



DIFFERENT AGE GRADE CATEGORY REQUESTS:

Rugby Ontario utilizes guidelines when assessing applications for players to participate in a different age category.

The provided height and weight for each application will be assessed to the minimum and maximum height and weight for each age, based on the World Health Organization (WHO) Growth Charts for Boys and Girls in 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.

Only applications that are within the maximum or minimum for both height and weight for the requested age grade will be approved by Rugby Ontario.

For example:

Playing Down: A boy turning 15 in 2022 (i.e. year of birth 2007) wishing to play down to the U14 age group, will be assessed against a maximum weight and height for 14 year old boys in Canada.

Playing Up: A girl turning 12 in 2022 (i.e. year of birth 2010) wishing to play up to the U14 age group, will be assessed against a minimum weight and height for 13 year old girls in Canada.

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.