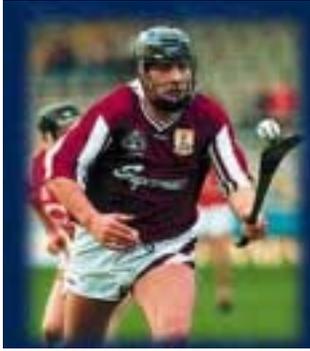


Hurling – The Basics

Known officially as the ‘fastest field sport in the world’ it is often described as a mixture between hockey and lacrosse. The game is extremely fast and extremely skillful as well as being a little bit tough. It is more physical than hockey and was used to train ancient Irish warriors before battle. Here is a simple explanation:



Players: There are 15 players on each team. (This is sometimes reduced in Europe due to smaller pitch size). They consist of a goalkeeper, six defenders, two midfielders and six forwards.

Ball: The ball is about the size of a tennis ball and is made from leather. It is heavier than a tennis ball.

Handling the ball: You can catch the ball in your hands but only carry it for a maximum of 3 steps, then you must **bounce** it off the stick or pass it.

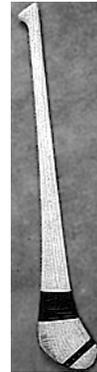
Stick: The stick is known as a hurley and is usually made of ash wood. It usually measures 90 cm long

and has metal band at the end. (shown here in image)

Passing: You can pass the ball with your foot or with your palm but you cannot throw it.

Scoring: Goalposts are similar to rugby and soccer combined; there is a net and a goalkeeper. If the ball goes into the goal you get three points. If it goes above the bar between the two posts you get one point.

Tackling: You cannot tackle below the waist. You can try to take the ball from the opponents stick but only using your stick. Shoulder to shoulder contact is permissible (this is the physical aspect I spoke of). You can block someone hitting the ball with your stick.



Hurling is played throughout Europe and the world. If you would like to play hurling then contact the European Board for details of your local club.

More images are presented below:

