames.ie/events/gaelic-football-ba53b)

U12/U14 - [www.cairncommunitygames.ie/events/gaelic-football](http://www.cairncommunitygames.ie/events/gaelic-football)

## Why Gaelic Football?

### 1. **An Integral Part of Irish Culture**

Gaelic Football is deeply rooted in Irish history and is one of the country's most cherished sports. It is governed by the Gaelic Athletic Association (GAA), which was founded in 1884 to preserve and promote Ireland's native sports and culture. Gaelic Football has been played for centuries and remains a powerful symbol of community and identity across the country.

### 2. **Develops Coordination and Motor Skills**

Gaelic Football helps children improve hand-eye coordination and motor skills, requiring them to react quickly and execute precise movements during gameplay.

### 3. **Encourages Teamwork and Communication**

Gaelic Football promotes teamwork and strengthens communication skills, as players work together towards a common goal on the field.

### 4. **Builds Physical Strength and Agility**

Gaelic Football enhances physical strength and agility, with players needing to be fast, adaptable, and strong in their movements.

### 5. **Promotes Discipline and Focus**

The structured rules and fast pace of Gaelic Football teach children the importance of discipline and staying focused throughout the game.

### 6. **Offers Healthy Competition and Fitness**

Gaelic Football provides a competitive yet positive environment for children, helping them stay fit and active through regular practice and matches.

## Getting Started in Your Area

### 1. **Recruit Participants**

Contact local GAA Clubs, schools, and Local Sports Partnerships to encourage participation. Highlight that Gaelic Football is available for boys and girls in various age categories and emphasise its cultural significance as well as its benefits for fitness and teamwork.

### 2. **Competition Structure**

- Mixed Under 10/Over 7, Panel of 16 (11 players + 5 substitutes)
  - Girls Under 12/Over 9, Panel of 16 (11 players + 5 substitutes)
  - Girls Under 14/Over 11, Panel of 16 (11 players + 5 substitutes)
3. **Promotion**  
Use social media to create an event page and share posts about the Gaelic Football competitions. Post updates, practice tips, and videos to inspire children to get involved. Contact local newspapers, radio stations and online platforms to promote Gaelic Football competitions. Emphasise the physical, cultural and teamwork benefits of the sport.
  4. **Host a Gaelic Football Skills Workshop**  
Organise a workshop to help children learn basic Football skills like kicking, passing and catching. Work closely with local GAA clubs if possible to gain additional support and expertise.
  5. **Make It Easy**  
Create simple and informative promotional materials, such as emails or flyers, explaining the Gaelic Football competition. Use tools like Canva to design professional content, and collaborate with your County for access to Canva Pro.
  6. **Highlight the Physical and Social Benefits**  
Focus on how Gaelic Football improves physical fitness, encourages teamwork, and builds mental focus. Offer to run practice sessions to introduce the game to clubs or schools unfamiliar with it.
  7. **Emphasise Flexibility**  
Reassure clubs and schools that the competition can be incorporated into their existing schedules. Help with organising practices or integrating Gaelic Football into physical activity programmes.

## Area-Level Events

1. **Set a Date**  
Choose a date that provides teams with enough preparation time and try and avoid clashes with other events. Promote the event early to maximise participation from schools and local GAA clubs.
2. **Setting Up the Pitch**  
Ensure the pitch is well-marked and safe for play. Provide seating and signage for spectators to ensure the event runs smoothly.
3. **Prepare Referees**  
Assign experienced referees who are familiar with Gaelic Football rules for each age group, ensuring fair and consistent officiating.

#### 4. **Time Management**

Schedule the matches efficiently, allowing time for breaks between games. This ensures a well-organised and enjoyable event for all participants.

#### 5. **Encourage Participation**

Create a fun and educational environment that focuses on sportsmanship, teamwork, and skill development for the children.

#### 6. **Scoring and Feedback**

After each match, offer constructive feedback to help teams improve and prepare for future competitions.

### County-Level Events

#### 1. **Prepare the County Event**

Organise the County event in a similar way to the Area-level event. Consider holding Gaelic Football alongside other team sports for a full day of competition and community engagement.

#### 2. **Celebrate Effort and Team Spirit**

Capture photographs and match highlights to celebrate the players' efforts. Encourage the community, schools and families to show support and celebrate the wins/loses and draws!

### Provincial Finals

#### 1. **This is a Provincial event.**

Teams must qualify at County level to advance to the Provincial Finals.

#### 2. **Panel Submission**

Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

# Hurling

[www.cairncommunitygames.ie/events/hurling](http://www.cairncommunitygames.ie/events/hurling)

## Why Hurling?

### 1. **An Ancient Irish Tradition**

Hurling is one of the oldest field sports in the world, with roots tracing back over 3,000 years in Irish history. The game has been a significant part of Irish culture for centuries, appearing in ancient Irish legends and mythology, including stories of the famous hero Cú Chulainn. Hurling was formalised in 1884 with the establishment of the Gaelic Athletic Association (GAA), which aimed to preserve and promote native Irish sports.

### 2. **Develops Coordination and Motor Skills**

Hurling challenges children to sharpen their hand-eye coordination and develop motor skills through consistent practice and gameplay.

### 3. **Encourages Teamwork and Communication**

By working together to achieve shared goals, children learn to communicate effectively and embrace teamwork on the field.

### 4. **Builds Physical Strength and Agility**

Hurling enhances physical strength and agility requiring players to be fast, agile, and powerful in their movements.

### 5. **Encourages Discipline and Focus**

The rules and fast pace of hurling teach children the importance of discipline and maintaining focus throughout the game.

### 6. **Promotes Healthy Competition and Fitness**

Hurling offers a competitive yet supportive environment helping children stay fit and active while enjoying regular matches and practice.

## Getting Started in Your Area

### 1. **Recruit Participants**

Reach out to local clubs, schools, and Local Sports Partnerships to encourage participation. Highlight that hurling is a fast-paced, thrilling sport for boys with competitions available in various age categories. Distribute flyers and posters. Emphasise the physical and team-building benefits of hurling

### 2. **Competition Structure**

- Boys Under 11/Over 8, Panel of 16 (11 players + 5 substitutes)
- Matches are played with a size 4 Smart Touch sliotar.

### 3. **Promotion**

Use social media to create event pages and share content promoting the hurling competition. Post updates, practice tips, and videos to inspire children to participate. Contact local newspapers, radio stations, and online platforms to promote the event. Highlight the development of skills, teamwork, and physical fitness through hurling.

### 4. **Host a Hurling Skills Workshop**

Organise workshops to help children develop fundamental hurling skills like striking, catching, and blocking. This will boost their confidence and prepare them for competition. Partner with your local GAA club if possible.

### 5. **Make It Easy**

Prepare a simple, informative email or flyer outlining the hurling competition and its benefits. Use Canva to design professional promotional materials and collaborate with your County to access Canva Pro.

### 6. **Highlight the Physical and Social Benefits**

Emphasise how hurling helps children develop physical fitness, teamwork, and focus. Offer practice sessions to help familiarise clubs or schools with the game.

### 7. **Emphasise Flexibility**

Assure clubs, schools, and Local Sports Partnerships that the competition can be adjusted to fit within their schedules. Offer support in organising practices or integrating hurling into regular physical activity programmes.

## Area-Level Events

### 1. **Set a Date**

Choose a date that allows teams ample time to prepare. Promote the event early to maximise participation from local clubs and schools.

### 2. **Setting Up the Field**

Ensure the hurling field is well-marked and safe for play. Provide clear signage and seating for spectators.

### 3. **Prepare Referees**

Assign referees with experience in hurling. Ensure they are familiar with the rules and expectations for each age group. Reach out to your local GAA club.

### 4. **Time Management**

Organise the event to ensure all matches run on time with sufficient breaks. Careful planning is key to a successful event.

### 5. **Encourage Participation**

Focus on making the event enjoyable and educational. Encourage children to have fun, learn new skills, and practise good sportsmanship.

#### 6. **Scoring and Feedback**

After the matches, provide feedback to the teams to help them improve and prepare for future competitions.

### County-Level Events

#### 3. **Prepare the County Event**

Follow a similar structure to the Area event. Group hurling with other team sports for a lively day of competition. Ensure all teams are well-versed in the rules and provide a positive environment.

#### 4. **Celebrate Effort and Team Spirit**

Capture photos and highlights to celebrate the teams' hard work. Encourage local clubs, schools, and families to support the children and build a sense of community around the event.

### Provincial Finals

#### 1. **This is a Provincial event.**

Teams must qualify at County level to advance to the Provincial Finals.

#### 2. **Panel Submission**

Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

# Pitch and Putt

[www.cairncommunitygames.ie/events/pitch-and-putt](http://www.cairncommunitygames.ie/events/pitch-and-putt)

## Why Pitch and Putt?

### 1. **A Skillful and Strategic Game**

Pitch and Putt is a game of precision, focus, and strategy. It is an ideal introduction to golf for young players, offering a more accessible and beginner-friendly format. Children can enjoy the challenge of putting and pitching with the opportunity to develop concentration, patience, and fine motor skills. Community Games works closely with Pitch and Putt Ireland to offer guidance and support, making this event an exciting and professional experience for all participants.

### 2. **Develops Precision and Focus**

Pitch and Putt encourages children to improve their hand-eye coordination and develop precise movements as they learn to control their shots on the green.

### 3. **Encourages Strategy and Problem-Solving**

Each shot in Pitch and Putt requires strategic thinking, helping children learn to assess situations, make decisions and plan their next move.

### 4. **Builds Patience and Discipline**

Playing a round teaches patience, discipline, and perseverance, as children work to improve their skills with every stroke.

### 5. **A Fun and Inclusive Way to Stay Active**

Pitch and Putt provides a relaxing, enjoyable way for children to stay active while competing in a non-intimidating, supportive environment.

## Getting Started in Your Area

### 1. **Recruit Participants**

Reach out to local schools, clubs, and Local Sports Partnerships to encourage participation in Pitch and Putt. Highlight that this game is a fun and challenging way for children to develop their skills and be introduced to golf. Mention that we are working with Pitch and Putt Ireland to provide support and guidance.

### 2. **Competition Structure**

- Boys Under 16/Over 10
- Girls Under 16/Over 10
- The playing rules of Pitch and Putt Ireland apply

- 18 hole stroke play
- Counties can compete with one or more individuals up to a maximum of 3. If 2 or 3 compete it constitutes as a team. It's at the discretion of the County how the representative team is selected
- At the National Festival, Pitch and Putt will be regarded as a team event with the best 2 of the 3 players to score per county. The total score per county will determine the result.
- The first 4 boys & 4 girls will receive individual medals

### 3. **Promotion**

Use social media to create an event page and share posts promoting the Pitch and Putt competition. Include practice tips, videos of putting and pitching techniques, and updates to engage children and families. Contact local newspapers, radio stations, and online platforms to promote the event. Emphasise the skill-building, patience, and strategic thinking benefits of Pitch and Putt.

### 4. **Host a Pitch and Putt Skills Workshop**

Organise a workshop to teach children the basics of Pitch and Putt, including putting, pitching, and course navigation. This will help build confidence ahead of the competition. Consider working with local clubs or Pitch and Putt Ireland to provide expert coaching.

### 5. **Make It Easy**

Prepare simple and informative emails or flyers explaining the competition. Use Canva to design professional promotional materials and collaborate with your County for Canva Pro access.

### 6. **Highlight the Physical and Mental Benefits**

Focus on how Pitch and Putt helps children develop physical coordination, mental focus, and strategic thinking while enjoying a calm and focused competition. Offer practice sessions to introduce children to the sport.

### 7. **Emphasise Flexibility**

Reassure schools, clubs, and Local Sports Partnerships that the competition can fit into their schedules. Provide support for organising practice sessions or workshops to get participants ready for the competition.

## Area-Level Events

### 1. **Set a Date**

Choose a date that provides enough preparation time for teams. Promote the event early to maximise participation from local schools and clubs.

## 2. **Setting Up the Course**

The Pitch and Putt course should be prepared according to official standards. Ensure the course is safe, well-marked, and easily navigable for children. Work closely with Pitch and Putt Ireland to ensure the event follows proper regulations and guidelines.

## 3. **Prepare Referees**

Assign referees or course marshals familiar with the rules of Pitch and Putt. Ensure they understand the competition format and can oversee the event fairly and efficiently.

## 4. **Encourage Participation**

Create a supportive and educational environment where children can enjoy the game, develop their skills, and understand the importance of focus and patience in Pitch and Putt.

## 5. **Scoring and Feedback**

After each game, provide feedback to help players improve their techniques and strategy for future competitions. Highlight the areas where they performed well and suggest areas for improvement.

## County-Level Events

### 1. **Prepare the County Event**

Follow a similar structure to the Area-level event. Consider grouping Pitch and Putt with other skill-based activities to create a full day of engaging competitions.

### 2. **Celebrate Effort and Team Spirit**

Capture photos and highlights of the event to celebrate the players' efforts. Encourage local schools, clubs, and families to show support and create a community-focused atmosphere around the event.

# Rounders

[www.cairncommunitygames.ie/events/rounders](http://www.cairncommunitygames.ie/events/rounders)

## Why Rounders?

### 1. **A Classic Game with Broad Appeal**

Rounders is a traditional game enjoyed by people of all ages, combining fun with physical activity. It's a fast-paced, strategic game that's accessible to everyone, regardless of experience. As a bat-and-ball game, it builds key skills such as hand-eye coordination and teamwork. Rounders is a great way for children to experience the excitement of a team sport in a fun and engaging environment with few resources needed. And Rounders is a great base to improve other skills such as sprinting and batting – did you know Olympian Sarah Lavin started her athletics career with her local Community Game in Rounders?

### 2. **Develops Hand-Eye Coordination and Motor Skills**

Rounders improves hand-eye coordination and motor skills as players learn to hit, catch, and throw the ball accurately.

### 3. **Encourages Teamwork and Communication**

As a team-based sport, rounders emphasise the importance of communication and working together toward a shared goal.

### 4. **Builds Strategy and Quick Thinking**

Rounders helps players develop strategic thinking, as they must make quick decisions on the field to outsmart their opponents.

### 5. **Promotes Fitness and Fun**

Rounders offers children a chance to stay active, improve their fitness, and have fun, all while participating in a friendly, competitive sport.

## Getting Started in Your Area

### 1. **Recruit Participants**

Reach out to local schools, clubs, and Local Sports Partnerships to promote the Rounders competition. Highlight that it is a fun, inclusive team sport that welcomes children of all skill levels. Create flyers and posters to distribute to your local networks.

### 2. **Competition Structure**

- Boys Under 13/Over 10, Boys Under 15/Over 13
- Girls Under 13/Over 10, Girls Under 15/Over 13
- Ball Size U13 – Size 3 sliotar, U15 Size 5 sliotar
- Pitching distance: 8m for U13 and 9m for U15.

- Panel of 12 (9 players + 3 substitutes)
3. **Promotion**  
Create an event page on social media and share content promoting the Rounders competition. Include tips for playing Rounders, updates, and engaging content to inspire participation. Contact local newspapers, radio stations, and online platforms to promote the event. Emphasise the skill-building, teamwork, and social aspects of Rounders.
  4. **Host a Rounders Skills Workshop**  
Organise a workshop to teach children the fundamentals of Rounders, such as batting, fielding, and catching. This will help them build confidence ahead of the competition.
  5. **Make It Easy**  
Prepare easy-to-read flyers and emails explaining the Rounders competition. Use Canva to design engaging promotional materials and collaborate with your County for Canva Pro access.
  6. **Highlight the Physical and Social Benefits**  
Focus on how Rounders helps children improve fitness, teamwork, and strategic thinking. Offer to provide a practice session to introduce the game to local schools and clubs.
  7. **Emphasise Flexibility**  
Reassure clubs, schools, and Local Sports Partnerships that the competition can fit into their schedules. Offer support for organising practices or workshops to get participants ready.

## Area-Level Events

1. **Set a Date**  
Choose a date that allows teams enough preparation time. Promote the event early to maximise participation from local schools and clubs.
2. **Setting Up the Field**  
  
The pitch for Rounders should be well-marked, visit our website for more information on this
3. **Prepare Referees**  
Assign referees familiar with Rounders and its rules. Ensure they understand how to oversee the game fairly and efficiently, maintaining smooth gameplay.
4. **Encourage Participation**  
Create a fun, educational environment that encourages children to enjoy the game while building their skills in batting, fielding, and teamwork.

## 5. **Scoring and Feedback**

After each game, provide feedback to help teams improve their techniques and game strategy for future competitions.

## County-Level Events

### 1. **Prepare the County Event**

Follow a similar structure to the Area-level event. Consider hosting Rounders alongside other team sports to create an engaging day of competition and community spirit.

### 2. **Celebrate Effort and Team Spirit**

Capture photos and match highlights to celebrate the players' efforts. Encourage local schools, clubs, and families to support the children and attend matches.

## Provincial Finals

### 1. **This is a Provincial event.**

Teams must qualify at County level to advance to the Provincial Finals.

### 2. **Panel Submission**

Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

# Skittles

[www.cairncommunitygames.ie/events/skittles](http://www.cairncommunitygames.ie/events/skittles)

## Why Skittles?

### 1. **A Unique Community Games Activity**

Skittles is a unique and exciting event within the Community Games that offers something different from more traditional sports. It's a fun and challenging game of skill, where participants aim to knock down pins with precision. This traditional game is a great way for children to develop their hand-eye coordination and focus while enjoying a less physically intense but highly engaging competition.

### 2. **Develops Precision and Coordination**

Skittles requires children to develop hand-eye coordination and precise movements, helping them improve their aim and control as they try to knock down the pins.

### 3. **Encourages Focus and Patience**

The game of Skittles teaches children the importance of focus and patience, as they need to concentrate and carefully plan their shots to succeed.

### 4. **Builds Strategy and Problem-Solving Skills**

Skittles involves thinking ahead and using strategy to determine the best way to knock down the pins, building valuable problem-solving skills.

### 5. **Promotes Friendly Competition and Social Interaction**

This activity provides a friendly, fun environment for children to compete while socialising with peers in a relaxed yet competitive setting.

## Getting Started in Your Area

### 1. **Recruit Participants**

Contact local schools, clubs, and Local Sports Partnerships to encourage participation. Emphasise that Skittles is a unique and exciting part of the Community Games, offering children a chance to enjoy a less intense but highly skill-based competition.

### 2. **Competition Structure**

- Mixed/All Boys/All Girls Under 12/Over 9
- Mixed/All Boys/All Girls Under 14/Over 11
- Mixed/All Boys/All Girls Under 16/Over 13
- Panel of 7 (5 players + 2 substitutes)

### 3. **Promotion**

Create an event page on social media and share posts promoting the Skittles competition. Post tips on how to improve Skittles skills, along with fun facts about the game, to engage children and families. Contact local newspapers, radio stations, and online platforms to promote the Skittles competition. Emphasise the unique nature of this event in the Community Games and how it offers a different type of sporting challenge.

### 4. **Host a Skittles Skills Workshop**

Organise a workshop to teach children the basics of Skittles, including how to aim, control their throws, and develop strategy. This will help them build confidence ahead of the competition.

### 5. **Make It Easy**

Prepare simple and informative emails or flyers explaining the Skittles competition. Use Canva to design professional-looking promotional materials and collaborate with your County for Canva Pro access.

### 6. **Highlight the Social and Skill-Building Benefits**

Focus on how Skittles helps children develop coordination, patience, and strategy, while offering a chance to compete in a relaxed and friendly environment.

### 7. **Emphasise Flexibility**

Reassure schools, clubs, and Local Sports Partnerships that the competition can be integrated into their schedules. Offer support in organising practices or workshops to introduce Skittles to children unfamiliar with the game.

## Area-Level Events

### 1. **Set a Date**

Choose a date that gives teams enough preparation time. Promote the event early to maximise participation from local schools and clubs.

### 2. **Setting Up the Skittles Ring**

Visit our website to see how this is done.

### 3. **Thrower and Throw Line**

- Each player uses a thrower, a cylindrical block measuring 25–30 cm in length and 5–7.5 cm in diameter.
- The throw line is positioned at different distances depending on the age group:
  - 5 metres for Under 12
  - 6 metres for Under 14

- 7 metres for Under 16
  - The throw line is 3 metres long and marked with a 5 cm wide line.
  - A foul line is also marked 1 metre from skittle number 1.
4. **Encourage Participation**  
Focus on creating a fun and relaxed atmosphere where children can enjoy friendly competition while developing new skills. Ensure all players understand the rules and scoring system before the game begins.
  5. **Scoring and Feedback**  
After each game, provide feedback to help teams improve their techniques and strategy for future competitions.

## County-Level Events

1. **Prepare the County Event**  
Follow a similar structure to the Area-level event. Consider grouping Skittles with other unique activities for a day of friendly, skill-based competition.
2. **Celebrate Effort and Team Spirit**  
Capture photos and highlights to celebrate the teams' efforts. Encourage local schools, clubs, and families to support the children and create a fun, community-focused atmosphere around the event.

## Provincial Finals

1. **This is a Provincial event.**  
Teams must qualify at County level to advance to the Provincial Finals.
2. **Panel Submission**  
Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

# Soccer

[www.cairncommunitygames.ie/events/soccer---outdoor](http://www.cairncommunitygames.ie/events/soccer---outdoor)

## Why Soccer?

### 1. **A Popular Sport in Ireland**

Soccer is one of the most popular sports in Ireland, played and enjoyed by people of all ages. The country has produced many famous soccer players who have made their mark on the global stage, such as Robbie Keane, Ireland's all-time top goal scorer, Cork's most famous export Roy Keane, the talented and influential Katie McCabe, and the dynamic Áine O'Gorman. Players like these have helped inspire generations of young footballers across Ireland. Participating in soccer allows children to be part of this vibrant sporting tradition while learning valuable skills.

### 2. **Develops Coordination and Motor Skills**

Soccer helps children enhance their hand-eye coordination, footwork, and overall motor skills as they dribble, pass, and shoot the ball.

### 3. **Encourages Teamwork and Communication**

By working together towards a common goal, children learn the importance of communication and teamwork on the pitch.

### 4. **Builds Physical Strength and Agility**

Soccer promotes physical strength, agility, and stamina, requiring players to be quick and adaptable during matches.

### 5. **Encourages Discipline and Focus**

The fast pace of soccer and the need to follow rules teach children the importance of discipline and concentration during games.

### 6. **Promotes Healthy Competition and Fitness**

Soccer offers a competitive yet supportive environment for children to stay fit and active through regular practice and matches.

## Getting Started in Your Area

### 1. **Recruit Participants**

Contact local football clubs, schools, and Local Sports Partnerships to encourage participation. Highlight that soccer is available for boys and girls in various age categories and highlight its widespread popularity in Ireland as a great way to stay fit and have fun.

### 2. **Competition Structure**

- Boys Under 12/Over 8
- Girls Under 15/Over 11

- Size 5 ball
  - Panel of 16 (11 players + 5 substitutes). A minimum of 9 players must be on the pitch at all times.
3. **Promotion**  
Create an event page on social media and share content promoting the soccer competition. Post practice tips, match updates, and videos of famous Irish soccer players to inspire children to get involved. Contact local newspapers, radio stations, and online platforms to promote the event. Emphasise the excitement and skill-building aspects of soccer, and the chance to compete at the County level.
  4. **Host a Soccer Skills Workshop**  
Organise a soccer skills workshop where children can learn dribbling, passing, shooting, and defensive skills. Collaborate with local football clubs if possible, to provide expert coaching.
  5. **Make It Easy**  
Prepare simple, informative emails or flyers explaining the soccer competition. Use Canva to design eye-catching promotional materials and collaborate with your County for Canva Pro access.
  6. **Highlight the Physical and Social Benefits**  
Focus on how soccer promotes physical fitness, improves coordination, and helps children learn teamwork and sportsmanship. Offer to provide a practice session to introduce soccer to clubs or schools unfamiliar with it.
  7. **Emphasise Flexibility**  
Reassure clubs, schools, and Local Sports Partnerships that the competition can fit into their schedules. Provide support for organising practice sessions or integrating soccer into physical activity programmes.

## Area-Level Events

1. **Set a Date**  
Choose a date that allows teams enough time to prepare. Promote the event early to maximise participation from local football clubs and schools.
2. **Setting Up the Pitch**  
Ensure the soccer field is well-marked and safe for play. Provide adequate seating and signage for spectators.
3. **Prepare Referees**  
Assign referees who are experienced in soccer and familiar with the rules for each age group.
4. **Time Management**  
Organise the matches so they run efficiently, with sufficient breaks between

games. This ensures a well-coordinated and enjoyable event for all participants.

**5. Encourage Participation**

Create an engaging and educational environment that focuses on sportsmanship, teamwork, and skill development for the children.

**6. Scoring and Feedback**

After each match, offer constructive feedback to help teams improve and prepare for future competitions.

## County-Level Events

**1. Prepare the County Event**

Follow a similar structure to the Area-level event. Consider hosting soccer alongside other team sports for an exciting day of competition and community engagement.

**2. Celebrate Effort and Team Spirit**

Capture photos and match highlights to celebrate the players' efforts. Encourage local football clubs, schools, and families to support the children and share in the celebrations.

## Provincial Finals

**1. This is a Provincial event.**

Teams must qualify at County level to advance to the Provincial Finals.

**2. Panel Submission**

Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

# Soccer 7-a-side

[www.cairncommunitygames.ie/events/soccer---7-a-side](http://www.cairncommunitygames.ie/events/soccer---7-a-side)

## Why Soccer 7-a-side?

### 1. **A Popular and Exciting Game**

Soccer 7-a-side is a fast-paced, team-based version of soccer that's perfect for young players. With fewer players on the field, the game is more dynamic and encourages constant action. Soccer is one of Ireland's most popular sports, and this 7-a-side format is a great way for children to get involved, improve their skills, and experience the thrill of competition. The game also promotes teamwork, fitness, and strategic thinking in a fun and inclusive environment.

### 2. **Develops Coordination and Motor Skills**

Soccer 7-a-side helps children improve their coordination, footwork, and overall motor skills as they learn to dribble, pass, and shoot the ball.

### 3. **Encourages Teamwork and Communication**

As a team-based sport, Soccer 7-a-side encourages communication, cooperation and teamwork as players work together to achieve their goals on the field.

### 4. **Builds Physical Strength and Agility**

The fast pace of Soccer 7-a-side enhances physical strength, agility, and endurance, making it a fun way for children to stay active and fit.

### 5. **Promotes Strategic Thinking**

Soccer 7-a-side encourages players to think quickly and strategically, developing their decision-making skills both on and off the field.

## Getting Started in Your Area

### 1. **Recruit Participants**

Work with local schools, clubs, and Local Sports Partnerships to encourage participation in Soccer 7-a-side. Highlight the game's accessibility and the fact that it's an exciting way for children to develop their soccer skills while staying active.

### 2. **Competition Structure**

- Girls Under 12/Over 9
- Each team consists of 7 players: Panel of 10 (7 players + 3 substitutes). Matches are played with a size 5 ball.

### 3. **Promotion**

Create an event page on social media and share posts promoting the Soccer 7-a-side competition. Include practice tips, updates, and engaging content to

inspire children and families to participate. Contact local newspapers, radio stations, and online platforms to promote the event. Emphasise the fitness, teamwork, and strategic thinking benefits of playing Soccer 7-a-side.

**4. Host a Soccer Skills Workshop**

Organise a workshop to teach children the basics of Soccer 7-a-side, including dribbling, passing, and shooting. This will help build confidence and skills ahead of the competition.

**5. Make It Easy**

Prepare simple and informative flyers and emails explaining the Soccer 7-a-side competition. Use Canva to design eye-catching promotional materials and collaborate with your County for Canva Pro access.

**6. Highlight the Physical and Social Benefits**

Focus on how Soccer 7-a-side improves children's fitness, teamwork, and decision-making skills. Offer practice sessions to introduce the game to local schools and clubs.

**7. Emphasise Flexibility**

Reassure clubs, schools, and Local Sports Partnerships that the competition can fit into their schedules. Provide support for organising practices or workshops to help participants prepare for the competition.

## Area-Level Events

**1. Set a Date**

Choose a date that gives teams enough preparation time. Promote the event early to maximise participation from local schools and clubs.

**2. Setting Up the Field**

- The soccer field for 7-a-side should be properly marked and of appropriate size, smaller than a full-sized soccer field. Ensure the goals and boundary lines are clearly visible.
- Make sure the field has adequate seating for spectators and that safety precautions are in place.

**3. Prepare Referees**

Assign referees who are familiar with the rules of Soccer 7-a-side and can manage the fast pace of the game. Ensure fair and smooth gameplay throughout the matches.

**4. Encourage Participation**

Create a supportive environment where children can enjoy the game, develop their soccer skills, and understand the importance of teamwork and communication.

## 5. **Scoring and Feedback**

After each game, offer feedback to help players improve their techniques and strategies for future competitions.

## County-Level Events

### 1. **Prepare the County Event**

Follow a similar structure to the Area-level event. Consider hosting Soccer 7-a-side alongside other team sports to create a vibrant and energetic day of competition.

### 2. **Celebrate Effort and Team Spirit**

Capture photos and match highlights to celebrate the players' efforts. Encourage local schools, clubs and families to support the children taking part.

## Provincial Finals

### 1. **This is a Provincial event.**

Teams must qualify at County level to advance to the Provincial Finals.

### 2. **Panel Submission**

Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

# Throwball Rounders

[www.cairncommunitygames.ie/events/throwball-rounders](http://www.cairncommunitygames.ie/events/throwball-rounders)

## Why Throwball Rounders?

### 1. **A Fast-Paced, Accessible Game**

Throwball Rounders is a simplified version of traditional rounders, focusing on throwing rather than batting. It is ideal for young players who are new to the sport, as it removes the difficulty of hitting a ball with a bat while still maintaining the excitement and teamwork of rounders. It's a fun, inclusive game that encourages children to stay active, improve their coordination, and develop team spirit.

### 2. **Develops Hand-Eye Coordination and Motor Skills**

Throwball Rounders helps children develop their hand-eye coordination and motor skills through throwing, catching, and fielding the ball.

### 3. **Encourages Teamwork and Communication**

As a team sport, Throwball Rounders requires players to work together and communicate effectively to succeed, building essential social skills.

### 4. **Promotes Fitness and Fun**

With its fast-paced, energetic gameplay, Throwball Rounders provides children with an excellent opportunity to stay active and have fun, while learning the value of teamwork and fair play.

### 5. **Accessible for All Skill Levels**

Throwball Rounders is a great introduction to team sports, allowing children of all abilities to participate in a supportive and inclusive environment.

## Getting Started in Your Area

### 1. **Recruit Participants**

Contact local schools, clubs, and Local Sports Partnerships to promote the Throwball Rounders competition. Emphasise that it's a fun, team-based game that is easy to learn and suitable for children of all skill levels.

### 2. **Competition Structure**

- Mixed Under 10/Over 8
- Panel of 12 (6 boys and 6 girls)
- To be played with Tennis Ball

### 3. **Promotion**

Use social media to create an event page and share posts promoting the Throwball Rounders competition. Include practice tips, updates, and engaging content to encourage participation from children and families. Contact local

newspapers, radio stations, and online platforms to promote the event. Emphasise the benefits of Throwball Rounders in terms of fitness, teamwork, and inclusion.

4. **Host a Throwball Rounders Skills Workshop**

Organise a workshop to teach children the basic skills required for Throwball Rounders, such as throwing, catching, and fielding. This will help build their confidence and skills ahead of the competition.

5. **Make It Easy**

Prepare simple and informative flyers and emails explaining the Throwball Rounders competition. Use Canva to design professional promotional materials and collaborate with your County for Canva Pro access.

6. **Highlight the Physical and Social Benefits**

Focus on how Throwball Rounders improves physical fitness, hand-eye coordination, and teamwork. Offer practice sessions to introduce the game to local schools and clubs.

7. **Emphasise Flexibility**

Reassure clubs, schools, and Local Sports Partnerships that the competition can fit into their schedules. Provide support for organising practice sessions or workshops to help participants prepare for the competition.

## Area-Level Events

1. **Set a Date**

Choose a date that gives teams enough preparation time. Promote the event early to maximise participation from local schools and clubs.

2. **Setting Up the Field**

- The Throwball Rounders field should have four bases arranged in a diamond shape. The distance between the bases is approximately 12 metres.
- The pitcher's square should be located 7.5 metres from the batter's square, allowing for clear and easy throwing distances.
- Mark out a batting square and a pitcher's square for the pitcher and batter to stand. Ensure the field is well-marked and safe, with plenty of space for players to run and for spectators to watch.

3. **Prepare Referees**

Assign referees who are familiar with the rules of Throwball Rounders and can oversee the game fairly and efficiently.

4. **Encourage Participation**

Create a fun, supportive environment where children can enjoy the game

while developing their throwing, catching, and teamwork skills. Ensure all players understand the rules and basic gameplay before the matches begin.

**5. Scoring and Feedback**

After each game, provide feedback to help players improve their technique and game strategy for future competitions.

## County-Level Events

**1. Prepare the County Event**

Follow a similar structure to the Area-level event. Consider hosting Throwball Rounders alongside other team sports for an engaging and exciting day of competition.

**2. Celebrate Effort and Team Spirit**

Capture photos and highlights to celebrate the players' efforts. Encourage local schools, clubs, and families to show support for the children playing.

## Provincial Finals

**1. This is a Provincial event.**

Teams must qualify at County level to advance to the Provincial Finals.

**2. Panel Submission**

Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

# Tag Rugby

[www.cairncommunitygames.ie/events/tag-rugby](http://www.cairncommunitygames.ie/events/tag-rugby)

## Why Tag Rugby?

### 1. **A Fun, Fast-Paced Game**

Tag Rugby is an exciting, non-contact version of rugby that focuses on speed, agility, and teamwork. It's ideal for children of all abilities as it removes the physical tackling element, allowing for a safer and more inclusive experience. This makes it perfect for young players to enjoy the thrill of rugby while learning important skills like running, passing, and working as part of a team.

### 2. **Develops Agility and Coordination**

Tag Rugby helps children improve their agility, speed, and hand-eye coordination as they learn to dodge, pass, and move quickly on the field.

### 3. **Encourages Teamwork and Communication**

As a team-based sport, Tag Rugby requires players to work together, communicate effectively, and strategise in order to succeed.

### 4. **Promotes Fitness and Fun**

With its fast-paced nature, Tag Rugby helps children stay active and improve their overall fitness while having fun in a safe, non-contact environment.

### 5. **Inclusive and Accessible**

Tag Rugby is an inclusive sport that allows children of all abilities to participate, making it a great way to introduce young players to rugby in a non-intimidating and supportive setting.

## Getting Started in Your Area

### 1. **Recruit Participants**

Reach out to local schools, clubs, and Local Sports Partnerships to promote Tag Rugby. Highlight the non-contact nature of the game, which makes it accessible and safe for all children, and emphasise the fun and fitness benefits.

### 2. **Competition Structure**

- Mixed Under 11/Over 8
- Mixed Under 14/Over 11
- Mixed Under 16/Over 14
- Panel of 12 (Team 7 + 5 Substitutes, minimum of 2 girls on the field at all times). Matches are played with a size 4 ball.

### 3. **Promotion**

Use social media to create an event page and share engaging content promoting Tag Rugby. Post updates, practice tips, and videos to showcase the fun and inclusive aspects of the game. Contact local newspapers, radio stations, and online platforms to promote the event. Emphasise the non-contact nature of the sport, making it accessible to children of all abilities, and how it promotes fitness and teamwork.

### 4. **Host a Tag Rugby Skills Workshop**

Organise a workshop to teach children the basics of Tag Rugby, such as running with the ball, tagging, passing, and working as a team. This will help build their confidence ahead of the competition.

### 5. **Make It Easy**

Prepare simple and informative flyers and emails explaining the competition. Use Canva to design professional promotional materials and collaborate with your County for Canva Pro access.

### 6. **Highlight the Physical and Social Benefits**

Focus on how Tag Rugby improves fitness, agility, teamwork and communication skills. Offer practice sessions to introduce the game to local schools and clubs.

### 7. **Emphasise Flexibility**

Reassure clubs, schools, and Local Sports Partnerships that the competition can fit into their schedules. Offer support for organising practices or workshops to introduce the game to new participants.

## Area-Level Events

### 1. **Set a Date**

Choose a date that allows teams enough preparation time. Promote the event early to maximise participation from local schools and clubs.

### 2. **Setting Up the Field**

- The Tag Rugby field should be well-marked and measure 60 metres long by 30 metres wide. The try line should be clearly defined, with enough space for players to move freely.
- Teams should wear tag belts with two tags attached, one on each side of the belt. When a player is “tagged” by having one of their tags removed, they must pass the ball within 3 seconds.

### 3. **Prepare Referees**

Assign referees who are familiar with the rules of the game and can ensure fair, fast-paced gameplay. Make sure the referees understand the non-contact nature of the sport and how to oversee tagging and ball passing.

4. **Encourage Participation**

Create a fun and inclusive environment where children can enjoy the game and develop their skills in a supportive, non-contact setting.

5. **Scoring and Feedback**

After each game, provide feedback to teams to help them improve their strategy and teamwork for future competitions.

## County-Level Events

1. **Prepare the County Event**

Follow a similar structure to the Area-level event. Consider hosting Tag Rugby alongside other team sports for a fun and energetic day of competition.

2. **Celebrate Effort and Team Spirit**

Capture photos and highlights to celebrate the players' efforts. Encourage schools, clubs, and families to support the children and create a lively, community-focused atmosphere around the event.

## Provincial Finals

1. **This is a Provincial event.**

Teams must qualify at County level to advance to the Provincial Finals.

2. **Panel Submission**

Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

# X Rugby 7's

[www.cairncommunitygames.ie/events/rugby-7s](http://www.cairncommunitygames.ie/events/rugby-7s)

## Why X Rugby 7's?

### 1. **A New and Exciting Addition**

X Rugby 7's is an exciting new sport in Community Games, providing children with the chance to participate in a fast-paced, dynamic game. Rugby 7's is a variation of traditional rugby, with fewer players and shorter matches, making it highly energetic and engaging.

### 2. **Inspiration from Olympians**

Some of Ireland's top rugby stars, like Aoibheann Reilly and Beibhinn Parsons, who competed in this year's Olympics, once participated in Cairn Community Games when they were younger. Their journey from Community Games to the global stage showcases the incredible potential of young players and serves as an inspiration for children looking to pursue their passion for rugby.

### 3. **Develops Coordination and Motor Skills**

Rugby 7's helps children improve hand-eye coordination, agility, and motor skills through running, passing, and tackling.

### 4. **Encourages Teamwork and Communication**

On the pitch, Rugby 7's encourages communication and teamwork as players work together to advance the ball and defend their goal.

### 5. **Builds Physical Strength and Agility**

This fast-paced sport builds physical strength, agility, and endurance, requiring players to be quick, adaptable, and strong.

### 6. **Promotes Discipline and Focus**

The rules and fast pace of the game teach children the importance of discipline, staying focused, and making quick decisions during games.

### 7. **Promotes Healthy Competition and Fitness**

X Rugby 7's offers children a competitive yet supportive environment where they can stay fit and active while having fun.

## Getting Started in Your Area

### 1. **Recruit Participants**

Work with local rugby clubs, schools, and Local Sports Partnerships to encourage participation. Emphasise that X Rugby 7's is a new and exciting addition to the Community Games and mention our collaboration with Irish Rugby for extra support.

### 2. **Competition Structure**

- Boys Under 13/Over 11, Girls Under 13/Over 11
  - Each team consists of 7 players: Panel of 12 (7 players + 5 substitutes).
3. **Promotion**  
Create an event page on social media and share content promoting the Rugby 7's competition. Post practice tips, match updates, and inspirational stories of athletes like Aoibheann Reilly and Beibhinn Parsons. Contact local newspapers, radio stations, and online platforms to promote the event. Emphasise the excitement of this new sport, the skill-building aspect, and the opportunity to work with Irish Rugby.
  4. **Host a Rugby Skills Workshop**  
Organise a Rugby 7's skills workshop where children can learn passing, tackling, and running skills. Work closely with local rugby clubs or reach out to Irish Rugby for expert coaching.
  5. **Make It Easy**  
Prepare informative emails or flyers explaining the Rugby 7's competition and its benefits. Use Canva to design promotional materials and collaborate with your County for Canva Pro access.
  6. **Highlight the Physical and Social Benefits**  
Focus on how Rugby 7's helps children improve their fitness, learn teamwork, and build discipline. Offer a practice session to introduce the game to local schools and clubs.
  7. **Emphasise Flexibility and Support**  
Let clubs, schools, and Local Sports Partnerships know that the competition can fit within their schedules. Encourage them to reach out to the Community Games head office for additional support and guidance, particularly with our collaboration with Irish Rugby.

## Area-Level Events

1. **Set a Date**  
Choose a date that allows enough time for teams to prepare. Promote the event early to maximise participation from local rugby clubs and schools.
2. **Setting Up the Pitch**  
Ensure the rugby pitch is well-marked and safe for play. Provide seating and signage for spectators.
3. **Prepare Referees**  
Assign experienced referees who are familiar with Rugby 7's and its specific rules for each age group.

#### 4. **Time Management**

Organise the matches to ensure they run smoothly, with enough time for breaks between games. Proper time management helps make the event enjoyable for all.

#### 5. **Encourage Participation**

Create an educational and fun atmosphere that promotes sportsmanship, teamwork, and skill development for the children.

#### 6. **Scoring and Feedback**

After each match, provide feedback to help teams improve and prepare for future competitions.

### County-Level Events

#### 1. **Prepare the County Event**

Follow a similar structure to the Area-level event. Consider hosting X Rugby 7's alongside other team sports for an exciting and action-packed day of competition.

#### 2. **Celebrate Effort and Team Spirit**

Capture photos and match highlights to celebrate the players' efforts. Encourage local rugby clubs, schools, and families to support the children and get behind them!

### Provincial Finals

#### 1. **This is a Provincial event.**

Teams must qualify at County level to advance to the Provincial Finals.

#### 2. **Panel Submission**

Once a panel is submitted via ORS, it cannot be changed at County, Provincial, or National levels, except in exceptional circumstances. Replacement requests will only be considered based on the original panel submitted. The County Secretary must submit valid reasons for any replacements at least 48 hours before the event.

## Additional Resources and websites

For those seeking more information about specific sports, the websites of the National Governing Bodies (NGBs) can provide valuable details and contact information. These organisations offer a wealth of resources for coaching, training, and development in their respective sports. However, please **always refer to the official Community Games website** to ensure you have the correct rules and regulations for each competition. Below are links to relevant websites and additional organisations promoting inclusion and active participation for children and young people:

### National Governing Bodies

- **Camogie Association:**  
[www.camogie.ie](http://www.camogie.ie)
- **Gaelic Athletic Association (GAA) (for Gaelic Football and Hurling):**  
[www.gaa.ie](http://www.gaa.ie)
- **Pitch and Putt Ireland:**  
[www.irishpitchandputt.ie](http://www.irishpitchandputt.ie)
- **Rounders Ireland (GAA Rounders):**  
[www.gaarounders.ie](http://www.gaarounders.ie)
- **Football Association of Ireland (FAI) (for Soccer and Soccer 7-a-side):**  
[www.fai.ie](http://www.fai.ie)
- **Irish Rugby Football Union (IRFU) (for Tag Rugby and Rugby 7's):**  
[www.irishrugby.ie](http://www.irishrugby.ie)

### Other Useful Organisations:

- **Sport Ireland:**  
[www.sportireland.ie](http://www.sportireland.ie)
- **Children First (Child Protection in Sport):**  
[www.tusla.ie/children-first](http://www.tusla.ie/children-first)
- **Irish Centre for Diversity:**  
[www.irishcentrefordiversity.ie](http://www.irishcentrefordiversity.ie)
- **LGBTI Ireland:**  
[www.lgbt.ie](http://www.lgbt.ie)
- **Active Disability Ireland:**  
[www.activedisability.ie](http://www.activedisability.ie)
- **Her Moves (Promoting Girls in Sport):**  
[www.hermoves.ie](http://www.hermoves.ie)

- **Federation of Irish Sport:**

[www.irishsport.ie](http://www.irishsport.ie)

## List of Local Sports Partnerships in Ireland

- **Carlow Sports Partnership**  
Website: [www.carlowsports.ie](http://www.carlowsports.ie)  
Email: info@carlowsports.ie
- **Cavan Sports Partnership**  
Website: [www.cavansportspartnership.ie](http://www.cavansportspartnership.ie)  
Email: info@cavansportspartnership.ie
- **Clare Sports Partnership**  
Website: [www.claresports.ie](http://www.claresports.ie)  
Email: info@claresports.ie
- **Cork Sports Partnership**  
Website: [www.corksports.ie](http://www.corksports.ie)  
Email: info@corksports.ie
- **Donegal Sports Partnership**  
Website: [www.activedonegal.com](http://www.activedonegal.com)  
Email: info@activedonegal.com
- **Dublin City Sport & Wellbeing Partnership**  
Website: [www.dcswhub.ie](http://www.dcswhub.ie)  
Email: sports@dublincity.ie
- **Dun Laoghaire Rathdown Sports Partnership**  
Website: [www.dlrsportspartnership.ie](http://www.dlrsportspartnership.ie)  
Email: info@dlrsportspartnership.ie
- **Fingal Sports Partnership**  
Website: [sports.fingal.ie/](http://sports.fingal.ie/)  
Email: info@fingal.ie
- **Galway Sports Partnership**  
Website: [www.galwayactive.ie](http://www.galwayactive.ie)  
Email: info@galwayactive.ie
- **Kerry Recreation and Sports Partnership**  
Website: [www.facebook.com/kerryrecreationandsportspartnership/](http://www.facebook.com/kerryrecreationandsportspartnership/)  
Email: info@kerryrecreationandsports.ie
- **Kildare Sports Partnership**  
Website: [www.kildarecoco.ie/kildaresp/](http://www.kildarecoco.ie/kildaresp/)  
Email: info@kildaresp.ie
- **Kilkenny Recreation and Sports Partnership**  
Website: [www.krsp.ie](http://www.krsp.ie)  
Email: info@krsp.ie
- **Laois Sports Partnership**  
Website: [www.laoissports.ie](http://www.laoissports.ie)  
Email: info@laoissports.ie

- **Leitrim Sports Partnership**  
Website: [www.leitrimsports.ie](http://www.leitrimsports.ie)  
Email: sports@leitrimcoco.ie
- **Limerick Sports Partnership**  
Website: [www.limericksports.ie](http://www.limericksports.ie)  
Email: info@limericksports.ie
- **Longford Sports Partnership**  
Website: [www.longfordsports.ie](http://www.longfordsports.ie)  
Email: info@longfordsports.ie
- **Louth Local Sports Partnership**  
Website: [www.louthlsp.com](http://www.louthlsp.com)  
Email: info@louthlsp.ie
- **Mayo Sports Partnership**  
Website: [www.mayosports.ie](http://www.mayosports.ie)  
Email: msp@mayococo.ie
- **Meath Local Sports Partnership**  
Website: [www.meathsports.ie](http://www.meathsports.ie)  
Email: mlsp@meathcoco.ie
- **Monaghan Sports Partnership**  
Website: [www.monaghansports.ie](http://www.monaghansports.ie)  
Email: info@monaghansports.ie
- **Offaly Sports Partnership**  
Website: [www.offalysports.ie](http://www.offalysports.ie)  
Email: sports@offalycoco.ie
- **Roscommon Sports Partnership**  
Website: [www.rosactive.org](http://www.rosactive.org)  
Email: info@rosactive.org
- **Sligo Sport and Recreation Partnership**  
Website: [www.sligosportandrecreation.ie](http://www.sligosportandrecreation.ie)  
Email: info@sligosportandrecreation.ie
- **South Dublin County Sports Partnership**  
Website: [www.sdcc.ie/en/services/sport-and-recreation/sports/](http://www.sdcc.ie/en/services/sport-and-recreation/sports/)  
Email: info@sdcc.ie
- **Tipperary Sports Partnership**  
Website: [www.tipperarysports.ie](http://www.tipperarysports.ie)  
Email: info@tipperarysports.ie
- **Waterford Sports Partnership**  
Website: [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)  
Email: info@waterfordsportspartnership.ie
- **Westmeath Sports Partnership**  
Website: [www.westmeathsports.ie](http://www.westmeathsports.ie)  
Email: info@westmeathsports.ie

➤ **Wexford Sports Partnership**

Website: [www.wexfordcoco.ie/community/sports-and-recreation](http://www.wexfordcoco.ie/community/sports-and-recreation)

Email: [info@sportwexford.ie](mailto:info@sportwexford.ie)

➤ **Wicklow Local Sports Partnership**

Website: [www.wicklowlsp.ie](http://www.wicklowlsp.ie)

Email: [wicklowlsp@wicklowcoco.ie](mailto:wicklowlsp@wicklowcoco.ie)



[www.cairncommunitygames.ie](http://www.cairncommunitygames.ie)



**CAIRN**

**Irish Daily Mail**