



IRFU Game Variations: Adult Rugby

	Senior	Junior 1	Junior 2 & Lower	Under 20
Match Duration	80 mins	80 mins	80 mins	80 mins
Injury time	Yes	Yes	Yes	Yes
Extra time	Yes	Yes	Yes	Yes
Lineout: Pre-grip	Yes	Yes	Yes	Yes
Lineout: Lifting	Yes	Yes	Yes	Yes
Scrum: Pushing	Yes	Yes	1.5 metre	Yes
Scrum: Wheeling & Reset	90 deg. Lose possession	90 deg. Lose possession	45 deg & reset	90 deg. Lose possession
Rucks & Maul "Use or Lose"	Rucks – No Mauls - Yes	Rucks – No Mauls - Yes	Rucks – No Mauls - Yes	Rucks – No Mauls - Yes
Substitutes: Front Row Cover	See Law 3.5	See Law 3.5	See Law 3.5	Law 3.5
Substitutes: Blood	Yes	Yes	Yes	Yes
Discipline: Yellow card	Yes	Yes	Yes	Yes
Discipline: Red card	Yes	Yes	Yes	Yes