provide the best video quality among the three approaches. In Fig. 4 video quality versus the bitrate is presented for the three approaches. CIF Foreman sequence is used, the packet loss rate is 10%, and the GOP length is 150 and 15. In the 200 Kbps to 1 Mbps bitrate range, the proposed JRVIR approach outperforms the other two approaches, and the performance gap between JRVIR and the other two approaches increases with the bitrate. In both Fig. 3 and Fig. 4, it is interesting to note that, with long GOP length ROPE can provide better video quality than RMV, while for short GOP length, RMV outperforms ROPE. This is because, in the ROPE approach, intra coding macroblocks are optimally