



RULES AND REGULATIONS FOR WOMEN'S ALL IRELAND LEAGUE AND CUP 2023/24

1. General

- 1.1. These regulations govern the **Women's All Ireland League and Cup** for 2023/24
- 1.2. Each participating Club has indicated, by written acceptance, its wish to compete in the Women's All Ireland League and Cup and, thereby, to adhere to and be bound by, this and any other regulations which govern the competitions (including for the avoidance of doubt the Women's All Ireland League Participation Criteria).
- 1.3. The IRFU, through the Rugby Committee, reserve the right to amend or make changes to the season structure, format or regulations of any competition under their control, should it deem it necessary and appropriate, as a result of unforeseen circumstances. Or in its absolute discretion, subject to the approval of the IRFU Committee, it deems it is in the best interests of the game, the relevant competition or the Union to do so.

2. Governing Provisions, Interpretation and Definitions

- 2.1. The competition shall be called the Women's All Ireland League and Cup, hereafter for the purposes of these regulations referred to as "the League and Cup".
- 2.2. Defined terms in this regulation shall have the same meanings as in the laws and regulations of the Union except where the context otherwise requires.

3. Administration and Management of the League and Cup

- 3.1. The Union shall appoint a National Competitions' Committee (NCC) comprising a Chairperson, a representative from each of the four Branches of the Union, a representative of the Women's Sub Committee and the Rugby Competition Manager appointed by the Union.
- 3.2. The National Competitions' Committee shall administer and manage the League and Cup.

4. Powers of the National Competitions' Committee

- 4.1. The National Competitions' Committee shall:-
 - 4.1.1. Have power to make decisions regarding the administration and management of the League and Cup.
 - 4.1.2. Have power to hear complaints as provided for in this regulation and to impose such sanctions as may be permitted by these regulations;
 - 4.1.3. Be entitled, at its discretion, to delegate to the Rugby Competition Manager (or in their absence such other person as may be nominated by the Union or such one or more members of the National Competitions' Committee as it may determine) such of its functions as it may decide.
 - 4.1.4. Any decision of such person or persons so delegated shall be as valid and effective as if made by the National Competitions' Committee.



- 4.2. Where the functions of the National Competitions' Committee are delegated to the Rugby Competition Manager they may at their absolute discretion:
- 4.2.1. make decisions themselves;
 - 4.2.2. refer the matter to the Chairperson of the League Sub Committee to make the decision; or
 - 4.2.3. refer the matter to the National Competitions' Committee (of which they are a member) to make the decision.
- 4.3. Decisions of the National Competitions' Committee shall be communicated to such Club(s) as maybe directly affected as soon as reasonably practicable.
- 4.4. The Union or the National Competitions' Committee shall have no liability to any Club or person arising from any negligence or failure by the Union or the National Competitions' Committee to ensure compliance with these regulations or in relation to any other failure in the administration or management of the League.

5. Complaints

- 5.1. A Club or the Rugby Competition Manager may make a complaint in relation to an alleged breach of these regulations by any Club or in relation to any matter arising out of the administration or management of the League and Cup, which complaint shall be in writing and shall be received by the Union not later than fourteen days from midnight on the date of the event giving rise to the complaint.
- 5.2. A Club may only make a complaint in relation to a matter that affects it directly and which causes it to suffer a disadvantage in the League and Cup or some other material form of prejudice.
- 5.3. Time shall be regarded as being of the essence in relation to the enforcement of the time limit under regulation 5.1.
- 5.4. For the avoidance of doubt, the fourteen-day time period runs from the date of the actual event and not from the date of the Club becoming aware of the event giving rise to the complaint.
- 5.5. All complaints must be in writing and signed by the Rugby Competition Manager, or the Secretary of the Club as applicable and state the grounds of the complaint.
- 5.6. All complaints by Clubs in relation to these regulations must be accompanied by a payment of €500.
- 5.7. The onus of proof shall be on the Club or Rugby Competition Manager making the complaint to establish the breach or infringement of these regulations. The standard of proof shall be on the balance of probability.
- 5.8. The Union shall cause a copy of any valid complaint to be sent to any Club, or person directly affected as soon as is practicable after it has received the complaint.



6. Adjudication of Complaints

- 6.1. The Chairperson of the National Competitions' Committee shall be entitled to determine any pre- adjudication procedural or evidential issues or disputes, including whether or not to hold a hearing, without recourse to the other members of the National Competitions' Committee.
- 6.2. The Chairperson of the National Competitions' Committee shall:
 - 6.2.1 Adjudicate on the matter themselves as Chairperson or,
 - 6.2.2 Have the matter adjudicated on by the National Competitions' Committee (on which they shall act as Chairperson and have a casting vote).
- 6.3. Where a hearing is being held, the persons referred to in Regulation 6.2 shall be referred to as the "Hearing Committee" for the purposes of this Regulation 6 and shall adjudicate upon the complaint in accordance with the following procedures:
 - 6.3.1 The Chairperson shall arrange for a hearing of such complaint with all convenient speed at such time and place as they may determine provided that any Club or person directly affected shall be given reasonable notice either in writing or orally to be confirmed in writing, of the time and place of such hearing.
 - 6.3.2 No person may be a member of the Hearing Committee who has made, or acted on any committee that has made, a decision that is the subject matter of the complaint or who is or is a member of a Club that is directly affected by the complaint.
 - 6.3.3 A Club or person appearing at a hearing before the Hearing Committee shall be entitled to be represented by not more than two persons (one of whom may be a legal representative provided that legal representation at the hearing shall not be permitted unless reasonable prior notice of such legal representation shall be given to the Hearing Committee and any Club or person directly affected by the complaint).
 - 6.3.4 The Hearing Committee shall permit any Club or person directly affected by a complaint to submit evidence, call witnesses and make representations at the hearing.
 - 6.3.5 Subject to the requirements of natural justice the procedures to be adopted at the hearing shall be entirely at the discretion of the Hearing Committee. The Hearing Committee shall be entitled to seek such advice as it may require, including specialist or legal advice. The costs of same shall be the costs of the proceedings.
 - 6.3.6 The Hearing Committee shall also be entitled to require a Club to submit, in advance, written submissions to the Hearing Committee, which shall set out the points and submissions that the Club will be seeking to rely on at the hearing. Any such submissions may at the discretion of the Hearing Committee be distributed to the other Club(s) participating at the hearing.
 - 6.3.7 The decision of the Hearing Committee shall be notified to all parties directly affected as soon as reasonably practicable and where appropriate confirmed in writing.
 - 6.3.8 All hearings shall be held in private, unless otherwise ordered by the Hearing Committee.



6.3.9 The Hearing Committee shall be entitled, where the circumstances warrant, to adjourn or postpone a hearing as it thinks fit.

7. Provision of Information

7.1. Where the National Competitions' Committee, the Chairperson of the National Competitions' Committee or the Committee of Appeal requests a Club or person to provide information in relation to any matter, a reasonable time limit may be imposed and notified for the provision of such information and in the event that such time limit is not complied with, the National Competitions' Committee or the Chairperson of the National Competitions' Committee or the Committee of Appeal (as may be appropriate) may deal with the matter in the absence of such information.

8. Appeals

8.1. An appeal shall lie from any decision of the National Competitions' Committee to the Committee of Appeal pursuant to Regulation 5 of the Union.

8.2. Where a decision is made pursuant to these regulations by the National Competitions' Committee which affects the League or Cup position of any Club, it shall not be permissible for any Club which was not involved in or did not participate in the match in respect of which the decision was made, to lodge an appeal against any such decision.

9. Sanctions

9.1. The National Competitions' Committee shall be entitled in its absolute discretion to impose all or any of the following sanctions or penalties on an offending Club:

9.1.1. A caution, a warning as to future conduct, or a reprimand;

9.1.2. A fine;

9.1.3. The requirement to replay a match at such time and at such venue as is thought fit;

9.1.4. The forfeiture of, and/or the granting to another club or clubs, of the competition points for a match; which may include a bonus point;

9.1.5. The deduction of competition points;

9.1.6. The suspension or expulsion of the Branch, Club, player or person for such period as may be deemed appropriate;

9.1.7. Such other penalty or sanction as may be deemed appropriate;

9.1.8. Make a decision as to payment of costs by a club.

10. Structure of League and Cup

10.1 The format chosen for the WAIL will see all nine teams playing each other twice, home and away, and finishing ranked 1-9. The final will be between the first and second placed teams.

10.2 The format for the WAIL CUP for season 2023/24 will see all nine teams playing in three groups. The groups shall be decided following the league position after round 9 (2nd December 2023) and will be as follows: Group 1 – Teams ranked 1, 4 and 7. Group 2 – teams ranked 2, 5 and 8. Group 3 – teams ranked 3, 6 and 9. Each team will play one home and away match.



- 10.3 The position of a Club in a division shall be established by awarding four League points for a win, two League points for a draw and -5 points for conceding a match.
- 10.4 One bonus point shall be awarded to a Club scoring four or more tries in a match and one bonus point shall be awarded to a Club losing by 7 points or less.
- 10.5 A team in receipt of a conceded match shall be awarded 5 points. A score line of 28-0 will be applied to the match in favour of the non-offending club.
- 10.6 If any team/s has/have failed to show its/their sustainability during the League, then it/they may be excluded from the Cup and Subsidiary competitions.
- 10.7 Notwithstanding this season 2023/2024 where there is no relegation, in the event of Clubs being equal in League points gained, winning a division or section, or determine ranking, shall be decided on the basis of match points scored, the Club or Clubs at the top with the larger differences between "points for" and "points against" winning the division. In the event of two or more Clubs having the same number of League points and the same match points difference, then the Club or Clubs scoring the larger number of wins shall be preferred followed by the most draws and then the most tries. Thereafter, if two or more clubs are still tied, then the club that earned the most league points in the matches between the clubs shall be preferred.
- 10.8 In the event of a draw in any knockout stages of the League, Cup or Shield the following regulations will come into effect.
 - (i) If clubs are tied at full time, extra time of 10 minutes each way shall be played.
 - (ii) If still tied, the Club who has scored most tries shall be the winner
 - (iii) If still tied, the team who scored the 1st try shall be the winner.
 - (iv) If no tries have been scored, the team that scored the first points in the match shall be the winner.
 - (v) If the game is scoreless, penalty kicks shall be taken to decide the winner.

11 Promotion and Relegation at the end of the season

- 11.1 Due to participation in the 2023/2024 league being via an application process as covered in the Women's AIL Application Document, there is no relegation for WAIL clubs in the 23/24 season. There is however promotion to the WAIL at the end of the 23/24 season. One team will be promoted from the winners of the 23/24 Provincial Qualifying Leagues. This team will be determined by a play off (semi finals and finals) between the four provincial winners with the winner being promoted to the WAIL 24/25 season. The 24/25 WAIL season will comprise of 10 teams.
- 11.2 No club shall have two teams in the League and/or Cup.
- 11.3 Any team that forfeits one or more games in a season shall have their League status reviewed at the end of the season by the National Competitions' Committee after consultation with the IRFU Women's Sub Committee.

12 League Fixtures

- 12.1 Matches shall be played on dates decided by the National Competitions' Committee who shall arrange the fixture list for each season. Matches shall normally be played on Saturdays (depending on fixtures outlined at the start of the year) but the National Competitions' Committee shall have full power to arrange matches on other days and to alter previously fixed dates and venues should circumstances arise to warrant such alteration.



- 12.2 Matches shall kick off at 5pm on Saturday (unless otherwise determined by the League Sub Committee). Should a club seek to request a change in date or kick off time in a League or Cup match, they must first make contact with the opposition club as well as Rugby Competition Manager. If both clubs are in agreement with the requested change, then the club seeking the change must send the Rugby Competition Manager full details of the request with agreement from the opposition. Should the opposition club decline the request, and the club seeking the change still feels the request falls under an exceptional circumstance situation, then they may apply to the National Competitions' Committee for a decision. Both teams will be allowed to make submissions stating their cases. Any request for rescheduling a fixture must be received by the Rugby Competition Manager at least 21 days prior to the date of the fixture. Unforeseen circumstances which occur less than the 21 days, may be considered at the discretion of the National Competitions' Committee.

13 Postponements, Re-Arrangements, Fitness of Ground Fixtures

- 13.1 Only in very exceptional circumstances shall a League or Cup match be postponed and then only with the approval of the National Competitions' Committee or its nominee. When a League match is postponed or abandoned, unless there has been a failure to fulfil a fixture, it shall be played or replayed later in the season at the earliest available date, such date to be decided by the National Competitions' Committee or its nominee.
- 13.2 The National Competitions' Committee shall provide a list of nominated persons to act on the Ground Fitness Panel, as set out in the regulations, who shall be available for consultation when the fitness of a ground is to be considered. A Club which has doubt about the fitness of its ground shall contact the Ground Fitness Panel nominee of the National Competitions' Committee. This nominee will discuss the situation with the Club and if necessary, visit and inspect the ground. Where there is doubt about the fitness of a ground and there is a reasonable prospect that with improved weather conditions the ground could be playable by kick off time, a decision on whether or not the pitch is playable shall be postponed until close to the kick-off time. Matches may not be postponed on the basis that the safety of the players might be prejudiced unless with the additional approval of the match referee.
- 13.3 The determination of the fitness of the ground shall be the responsibility of the member of the Ground Fitness Panel, whose decision shall be final. In the event of the appropriate member of the Ground Fitness Panel not being available on any occasion the League Sub Committee may nominate another person to act on the Ground Fitness Panel. The Ground Fitness Panel nominees will be advised to clubs prior to the season starting.
- 13.4 In the event of a match having to be postponed, it shall be the responsibility of the home Club to inform (a) their opponents, (b) the referee and touch judges (c) the National Competitions' Committee as soon as possible. Failure to do so may result in the home Club being liable for all or part of the expenses of their opponents and match officials shall kick off at 5pm on Saturday (unless otherwise determined by the National Competitions' Committee).
- 13.5 Subject to the provisions of regulation 13.2 above where doubt exists as to the fitness of a ground, the home Club shall make early contact with the visiting Club as to its travel arrangements etc., in order that contact can be made prior to a Club commencing its journey.
- 13.6 Where it is known prior to a League or Cup match that a pitch is unlikely to be playable, the home Club shall find a suitable alternative venue. Clubs must show they have made a genuine effort in obtaining another venue, even if this is a distance from their own



club. The emphasis must be on getting the match played and all reasonable endeavours must be demonstrated in doing so, to the satisfaction of the National Competitions Committee.

Player Registration and Eligibility

14 Registration of Eligible Players

- 14.1 From the end of the season, and up until midnight on 15th June, players may transfer to another club without restriction, however players transferring before 15th June must notify their current club, in writing, of their intention to transfer, a minimum of 5 days before the transfer date deadline. The club whom the player is joining must also ensure that the player's previous club has been duly notified. Failure to comply with these requirements may invalidate a transfer.
- 14.2 From 16th June to 13th September 2023, any transfer request must be approved by both clubs on rugby connect.
- 14.3 Any player under the age of 20, (as of 15th June in any season), who transfers from a club to an AIL club between the end of the season and 13th September, and who then changes their mind and wishes to return to their original club, may do so by completing the Change of Mind form and submitting it to their Provincial Branch. A school leaver, who is not a member of a club, and who transfers to an AIL club between the end of the season and 13th September and who then changes their mind will be allowed to nominate a non-AIL club on the transfer form. They will be able to transfer to the non- AIL club by completing and submitting the Change of Mind form. Any Change of Mind form must be submitted by 30th November of the year of joining the AIL club.
- 14.4 On or before the 13th September in any year, each Club playing in the League shall submit to the Union a list of its eligible playing members who are registered with the appropriate Branch, complete with registration numbers. A person shall be registered as a playing member with one Club only. This list must be accompanied by signed participation agreement form to play in the League which can be found at the back of these regulations. (Appendix 2)
- 14.5 The list may be amended to include;
 - 14.5.1 Players registered for the first time.
 - 14.5.2 Any player who attains the age of 18 during the season, shall be eligible to play in the League or Cup. If a player participating in their provincial U18/U18.5 competition seeks to play AIL when she turns 18, it must first be notified in writing to the IRFU Women's Executive Officer from the players' own club (and also the AIL club in the case of a dual status player), that they are satisfied the player has the experience to compete at AIL level. Preference should be given to playing for the U18/U18.5 team and no player may play two matches in a 48-hour period. This player must have played a minimum of 4 matches in the League/Cup before they are eligible to play in the knockout stages of the League/Cup. The 4-match minimum requirement applies to Dual Status registered players who are registered with a non-AIL club, but does not apply to those players registered with a club that fields both an U18 team and an AIL team.



14.5.3 Special Dual Status players. Where a women's team no longer exists, a player can apply to the Rugby Competition Manager to be considered special dual status to allow them to play in the League/Cup. Where the player becomes a special dual status player, they must play a minimum of 4 games for the club before being eligible for the semi-final/final of the League or Cup.

14.5.4 Student players can register with both a student club (for student competitions only) and one other club side.

14.5.5 In exceptional circumstances the National Competitions' Committee may in their absolute discretion, on application in writing by the player supported by the consent in writing of both Clubs, agree to the player changing Clubs notwithstanding that the League has started and that the player has already played in the competition subject to such application being presented or submitted prior to the 1st January or the halfway point of the season. Whichever comes last.

14.5.6 Player must be 18 years of age to play adult rugby.

14.5.7 In relation to 14.5.6 and 16.1, should a player be of National interest, they may be considered eligible for selection under special circumstances who otherwise would not meet the above criteria. This may include players under the age of 18 where the player is deemed to be of national interest. The IRFU policy relating to Players of National Interest must be adhered to in this regard.

14.5.8 Eligibility of players

The following are the registered players who are eligible to play in the League and Cup:

- I. A player who qualifies to play for Ireland under World Rugby Regulations.
- II. A player who holds a European Union or British passport.
- III. A player from a non-EU country visiting Ireland or Northern Ireland must take up and remain in residence and be properly registered prior to the 13th September. For the purposes of interpretation, this player is classified as an overseas player and shall be nominated as such to the Rugby Competition Manager. In the League/Cup, a club is permitted two overseas players. In exceptional circumstances a club may apply for a player to be considered eligible for the League/Cup where an overseas player arrives in Ireland or Northern Ireland after the 13th September but before the halfway point of the season.
- IV. In the case of (iii) a player who completes a minimum of one year working in Ireland or Northern Ireland, they may then apply to the Rugby Competition Manager to be considered a non-overseas player.

14.5.9 A player or Club shall be entitled in writing to submit to the National Competitions' Committee any special circumstances she or it considers relevant to registration and/or eligibility. The submission shall be considered by the Chairperson of the National Competitions' Committee who shall be entitled in their absolute discretion to accept the registration and/or eligibility of such player provided the submission is made before 13th September. The Chairperson may at their discretion refer it to the National Competitions but subject at all times to their right to exercise their absolute discretion.



15 Dual Status Players

- 15.1 The term “dual status” refers to a player who although a bona fide registered playing member of another Club in Ireland may play for a Club in the League and or Cup provided the following regulations are observed. A League Club shall be limited to selecting or playing not more than five such players in one season. Selection shall include players who are requested as players or substitutes for League and/or Cup matches.
- 15.2 Players can only play up the divisions. Players from higher division clubs shall not play for lower division clubs.
- 15.3 A League Club wishing to use the dual status principle shall follow the procedures set out below:
 - 15.3.1 A request shall be made to the Secretary of the player’s Club on a match-by-match basis. When permission is obtained, an application shall be made in writing to the League Sub Committee at least forty-eight hours prior to each match in which they intend to play, enclosing the written permission of the non-League Club.
 - 15.3.2 The name/s of dual status player/s shall be indicated on the League or Cup team sheet (D/S). Taking into account the electronic team sheets, if the player only exists as a guest player, as a last resort, managers should handwrite their name and IRFU PIN on the team sheet for the referee and opposition.
 - 15.3.3 Dual status players shall satisfy regulation 14 relating to player eligibility.
 - 15.3.4 A player shall only be a dual status member of one League Club in any one season.
 - 15.3.5 A player cannot start two matches within 48 hours.
 - 15.3.6 A player must have played in a minimum of 4 matches for their Dual Status club before they are eligible to play in knock out stages of the League/Cup.
 - 15.3.7 A Dual Status player is eligible to play in Cup competitions subject to regulation 15.1.

16 Youths

- 16.1 Youths who have **not** reached their 18th birthday are ineligible to participate in any form of Adult contact (XV’s or 7s) rugby including the League and Cup, and any subsidiary competitions. NOTE: See 14.5.7

17 Referees and Touch Judges

- 17.1 The Union’s Referee Selection panel, together with the Provincial Branches Referee Society/Associations, shall select referees and touch judges for League and Cup matches.
- 17.2 One of the touch judges shall have been nominated as senior touch judge. In League and Cup matches Law 6.27 of the Laws of the Game regarding "flagging" by touch judges, shall apply.
- 17.3 In the event of the referee failing to turn up for a League or Cup match or being unable to continue to referee a match, the senior touch judge shall replace the referee and the home Club shall appoint a suitable replacement touch judge, who should in any event be there to act as 4th official. In the event of only one Touch Judge turns up then the Home Club shall appoint a suitable person to act as Touch Judge. In the event of no



Touch Judges being appointed by the Branch then each club shall appoint a suitable person to act as Touch Judge. In the event of this happening “flagging” by touch judges shall cease to operate.

- 17.4 When a League/Cup match is postponed or abandoned, it shall be played or replayed later in the season at the earliest appropriate date, such date to be decided by the National Competitions’ Committee or its nominee. In circumstances where this is not possible, the National Competitions’ Committee shall determine the outcome.
- 17.5 The home club shall nominate a 4th official prior to kick off. Match day documents must be handed to the referee post-match.
- 17.6 The referee after each match shall send to the Women’s Executive Officer the detailed result of the match and the team lists for both Clubs along with the 4th Official Form. The name or names of players or replacements deemed to be “dual status” players shall be indicated as such on the team list.
- 17.7 Under Law 10 of the Laws of the Game the referee may caution an offending player that she will be sent off if she repeats the offence. This he/she will signify by producing a yellow card. Any complaint to a yellow card shall be notified by the player to the Rugby Competition Manager within one week of the date such yellow card was issued. If a player receives three yellow cards for foul play over a number of League and Cup matches in any given season, she shall be required to attend a meeting of the IRFU Disciplinary Committee at which she may receive a suspension.

18 Players Sent Off the Field of Play or Cited

- 18.1 Players sent off or cautioned under these Regulations or cited in League or Cup matches shall be dealt with under Regulation 5 of the IRFU Regulations.
<https://www.irishrugby.ie/irfu/laws-regulations/>

19 Conduct and Responsibility

- 19.1 Clubs participating in the League and Cup are responsible and accountable for the conduct of their players, officials, members and supporters in attendance at League and Cup matches.
- 19.2 Clubs, players, officials, and members shall ensure that;
 - 19.2.1 Matches are played in accordance with disciplined and sporting behaviour
 - 19.2.2 None of the persons referred to in 19.1 engage in an act or acts of misconduct
- 19.3 For the purposes of the League and Cup misconduct shall mean conduct, behaviour or practices on or off the playing enclosure which may bring the game of rugby or the Union into disrepute or may be detrimental to the best interests of the Union or of the game in accordance with the Union Regulation 5.
- 19.4 Breaches of Regulation 19.1, 19.2 and 19.3 shall be dealt with under the Union’s Regulation 5.
- 19.5 For the avoidance of doubt a Club or player may be sanctioned for misconduct even if a referee has already penalised one or more of its players for her or their conduct during a match.
- 19.6 Each participating Club shall be represented by registered members of the Club who are eligible pursuant to these regulations. Each Club shall play at full available strength in all matches unless some satisfactory reason is given.



- 19.7 No player may participate in the League or Cup while serving a disciplinary sanction imposed by the Union, by a Branch of the Union or by her Club.

20 Replacements and Substitutes

- 20.1 Clubs may tog out up to seven additional players, who may act as substitutes or replacements, subject to Law 3 of the Laws of the Game. A team should have five players who can play in front row positions, two of whom can play hooker and three of whom can play prop. For semi-finals and finals of the League and Cup, up to eight substitutes are permitted. Should a team choose to have eight replacements, six squad players must be designated as front row forwards, four being props.

For Guidance the following table indicates the numbers of suitably trained and experienced players for the front row when nominating different numbers of players:

Number of Players	Number of suitably trained & experienced players
15 or less	3 players who can play in the front row
16, 17 or 18	4 players who can play in the front row
19, 20, 21 or 22	5 players who can play in the front row
23	6 players who can play in the front row

- 20.2 Rolling substitution laws are applicable up to a maximum of 12 changes.
- 20.3 Scrums will become uncontested if either team cannot field a suitably trained front rowor if the referee so orders.
- 20.4 A front row player whose departure has caused uncontested scrums **cannot be replaced**.
- Exception: If the front row players' departure was caused by foul play against them, they have left the field under Recognise and Remove (suspected concussion), or with a blood injury, then that player *may* be replaced.
- 20.5 Should a fixture start with uncontested scrums, the points for that fixture are concededby the team who could not start with the number of suitably trained and experienced players in the front row.

21 Clash of Colours

- 21.1 In the event of a clash of colours, of which the referee is the sole judge, it shall be the responsibility of the home Club to change into a playing strip, which is significantly different in colours from the normal playing strip.

21.2

22 Team Sheets and List

- 22.1 Electronic team sheets (using the RugbyConnect system) will be in operation for the League and Cup.
- 22.2 Prior to the kick-off, each Club shall be required to submit to the referee and the opponent Club its list of starting players and replacements / substitutes, correctly numbered. This list shall include each player's registration number and shall be an electronic team sheet. A player shall wear the jersey whose number corresponds to her number on the team list. The name/s of dual status players and/or replacements / substitutes and players who can play in the front row positions must be indicated by a DS/P/H as appropriate for Prop and Hooker. Failure to comply with this regulation may be the subject of a complaint by the opposing team, or the National Competitions' Committee and shall be dealt with accordingly.



23 Playing Enclosure and Technical Zones

- 23.1 The playing enclosure shall be defined preferably by a fence, if not by ropes.
- 23.2 If there is a stand, seats shall be made available for replacements. Two technical zones shall be designated, both on the same side of the pitch, clearly marked in white paint, each nine metres long and three metres wide and not less than two metres from the touchline, one on either side of the halfway line, in which benches shall be placed and a zone shall be allocated to each team. The attendants and replacements shall remain seated within their zone. The referee has the authority to order them out of the playing enclosure if they fail to adhere to this requirement.
- 23.3 Ball team and a limited number of press photographers may also be permitted inside the enclosure.
- 23.4 Prior to kick-off both sets of replacements must be introduced and identified to the 4th Official. In the event that a club has more than 5 replacements toggled out for the pre-match warm-up, those that are not in the match-day squad are not permitted to have any contact with the Technical Zone Area without the express permission of the 4th Official. Replacements and substitutes shall enter the field of play from the technical zones and be introduced by the replacement touch-judge.
- 23.5 Each team shall nominate to the referee its medical officer, team attendant / physiotherapist and coach. A maximum of four people are permitted in the technical zone in addition to the nominated replacements. The coach cannot act as team attendant who is the only person permitted on the field during the match, and only to attend to an injured player with the exception of 23.7 below. Players requiring water or drinks shall come to the touch line. One of the three TZ personnel who is a nominated medical/physio attendant is permitted to roam along the opposite side line to the Technical Zone but must not interfere with play.
- 23.6 The four nominated personnel in the Technical Zone shall wear identifying bibs as supplied by the IRFU. The TZ manager shall wear a different colour bib and may not enter the field of play.
- 23.7 Each team shall nominate its medical officer who is permitted to attend an injured player when required.
- 23.8 Coaches are precluded from entering the playing enclosure (excluding the technical zone) during the course of a match except at half time when the coach may come on to the field to speak to his team.
- 23.9 Kicking tees may be used by individual kickers.
- 23.10 The home club shall supply touch judge flags.

24 Match Balls

The 'Gilbert Barbarian' ball shall be the official match ball to be used in the League & Cup matches.

25 Post-Match Meal

All clubs must provide a hot post-match meal for all home fixtures. Clubs in close proximity may liaise with one another if both decide to forgo this regulation.



- 26 Finance**
- 25.1 Gate receipts shall belong to the home Club, save in the case of the League or Cup Finals.
- 25.2 The away Club shall be responsible for its own travel and accommodation arrangements and expenses.
- 25.3 The home Club shall be responsible for all match expenses.
- 25.4 The Union shall provide financial assistance to Clubs participating in the League and Cup. The amount of such financial assistance shall be determined annually by the Union at its sole discretion
- 27 Trophies**
- Women's All Ireland League winner: Trophy and 25 medals. All Ireland Cup Competitions: Trophy and 25 medals.
- 28 Applicable Law**
- These regulations shall be governed by and construed in accordance with the Laws of the Republic of Ireland.
- 29 Unforeseen Circumstances**
- 29.1 The League Sub Committee shall be entitled to make decisions on all matters not provided for in these regulations.
- 29.2 No proceedings pursuant to these regulations shall be quashed or held invalid by reason only of any defect, irregularity, omission or other technicality, provided there has been no miscarriage of justice
- 30 Medical Provisions**
- It is the responsibility of the home club to have a medical officer and qualified first aid persons in attendance at matches. It is strongly recommended that the medical officer is a qualified medical doctor working within their scope of practice. However, in cases where a medical doctor is not available to act as the medical officer on match day, a qualified first aid person may be nominated to act in this role. The qualified first-aid person should be: a Corú-registered (or equivalent) physiotherapist, a certified athletic therapist (ARTI or equivalent), a registered nurse, a paramedic or advanced paramedic. The qualified first-aid person should work within their own scope of practice at all times. It is recommended that designated personnel should be SAFE Rugby trained and present during all club rugby activities.
- Teams are recommended to travel with a suitably qualified medical person in their support staff.
- 31 League Sponsor**
- Clubs participating in the League are responsible to ensure that the League Sponsor's Logo is worn on the right sleeve of the Club jersey when participating in any League and Cup match save and except where circumstances have arisen which precludes same, such circumstances to be approved by the Competitions Committee. Clubs shall also comply with IRFU guidelines around sponsorship signage.



SCHEDULE FOR PLAY-OFFS 2023/2024 (*all dates subject to change)

All Ireland League -

Finals Sunday 28th April 2024

Finals Club placed 1st v Club placed 2nd

All Ireland Cup

Cup and Shield Finals will take place on weekend of 27/28th January 2024

Cup finalists will be the 2 highest placed teams on points after the two rounds of the Cup. Shield finalists will be the next two highest placed teams.

If two or more teams have the same number of Cup points, final position in the Cup will be determined by the teams with the greatest points differential.

If still tied, the team that has scored the most number of tries in the Cup.

If still tied, the winner of the League match in the first 9 rounds of the League.

If still tied, a coin will be tossed.

The following shall apply in each of the above games if necessary.

- (i) If clubs are tied at full time, extra time of 10 minutes each way shall be played.
- (ii) If still tied, the Club who has scored most tries shall be the winner
- (iii) If still tied, the team who scored the 1st try shall be the winner.

If no tries have been scored, the team that scored the first points in the match shall be the winner.

If the final is scoreless, penalty kicks shall be taken to decide the winner.

All Ireland League - Promotion/Relegation

There is no promotion/Relegation from the AIL in season 2023/2024



APPENDIX 1

Club List of Eligible Players

Must be submitted by 13th September prior to season commencing

(*add on extra rows as needed or send an alternative spreadsheet)

Players name and pin number is required for ALL those players playing in your club. There is no need to split players according to position or team they play with. Please do not include retired players. Please return by email to the IRFU Rugby Competition Manager.)

	CLUB	
	SIGNED BY:	DATE:
No:	Player's Name	Pin Number
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Formal Acceptance by a Participating Club in Women's AIL

_____ RFC ("the Club") accepts the invitation to take part in the Women's All Ireland League and Cup for the season 2023/2024 on the basis of the regulations governing the All Ireland League and Cup for this season a copy of which has been provided to the Club. The Club agrees with the Union as defined in the regulations, on its own behalf and on behalf of each member of its team, to observe all regulations and the decisions of the Union, the National Competitions' Committee, the Disciplinary Committee and the Committee of Appeal.

The Club agrees to be bound by the procedures set out in the regulations in respect of the regulations governing the Women's All Ireland League and Cup and any other regulations which relate to the Women's All Ireland League and Cup.

The Club accepts that the Union or National Competitions' Committee shall have no liability to the Club arising from any negligence or failure by the Union or the League Sub Committee to ensure compliance with these regulations and/or any other regulations which relate to the League and Cup or in relation to any other failure in the administration or management of the League and Cup.

The Club accepts that the decisions of the Committee of Appeals are final and binding on all parties and shall not be appealed to or reviewed by a court of law.

The Club will ensure that each member of its team is made fully aware of the regulations before the commencement of the League and Cup and that each or any member of its team will comply with such regulations.

Should a home pitch be unplayable, clubs must show they have made a genuine effort in obtaining another venue, even if this is a distance from their own club. The emphasis must be on getting the match played and all reasonable endeavours must be demonstrated in doing so, to the satisfaction of the National Competitions Committee.

SIGNED for _____ **R.F.C. for and on behalf of the Club and its Players**

Name..... (Signature of duly authorised signatory)

Print (in block letters)

Position in Club: **Date:**

Witness Name:

Witness Signature

SIGNED on behalf of the Union:

Name..... (Signature of duly authorised signatory)

Position in Union: **Date:**

