

## **IRFU level Up Links:**

**Back 3:** [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_M2QzMjgwNGUtZDAxZS00ZjIzLTk5MTItMGFjMjQ0NzI4ZTE3%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_M2QzMjgwNGUtZDAxZS00ZjIzLTk5MTItMGFjMjQ0NzI4ZTE3%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d)

**Backline Attack/Defence:** [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NTk1OTU0MjAtNmRiNC00MwYxLTkyZTItN2ViZjE3MmYxZWY4%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTk1OTU0MjAtNmRiNC00MwYxLTkyZTItN2ViZjE3MmYxZWY4%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d)

**Scrum/LineOut:** [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_OGU1ZDE0OGEtOTlMOS00Y2JlTGYyN2MtNzkwZTIIMTAwNDBk%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_OGU1ZDE0OGEtOTlMOS00Y2JlTGYyN2MtNzkwZTIIMTAwNDBk%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d)

**Backrows:** [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NzUzYmI0YTMTzGI4OC00OTBkLWJmODItMjc0YWRIY2RjODRI%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzUzYmI0YTMTzGI4OC00OTBkLWJmODItMjc0YWRIY2RjODRI%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d)

**Second Rows:** [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_ZDJlMDVlNzAtOWZjZC00NmJmLWJiMjQ0NzI4ZTE3%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZDJlMDVlNzAtOWZjZC00NmJmLWJiMjQ0NzI4ZTE3%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d)

**Centres:** [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_MWM1ZmZmMzktOGI1Ni00ODRmLTg2MjEtNTM0ODJiNWRhZWQ3%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MWM1ZmZmMzktOGI1Ni00ODRmLTg2MjEtNTM0ODJiNWRhZWQ3%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d)

**Front Rows:** [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_Y2M4YjRiNDUtNWVmZS00ZjBhLTkyNDItNTBIM2MzMWVmYzIz%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_Y2M4YjRiNDUtNWVmZS00ZjBhLTkyNDItNTBIM2MzMWVmYzIz%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d)

**Half-Backs:** [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NzgzZmZmNDQ0MDQwZS00OTNlWFJmI2ItMDYyYWFkOWJjZmRm%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzgzZmZmNDQ0MDQwZS00OTNlWFJmI2ItMDYyYWFkOWJjZmRm%40thread.v2/0?context=%7b%22Tid%22%3a%22ceda1b25-1daa-42a2-9e33-fe6e22b18378%22%2c%22Oid%22%3a%22af8eea18-cb55-40c8-83e3-13a1b4831aa5%22%2c%22IsBroadcastMeeting%22%3a%22true%7d)