



APPLICATION FOR A PLAYER TO PARTICIPATE IN A DIFFERENT AGE CATEGORY 2020

APPLICATION TO PARTICIPATE IN:

SENIOR RUGBY

PLEASE CHECK THE APPLICABLE BOX

HIGH AGE GRADE RUGBY

LOWER AGE GRADE RUGBY

Note: Players who currently play or have previously played rugby at University level or participated in National or Rugby Ontario High Performance age grade programs are not eligible to play lower age-grade contact club rugby.

SECTION 1 - PLAYER INFORMATION

APPLICANT'S NAME:

GENDER:

HEIGHT (cm):

WEIGHT (kg):

DATE OF BIRTH (dd/mm/yyyy):

CLUB:

ACTUAL AGE CATEGORY:

REQUESTED AGE CATEGORY:

PLAYING POSITION:

NUMBER OF YEARS OF PLAYING RUGBY:

HAVE YOU EVER PARTICIPATED IN A UNIVERSITY/NATIONAL/PROVINCIAL LEVEL RUGBY PROGRAM: YES NO

REASON FOR REQUEST:

RUGBY ONTARIO USE ONLY:	APPROVED	NOT APPROVED
DATE:	SIGNATURE:	

Rugby Ontario
Abilities Centre
55 Gordon Street,
Whitby ON L1N 0J2
Tel: 647 560 4790



www.rugbyontario.com

SECTION 2 – ASSESSING COACH INFORMATION AND ASSESSMENT

NAME:

DATE:

HIGHEST COACHING QUALIFICATION LEVEL:

NCCP NUMBER:

WORLD RUGBY ONLINE COURSES COMPLETED:

- RUGBY READY YES NO
- CONCUSSION MANAGEMENT YES NO

The above coaching qualifications MUST ALL be fully met in order for this application to be valid for the purpose of assessing an exemption for the players to participate in competitions in a different age category. The coach is to assess the player against the following four criteria using the factors for consideration listed in Appendix A of this form as guidance. If the answer is no to any of them, then the player shall not be considered capable of competing safely with players in the proposed age category.

CRITERIA	EXPLANATION	ASSESSMENT	
Physical Development	Does the player's level of physical development allow both the applicant and all other players to compete safely in the requested age category?	YES	NO
Skill Level	Is the player's skill level comparable with other players in the requested age category?	YES	NO
Experience Level	Does the player have similar experience levels to compete with other players at a comparable standard of competition in the requested age category?	YES	NO
Competition Standard	Is the standard of competition in the requested age category suitable to allow both the applicant and all other players to complete safely?	YES	NO

This is to attest that the player's physical development, skill level and experience are such that the players is capable of competing safely with players in the requested age group. I have explained to the player and their parent/legal guardian that the player will be competing with and against players in a different age category and this may involve increased risk.

COACH'S SIGNATURE:

APPENDIX A

The minimum qualification required by a coach to provide a risk assessment of the applicant is a current:

- NCCP Competition Introduction (Level 2) certificate; and
- World Rugby - Rugby Ready certificate; and
- World Rugby - Concussion Management for the General Public Certificate; and
- Coach registration with Rugby Canada.

In conducting any assessment, the coach should take the following common factors into consideration:

- What is the player's level of physical development (e.g. height, weight, build) when measured against potential playing colleagues?
- Is the player physically equipped to compete on an equal basis with players in the requested age category?
- Will the player's skill level place them on an equal basis with eligible players in the requested age category?
- Is the competition at a level in which the player can compete safely?

In conducting an assessment for a player to participate in a higher age category, the coach should take the following additional factors into consideration:

- Does the player have a sufficiently high skill level specific in relation to both his/her playing position and to the game's fundamentals (e.g. tackle, pass, ruck, maul, scrum)?
- What is the player's level of experience?
- Is the player reasonably experienced and has he/she gained that experience in a comparable standard of competition?
- What is the standard of competition in the requested age group?
- Does the player undertake a regular strength training program? If so, how many times a week does he/she complete strength training and who provided the program?
- What was the nature of the strength program that was completed over the last month?
- For how months/years has the player been doing regular strength training?

In addition to the above considerations, if the player's position is in the front row of the scrum (prop or hooker), then the coach must also consider:

- How many years of front row experience does the player have?
- Was he/she a front row player during the previous season?
- If the player missed a game through injury in the previous season, what was the nature of the injury?
- What coaching qualifications does the player's current coach have?
- Has the player received any specialist front row coaching in the last 2 years?
- If so, what type of coaching was received and who provided it?
- What are the coaching qualifications and experience of the specialist coach?

In conducting an assessment for a player to participate in a lower age category, the coach should take the following additional factor into consideration:

- Does it provide for a possible increased risk of injury to other players?

Once the coach has completed and signed the assessment, it should be explained to the player's parent or legal guardian.

APPENDIX B

PLAYING UP/DOWN WEIGHT/HEIGHT GUIDELINES – 2020 SEASON
Based on World Health Organization (WHO) Growth Charts YOB = Year of Birth

UNDER 12 AGE GROUP 2020 (YOB 2008,2009)				
GENDER/AGE	U10 PLAYER (YOB 2010) Playing Up		U13 PLAYER (YOB 2007) Playing Down	
BOYS	Minimum height	139cm	154cm	Maximum height
	Minimum weight	31kg	45kg	Maximum weight
GIRLS	Minimum height	140cm	156cm	Maximum height
	Minimum weight	32kg	48kg	Maximum weight
UNDER 14 AGE GROUP 2020 (YOB 2006,2007)				
GENDER/AGE	U12 PLAYER (YOB 2008) Playing Up		U15 PLAYER (YOB 2005) Playing Down	
BOYS	Minimum height	156cm	168cm	Maximum height
	Minimum weight	39kg	58kg	Maximum weight
GIRLS	Minimum height	152cm	164cm	Maximum height
	Minimum weight	41kg	58kg	Maximum weight
UNDER 16 AGE GROUP 2020 (YOB 2004,2005)				
GENDER/AGE	U14 PLAYER (YOB 2006) Playing Up		U17 PLAYER (YOB 2003) Playing Down	
BOYS	Minimum height	164cm	178cm	Maximum height
	Minimum weight	50kg	69kg	Maximum weight
GIRLS	Minimum height	157cm	167cm	Maximum height
	Minimum weight	48kg	61kg	Maximum weight
UNDER 18 AGE GROUP 2020 (YOB 2002,2003)				
GENDER/AGE	U16 PLAYER (YOB 2004) Playing Up		U19 PLAYER (YOB 2001) Playing Down	
BOYS	Minimum height	170cm	181cm	Maximum height
	Minimum weight	59kg	75kg	Maximum weight
GIRLS	Minimum height	158cm	167cm	Maximum height
	Minimum weight	50kg	62kg	Maximum weight

PLAYING DOWN REQUESTS

In accordance with Policy 3.10.3 in the Rugby Ontario Operations Manual, players who currently play or have previously played rugby at University level or participated in National or Rugby Ontario High Performance age grade programs are not eligible to play lower age-grade contact club rugby.



APPLICATION FOR A PLAYER TO PARTICIPATE IN A DIFFERENT AGE CATEGORY 2020

These are the guidelines that Rugby Ontario follows when assessing applications made for players to participate in a different age category. The minimum and maximum weights and heights identified in these guidelines are based on the World Health Organization (WHO) Growth Charts for Canada. For playing up applications, the minimum height/weight is defined as being above the 25th percentile of the younger age (i.e. U11, U13, U15, U17) in the relevant age group. For playing down, the maximum height/weight is defined as being below the 75th percentile of the older age (i.e. U12, U14, U16, U18) in the relevant age group.

For example:

Playing Down: A boy turning 15 in 2020 (i.e. year of birth 2005) wishing to play down to the U14 age group, will be assessed against a maximum weight of 58kg and maximum height of 168cm.

Playing Up: A girl turning 12 in 2020 (i.e. year of birth 2008) wishing to play up to the U14 age group, will be assessed against a minimum weight of 41kg and minimum height of 152cm.