

APPENDIX B

PLAYING UP/DOWN WEIGHT/HEIGHT GUIDELINES – 2019 SEASON

Based on World Health Organization (WHO) Growth Charts

YOB = Year of Birth

UNDER 11 AGE GROUP 2019 (YOB 2008,2009)				
GENDER/AGE	U9 PLAYER (YOB 2010) Playing up		U12 PLAYER (YOB 2007) Playing Down	
BOYS	Minimum height	133cm	148cm	Maximum height
	Minimum weight	28kg	40kg	Maximum weight
GIRLS	Minimum height	134cm	149cm	Maximum height
	Minimum weight	28kg	42kg	Maximum weight
UNDER 13 AGE GROUP 2019 (YOB 2006,2007)				
GENDER/AGE	U11 PLAYER (YOB 2008) Playing Up		U14 PLAYER (YOB 2005) Playing Down	
BOYS	Minimum height	144cm	161cm	Maximum height
	Minimum weight	35kg	51kg	Maximum weight
GIRLS	Minimum height	146cm	161cm	Maximum height
	Minimum weight	36kg	54kg	Maximum weight
UNDER 15 AGE GROUP 2019 (YOB 2004,2005)				
GENDER/AGE	U13 PLAYER (YOB 2006) Playing Up		U16 PLAYER (YOB 2003) Playing Down	
BOYS	Minimum height	158cm	174cm	Maximum height
	Minimum weight	45kg	65kg	Maximum weight
GIRLS	Minimum height	155cm	166cm	Maximum height
	Minimum weight	45kg	60kg	Maximum weight
UNDER 17 AGE GROUP 2019 (YOB 2002,2003)				
GENDER/AGE	U15 PLAYER (YOB 2004) Playing Up		U18 PLAYER (YOB 2001) Playing Down	
BOYS	Minimum height	168cm	180cm	Maximum height
	Minimum weight	56kg	72kg	Maximum weight
GIRLS	Minimum height	158cm	167cm	Maximum height
	Minimum weight	49kg	62kg	Maximum weight
UNDER 19 AGE GROUP 2019 (YOB 2000,2001) & SENIOR RUGBY				
GENDER/AGE	U17 PLAYER (YOB 2002) Playing Up (U19 & Senior)		U20 PLAYER (YOB 1999) Playing Down (U19 only)	
BOYS	Minimum height	171cm	182cm	Maximum height
	Minimum weight	61kg	77kg	Maximum weight
GIRLS	Minimum height	159cm	167cm	Maximum height
	Minimum weight	51kg	63kg	Maximum weight



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. U10, U12, U14, U16) 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. U11, U13, U15, U17) in the relevant age group.

For example:

Playing Down: A boy turning 14 in 2019 (i.e. year of birth 2005) wishing to play down to the U13 age group, will be assessed against a maximum weight of 51kg and maximum height of 161cm.

Playing Up: A girl turning 13 in 2019 (i.e. year of birth 2006) wishing to play up to the U15 age group, will be assessed against a minimum weight of 45kg and minimum height of 155cm.