



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

**APPLICATION TO PARTICIPATE IN:**

**SENIOR RUGBY**

**PLEASE CHECK THE APPLICABLE BOX**

**HIGH GRADE AGE RUGBY**

**LOWER GRADE AGE 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:

REASON FOR REQUEST:

RUGBY ONTARIO USE ONLY:

APPROVED

NOT APPROVED

DATE:

SIGNATURE:

*Rugby Ontario  
Abilities Centre  
55 Gordon Street, Suite 2B  
Whitby ON L1N 0J2  
Tel: 647 560 4790*



[www.rugbyontario.com](http://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:

**SECTION 3: PHYSICIAN OR SPORT MEDICINE SPECIALIST**

This is to confirm that, based on my understanding of the physical environment (height and weight) expected for the applicant in the requested different age category, an examination has indicated that he/she is physically capable of participating in that category. Refer Appendix B.

CHOOSE ONE:      PHYSICIAN                      SPORTS MEDICINE SPECIALIST

NAME:

DATE:

SIGNATURE:

**SECTION 4: PARENT/LEGAL GUARDIAN INFORMATION**

This is to confirm that:

- I am a parent or legal guardian of the applicant
- I understand that rugby is a contact sport and. Like all contact sports, players are exposed to risk of injury and, further, that the risk of injury to players generally increases with age categories as the intensity of competition increases.
- The assessing coach has explained to my satisfaction that:
  - In his/her opinion, the applicant's physical development, skill level and experience is at a level that he/she is capable of competing safely with players in the requested age category
  - The level of risk should remain the same in the requested age category even though the applicant's physical development, skill level and experience may differ from that of the players he/she will with or against
- I have discussed the coach's assessment with the applicant
- I am satisfied with the medical assessment
- I may request the exemption to be revoked for safety reasons

PARENT/ LEGAL GUARDIAN NAME:

PARENT/ LEGAL GUARDIAN SIGNATURE:

DATE:

All applications must be submitted to the Rugby Ontario office via email to [vlee@rugbyontario.com](mailto:vlee@rugbyontario.com)  
Before the applicant can play in the requested age category, written confirmation approving the application must be received from Rugby Ontario.

**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 registered 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 it 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 – 2019 SEASON

Based on World Health Organization (WHO) Growth Charts

YOB = Year of Birth

<b>UNDER 11 AGE GROUP 2019 (YOB 2008,2009)</b>				
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
<b>UNDER 13 AGE GROUP 2019 (YOB 2006,2007)</b>				
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
<b>UNDER 15 AGE GROUP 2019 (YOB 2004,2005)</b>				
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
<b>UNDER 17 AGE GROUP 2019 (YOB 2002,2003)</b>				
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
<b>UNDER 19 AGE GROUP 2019 (YOB 2000,2001) &amp; SENIOR RUGBY</b>				
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 25<sup>th</sup> 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 75<sup>th</sup> 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.