



DIFFERENT AGE GRADE CATEGORIES POLICIES AND PROCEDURES 2022

3.10 Junior Player Eligibility for Rugby in Different Age Categories

Risk Statement:

It is important that all people involved in a decision to permit a junior player to participate in a different age category fully understand that rugby is a contact sport and like all contact sports, players are exposed to the risk of injury. This risk could be heightened by allowing players to participate in competitions organized for a different age category if their physical development, skill level, maturity and experience differ from that of the players he/she will play with or against.

Policy:

3.10.1 To be eligible for senior contact rugby, players must be at least turning 18 years of age during the calendar year. For players who are turning 17 years of age or turning 18 years of age and requesting to play in a front row position during the calendar year, to be eligible, they must comply with the procedures set out below and receive approval from Rugby Ontario.

3.10.2 To be eligible for higher age-grade contact rugby, players will be permitted to participate in an age-grade competition that is not more than two (2) years above their age on January 1st of the year in which the competition is held (referred to as the 'two-year window'), provided that they comply with the procedures set out below and receive approval from Rugby Ontario. For example, the two-year window applies to a player who is eligible for Under-14 competition but wants to participate in an Under-16 competition.

3.10.3 To be eligible for lower age-grade contact rugby, players will be permitted to participate in an age-grade competition that is no more than one (1) year below his or her age on January 1st of the year in which the competition is held (referred to as the 'one-year window'), provided that they comply with the procedures set out below and receive approval from Rugby Ontario.

3.10.4 In exceptional circumstances, playing up or down requests will be considered outside the designated age groups, taking into consideration height, weight and experience level of the player, as well as the welfare of other players in that age group.

3.10.5 Each application must include a signed assessment by a qualified coach; a signed confirmation by the player's parent or legal guardian; and a signed medical clearance by a physician or sports medicine specialist.



3.10.6 Applicants must not participate in matches outside their age category until written notification of approval has been received.

3.10.7 An approved application will only be valid for the year in which the application is made.

Procedures:

3.10.8 The [Application for a Junior Player to Participate in a Different Age Category Form](#) must be completed and submitted to the RO Office.

3.10.9 Applicants will receive an acknowledgement that their application is complete and when approval in the form of written notification will be provided.