

SSJ/NSWRL JRL Weight and Age Guidelines

Junior Rugby League Weight and Age Model

Upper Weight limit based on approximately 98th percentile

Lower Weight limit based on approximately 15th percentile

- U6 & U30kg
- U7 & U35kg (players 21kg or under may play U6)
- U8 & U42kg (players 23kg or under may play U7)
- U9 & U48kg (players 26kg or under may play U8)
- U10 & U56kg (players 29kg or under may play U9)
- U11 & U64kg (players 33kg or under may play U10)
- U12 & U72kg (players 37kg or under may play U11)
- U13 & U79kg (players 42kg or under may play U12)
- U14 & U86kg (players 48kg or under may play U13)
- U15 & U93kg (players 53kg or under may play U14)
- U16 & U97kg (players 55kg or under may play U15)

Note: *A player may not be forced to play more than one year above his/her 'natural' age due to these weight restrictions. These guidelines are approved for use within NSWRL affiliated competitions for the 2019 season at the discretion of competition administrators.*

Suggested Procedures for Implementation

Players wishing to play down an age group

These players would make application to the League at the commencement of the season to be considered for eligibility for the age group below. In this instance a League 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.

- **Weigh in to take place at Souths Juniors 1 week prior to the commencement of the competition.**
- **Late registrations wishing to play down are to be weighed prior to the round they wish to commence.**
- **No more than 2 players can play down an age group in any one team.**
- **Players choosing to play down can't back up the team in their correct age group in the same season. They can only play in the one team for the duration of that season.**

Players over the prescribed weight limit

Players who are close to the prescribed maximum weights for each age are encouraged to seek weighing at the commencement of the season to verify if they are under the limit. Should they be below the limit they are eligible for that age group for the entire season. Should they be above the limit they will be required to play in a higher age group/division as appropriate. If an opposing club has a query regarding the weight of an opposing player, they have the right to make a request for weighing through the district. If the player has not been weighed during the current season, then the player will be weighed by the appropriate League officials.

- **Players over the prescribed weight limit whose club does not have the age group above must seek approval from the Football Management Committee to remain in the grade of their age group.**