

	No of Players	No of Subs	Per half	Extra Time	Scrummage
AIL & Premiership	20	5 (R)	40	None	
Premiership 2nd XV League	17	2 (R)	40	None	
Conference	17	2 (R)	40	None	
Championship League 1, 2 & 3	17	2 R	40	None	
Women's AIL	22	7‡(R)	40	None	
Women's AIL Cup/Shield/Bowl/Plate & League or Qualifying Playoffs	22	7‡(R)	40	10 each way plus 4 rolls;	Lower team's law
Women's Ulster League	22	7‡(R)	40	None	U19
Women's Ulster Cup/Shield/Plate	22	7‡(R)	40	10 each way plus 4 rolls	U19
Provincial League 1, 2 & 3	18	3 R E	40	None	
Provincial League 4, 5 & 6	18	3 R E	40	None	U19
Regional Leagues	18	3 R E	40	None	U19
Senior Cup	20	5 R	40	10 each way plus 4 rolls	
Junior Cup	17	2 R	40	10 each way plus 4 rolls	
Junior Cup Final & Semi Final	20	5 R	40	10 each way plus 4 rolls	
Towns Cup	17	2 R	40	10 each way plus 4 rolls	
Towns Cup Final & Semi Final	20	5 R	40	10 each way plus 4 rolls	
McCrea Cup	17	2 R	40	10 each way plus 4 rolls	
McCrea Cup Final & Semi Final	20	5 R	40	10 each way plus 4 rolls	
Gordon West Cup up till Quarter Final	17	2 R	40	10 each way plus 4 rolls	
Gordon West Cup Final & Semi	20	5 R	40	10 each way plus 4 rolls	
Crawford Cup & Plate	18	3 R E	40	10 each way plus 4 rolls	
Forster Cup & Plate	18	3 R E	40	10 each way plus 4 rolls	U19
McCambley Cup	18	3 R E	40	10 each way plus 4 rolls	U19
Butler Shield	18	3 R E	40	10 each way plus 4 rolls	U19
Development rugby	REFER	TO	WEBSITE	None	U19
U18 Leagues & Cup	22	7	35	None	U19
U16 League & Cup	22	7	30	None	U19
U14 League & Cup	22	7	25	None	U19
Schools 1st, 2nd & 3rd XV Friendly	23	7	35	None	U19
Schools Med XV	23	7	30	None	U19
Schools' U14 & below	23	7	25	None	U19
Schools' Cup Competitions	23	8†	35	None	U19
Medallion Shield Competitions	23	8†	30	None	U19
High Schools' U16 Cup Comps	22	7	30	None	U19
Girls Schools' Cup	22	7	30	None	U19
‡ 5 of these must be front row players.			(R) Rolling Subs	(E) Exemption from law 3.8	ALL Uncontested scrums 8v8
† 6 of these must be front row players, but 3 do not need to sit on the bench					
<p>Man Off Rule will apply to all adult rugby in Ulster. This means, when uncontested scrums are ordered by the Referee, as a result of there being no suitably trained front row replacement, the team concerned shall not be entitled to replace the player whose departure caused the uncontested scrums. There are two exceptions to this: (i) Blood replacements (but only for the 15 minutes). (ii) A FR player who is injured, as a result of foul play which is sanctioned at that time by the referee.</p> <p>In all instances available Front Row replacements MUST be used before another player can be put into the FR i.e. a sub hooker must be used to play prop even with uncontested scrums.</p>					

In the interests of improved Club participation Referees are asked to facilitate teams playing with fewer than 15 players. A friendly 10's match rewards players making the effort to support their Club.

If a male side with less than 15 lose a player through injury or a card, THAT side plays one down for the rest of the match or the period of the card. The other side may use subs in the normal way [if it has them]. A male team with fewer than 15 is expected to field ALL their players - IE they will have no subs to use.

Scrum numbers will be dictated by the number of trained players available to the Coach for the scrum.

If the Referee has the opinion a difference in numbers makes the match **unsafe** then he/she **MUST** halt it immediately - the coaches may then be consulted about making the numbers equal on both sides to complete it as a friendly if that is appropriate. **NOTHING** supersedes the safety of the players.

Youth Rugby Regs for Ulster 2018-19 are on the Ulster Website, but are summarised here as a guide only.
AS WITH ADULT GAMES WE REFEREE MATCHES To law AND REPORT ISSUES TO THE BRANCH TO RESOLVE. This includes games with front row shortages, starts with uncontested scrums [as per U19 Law Variation] - the offending side(s) get a league pt for completing the fixture. It's about PARTICAPATION

script	FEMALE all age groups	Under 14 MALE	Under 16 MALE	Under 18 MALE
ALL age groups -League AND Cup Male Min 12 plyrs reqd Female min 10 plyrs reqd	Equal starting player numbers down to 10 each, dictated by the team with fewer players	IF ONE TEAM fields reduced numbers the opposition CAN FIELD 15 AND use any subs available. Both teams may have reduced nos but DO need a starting front row		
ALL AGE Groups - Min of 12 male players required for valid league fixture, or 10 for female. Starting Front Row required for valid league fixture unless 'game on' protocol. A 'friendly' should still be facilitated if less than 12 for males and 10 for females.	If a player of a team is sanctioned and removed that team play with reduced numbers. If a player is injured and is not replaceable the opposition shall reduce to match numbers.	LEAGUE	DO NOT REQUIRE EQUAL NOS (Min 12) - other team can use all subs. Need front row. Get Lge pt for fielding with <12 or no front row. Less than 12 = play a friendly with equalnos.	
		CUP & League play offs	Starting front row req'd for BOTH sides but team <15 may face 15 + available subs	
Max no. of replacements		7	7	7
Replacements permitted during a game	No rolling subs for males, however law 3.34 applies. Rolling subs for females.	all 7 (if required)	all 7 (if required)	all 7 (if required)
Blood Subs-MUST return within 15 mins		Yes	Yes	Yes
Max Playing time (per half)		25 mins	30 mins	35 Mins
Extra time permitted		No	No	No
Red & Yellow Cards		Yes	Yes	Yes
Period of time in Sin Bin		5 mins	5 mins	7 mins
Squeeze Ball = player "HOLDING ON" Sanction is PENALTY KICK - NOT ALLOWED at any age				
Lifting in lineouts		No	Yes	Yes
Line out: pre grip		No	Yes	Yes
SCRUMS - STANDARD U19 Law Variation applies Minimum 5	At all times each team must have the same number of players in the scrum			
	If a suitably trained front row player is not available, then the referee must order uncontested scrums and shall be 8v8 unless 'Game On 'protocol in force.			
Only No 8 can pick up but cannot hold the ball at the base of the scrum				
Teamsheet: collected from both sides before KO		Yes	Yes	Yes
Checking of Registration Cards		NOT the referee's responsibility		