

CHOOSING THE CORRECT HURLEY SIZE

Choosing the correct size hurley will increase a player's success at mastering the skills of the game. A shorter, lighter hurley is especially recommended for children and those new to the game.

HOW TO MEASURE THE CORRECT SIZE:

- Player stands nice and relaxed with their hands down by their sides.
- The distance from the ground to their wrist is the correct length.
- Player should be able to hold the hurley at the top and the hurley should be just touching the ground.
- If a player is between sizes it is still better to have the hurley too small rather than too big.

TOP TIP!

With the correct size, your finger should align with/touch the player's wrist bone.

Place your finger horizontally just underneath the grip as shown.

WHAT ABOUT THE WEIGHT?

Players should hold hurl in their dominant hand and be able to make ever increasing larger circles for 30 seconds comfortably. Then this is correct weight.



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