



Girls Rugby | Rules Clarifications 2019/20

Ae Categories

Age Grade in 2019/20	Players must be born in
U8 Most clubs tend to keep girls of this age playing with the boys however, they may also play separately as a group. Age brackets for blitzes/festivals should be adhered to, i.e. U8's should not play contact rugby with the U10 team	2014
	2013
	2012
	2011
U10 Girls Mini Rugby	2010
	2009
U12 Girls Mini Rugby	2008
	2007
U14	2006
	2005
U16	2004
	2003
U18	2002
	+ 1/7/2001 → 31/12/2001

Consent to Play Up

Players who are physically and mentally capable playing up to a higher age category may do so by completing the IRFU consent to play up form.

- i.e. U12 players born in 2008 may apply to play U14 rugby
- U14 players born in 2006 may apply to play U16 rugby
- U16 players born in 2004 may apply to play U18 rugby

In such instances such players cannot play in the front row positions at the higher level.



Numbers Per Side

U14		13 a side
U16		15 a side
U18		15 a side

Reduced Numbers Rules

- U14 No minimum (up to 13 a side). Clubs should be encouraged to play these fixtures in any form.
- U16 | If one team has less than 15 players then the opposition must match their numbers throughout the game (start to finish), i.e. if a match starts as 11 v 11 and a team subsequently drops to 10 players then their opposition must drop to 10 players also. If a team drops below 9 players for any reason, then the game will no longer be considered a competitive fixture. The points will go to the opposition and the game may continue as a friendly. Teams must with the maximum players they have available i.e. if a team has 14 players they cannot choose to start with 12 and retain 2 players as substitutes.
- U18 | If one team has less than 15 players then the opposition must match their numbers throughout the game (start to finish), i.e. if a match starts as 13 v 13 and a team subsequently drops to 12 players then their opposition must drop to 12 players also. If a team drops below 11 players for any reason then the game will no longer be considered a competitive fixture. The points will go to the opposition and the game may continue as a friendly. Teams must with the maximum players they have available i.e. if a team has 14 players they cannot choose to start with 12 and retain 2 players as substitutes.
- All the above regulations relating to team numbers in the girl's game apply to both league and cup matches. They also apply to both division 1 and division 2 in the girl's leagues.
- If teams are playing matches with fewer than 15 players then the numbers should be similarly reduced i.e. 14 players = 7 person scrum, 13 a side = 6 person scrum etc. unless both teams jointly agree otherwise in conjunction with the referee.



Scrum Rules

U14		Uncontested
U16		Uncontested
U18		U19 Variations

A pick and go is allowed from all scrums.

At U18 level if a team is unable to begin a match with contested scrums then they are restricted to fielding 14 players. In such a scenario the non-offending team are not required to reduce to 14 players.

At U18 level if a team loses a player during the match and as a result, they must go to uncontested scrums then this player cannot be replaced, hence reducing their number by one. The opposition are not required to similarly reduce their numbers in such a scenario.