



BRANCH REGULATIONS SUMMARY 2019/20

Adult Male	Squad	Subs	Rolling Subs	Match Duration	Ball	Lineout Lifting	Scrum	Man Off (Scrums)	YC	RC	Blood Subs	HIA	Extra Time
UBL	20	5	Yes	80 mins	5	Yes	Full	Yes	10 mins	Yes	15 mins	Never	Play-Offs Only
Bateman Cup	20	5	Yes	80 mins	5	Yes	Full	Yes	10 mins	Yes	15 mins	Never	Yes
J1 A/B/C	20	5	Yes	80 mins	5	Yes	Full	Yes	10 mins	Yes	15 mins	Never	Play-Offs Only
U20 JP Flanagan	22	7	Yes	80 mins	5	Yes	Full	Yes	10 mins	Yes	15 mins	Never	Cup Only
U20 Connacht Cup	No Max. (15-a-side)		Yes	80 mins	5	Yes	Full	Yes	10 mins	Yes	15 mins	Never	Yes
U20 10's	No Max. (10-a-side)		Yes	Variable	5	Yes	5 Players Uncontested (Unless teams agree otherwise)	No	5 mins	Yes	15 mins	Never	Play-Offs Only
J2	20	5	Yes	80 mins	5	Yes	U19 Variations	Yes	10 mins	Yes	15 mins	Never	Cup Only
Colleges Div 1	22	7	Yes	80 mins/60 mins	5	Yes	Full	No	10 mins	Yes	15 mins	Never	Play-Offs Only
Colleges Div 2	22	7	Yes	80 mins/60 mins	5	Yes	U19 Variations	No	10 mins	Yes	15 mins	Never	Play-Offs Only
Colleges Div 3	22	7	Yes	80 mins/60 mins	5	Yes	Uncontested	No	10 mins	Yes	15 mins	Never	Play-Offs Only
Adult Female	Squad	Subs	Rolling Subs	Match Duration	Ball	Lineout Lifting	Scrum	Man Off (Scrums)	YC	RC	Blood Subs	HIA	Extra Time
AIL	22	7	Yes	80 mins	5	Yes	Full	Yes	10 mins	Yes	15 mins	Never	Play-Offs Only
Invitational Cup	No Max. (10-a-side)		Yes	60 mins	5	Yes	5 Players Uncontested (Unless teams agree otherwise)	No	5 mins	Yes	15 mins	Never	Final Only
Connacht League	22	7	Yes	80 mins	5	Yes	U19 Variations	Yes	10 mins	Yes	15 mins	Never	Play-Offs Only
Colleges Div 1	22	7	Yes	80 mins	5	Yes	U19 Variations	No	10 mins	Yes	15 mins	Never	No
Youth Boys	Squad	Subs	Rolling Subs	Match Duration	Ball	Lineout Lifting	Scrum	Man Off (Scrums)	YC	RC	Blood Subs	HIA	Extra Time
U13	23	8	Yes	50 mins	4	No	U19 Variations	Yes	No	Replace Player	15 mins	Never	Never
U14	23	8	Yes	50 mins	4	No	U19 Variations	Yes	5 mins	Yes	15 mins	Never	Never
U15	23	8	Yes	60 mins	4	No	U19 Variations	Yes	5 mins	Yes	15 mins	Never	Never
U16	23	8	Yes	60 mins	5	Yes	U19 Variations	Yes	5 mins	Yes	15 mins	Never	Never
U17	23	8	Yes	70 mins	5	Yes	U19 Variations	Yes	7 mins	Yes	15 mins	Never	Never
U18.5	23	8	Yes	70 mins	5	Yes	U19 Variations	Yes	7 mins	Yes	15 mins	Never	Never
Youth Girls	Squad	Subs	Rolling Subs	Match Duration	Ball	Lineout Lifting	Scrum	Man Off (Scrums)	YC	RC	Blood Subs	HIA	Extra Time
U14	23 (Up to 10-a-side)		Yes	50 mins	4	No	5 Players Uncontested	No	No	Replace Player	15 mins	Never	Never
U16	23 (13-a-side)		Yes	60 mins	4	No	6 Players Uncontested	No	5 mins	Yes	15 mins	Never	Never
U18	23 (15-a-side)		Yes	70 mins	4	Yes	U19 Variations	Yes	7 mins	Yes	15 mins	Never	Never
Schools	Squad	Subs	Rolling Subs	Match Duration	Ball	Lineout Lifting	Scrum	Man Off (Scrums)	YC	RC	Blood Subs	HIA	Extra Time
U14 Boys	No Max.		Yes	50 mins	4	No	U19 Variations	Yes	5 mins	Yes	15 mins	Never	Never
Junior Boys	23	8	Yes	60 mins	5	Yes	U19 Variations	Yes	5 mins	Yes	15 mins	Never	Never
Senior Boys	23	8	Yes	70 mins	5	Yes	U19 Variations	Yes	7 mins	Yes	15 mins	Never	Never
Junior Girls 10's	15	5	Yes	40 mins	4	No	Uncontested	No	5 mins	Yes	15 mins	Never	Never
Senior Girls 10's	15	5	Yes	40 mins	4	Yes	5 Players Uncontested (Unless teams agree otherwise)	No	5 mins	Yes	15 mins	Never	Never

