



Rules of the Sheridan Insurances Hurling Bin Challenge ©

1. Organise 5 or more people to take part.
2. Nominate one person to be the lead pucker.
3. Pass the sliother down the line to and from the lead pucker until you get to the bin where the lead pucker will tip it into the bin.
4. Get everyone to text 50300 and donate €2 to Make a Wish
5. Post your video to your Facebook or twitter Page.
6. Nominate a few others to do the same.