

Girls U18s play U19 rules. See Match Regulations below.

Regulations

1. Eligibility

- 1.1. An eligible player must be born in **2000, 1999 or 1998**.
- 1.2. All players must be registered as club (youth) players with their clubs and their respective Branch. Registration cards with IRFU registration number to be used as proof of registration for all matches.
- 1.3. A player can only play for the province where her club (which she is registered with) is affiliated to. (Only in exceptional circumstances may a player play for a Provincial team if her club is not affiliated to that Province. Application to the IRFU Women's Committee).
- 1.4. Only players eligible (World Rugby qualified) and available for the National U18 Teams are allowed to play in the Club Inter-provincial competitions.
- 1.5. Provincial managers should liaise with Ireland U18 Sevens coach, Stan McDowell, in relation to any player on the National panel and confirm player training availability.

2. Registration

Each Team Manager may register a panel of up to 26 players with the IRFU Women's Sub Committee (via email to Nora Stapleton) by the close of business Friday 1st September 2016.

3. Squads

3.1. Each squad may contain 23 players and the replacements must include specialist front row replacements as follows: Loose Head Prop (LHP), Hooker (H) and Tight Head Prop (THP).

3.2. Front row cover to be identified to the referee prior to the start of the match.

4. Replacements and Substitutes

Subject to Law 3 of the Laws of the Game each team should have full front row replacements. Rolling substitution laws are applicable

5. Match Regulations

5.1 Match duration

- Matches are 70 minutes in duration

5.2 Ball

- A size 4 ball will be used in each game.

5.3 Line-out:

- Full lift in the line-out is permitted.
- Teams will go to a pre-grip with all lifting on the shorts only if organizer's feel player safety is an issue.
- Organizer's decision is final.

5.4 Scrum:

- U19 Scrum regulations to apply

5.5 Scrums – U19 scrum regulations to apply.

- It is the responsibility of the team management to ensure front and second row players are suitably trained and suitable to play in the positions required.
 - In an 8 person scrum the formation must be 3-4-1, with the single player (normally the Number 8) shoving on the 2 locks.
 - The locks must pack with their heads on either side of the hooker.

5.6 Squeeze ball

- Not permitted.

5.7 Yellow or red cards

- Apply as per U18 age grade regulations.
- If a player receives a yellow card during a full 70 minute match she shall remain in the
- Sin Bin for 7 minutes.
- Red cards may be issued - player must leave the pitch for the duration of the game and Branch disciplinary may apply.