



Appendix A: NSWRL JRL Weight and Age Guidelines

Junior Rugby League Weight Dispensation Guidelines

Players may apply for dispensation to participate in an age group one (1) year below that of their 'natural' age (the age that they turn/become in the current calendar year). This will be approved for players who are judged to be within the required Weight Limit as listed below.

Lower Weight limit based on approximately the 15th percentile of males in the general population.

- U6: N/A
- U7: players 21kg or under may play U6
- U8: players 23kg or under may play U7
- U9: players 26kg or under may play U8
- U10: players 29kg or under may play U9
- U11: players 33kg or under may play U10
- U12: players 37kg or under may play U11
- U13: players 42kg or under may play U12
- U14: players 48kg or under may play U13
- U15: players 53kg or under may play U14
- U16: players 55kg or under may play U15
- U17: players 58kg or under may play U16

FEMALE COMPETITIONS

For mixed competitions and female only competitions in the U6 – U12 age group, the above guidelines are available for use. For female only competitions U14 – U18 the following Weight Dispensation limits will apply:

- U14 – Players turning 13 in the current year and;
 - 38kg or under may play in U12 female only competitions
 - 42kg or under may play in U12 mixed competitions
- U16 – Players turning 15 in the current year and 44kg or under may play U14
- U18 – Players turning 17 in the current year and 48kg or under may play U16

These guidelines are approved for use within NSWRL affiliated competitions for the 2019 season. at the discretion of competition administrators.

Players wishing to play down an age group

These players must make application to the League to be considered for eligibility for the age group below. In this instance a NSWRL appointed official would weigh the players concerned and if eligible mark these players' records as being eligible for the age group requested. Once weighed and verified, the player will not be required to be weighed for the remainder of the season.