

## 'SIZE FOR AGE' GUIDELINES

### Physical Development Guidelines for Australian Age Grade Rugby

#### PURPOSE

The purpose of these guidelines is to provide a framework for the application of the [Age Grade Dispensation Procedure](#) in line with the [Rugby Australia Participation Policy](#) and the [Rugby Australia Safety Policy](#).

#### BACKGROUND

The [World Rugby Weight Consideration Guidelines](#) state that the current method of separating youth players into gradings based on age is generally the most effective means of performing what can be a complex task. This involves determining salient, complex factors relating to youth participation in Rugby (for example, physical, maturational, fitness, cognitive and psychosocial factors) when finding a solution to grading the small number of age grade players who do not fit within the 'general rule of age' and whose development status carries a risk to either the player or other child participants.

In 2017 Rugby Australia introduced new policies and procedures for participation in Rugby aimed at **creating inclusion to the fullest extent possible so long as it is safe.**

This included the development of the [Rugby Australia Age Grade Dispensation Procedure](#). The starting point for activating the procedure is the physical development of the player, relative to their eligible age grades.

Research commissioned by Rugby Australia has determined that no single metric is an indicator of the relative physical development of a player's on field performance. However, by assessing a number of key factors, powerful insight can be gained into the development of age grade players.

The research has determined that the physical size of a player relative to population norms is an appropriate starting point for an individual assessment process that will include:

- The relative maturity of the player;
- The speed, strength, power and endurance of the player; and
- An assessment by an Independent Qualified Assessing Coach ideally undertaken in training and match conditions.

This led to the development of the revised 2018 [Age Grade Dispensation Procedure](#).

#### PHYSICAL DEVELOPMENT GUIDELINES

The size of a player will be determined by their height and body weight relative to population norms as published in the Clinical Growth Charts (see Appendix 1 to these guidelines) used in Australia and verified by research commissioned by Rugby Australia.

**The guidelines require that players in the age groups Under 10 to Under 15 that fall above or below height AND weight parameters for the age group he/she is turning in the relevant calendar year must undertake an assessment by an Independent Qualified Assessing Coach to determine their appropriate age grade under the Age Grade Dispensation Procedure.**

A simplified series of growth charts for the use of Clubs, Schools, parents, coaches, competition managers and State Unions are provided below:

**Mandatory Assessment Guidelines for Male players**

Year of Birth	Age Group	Players <u>below</u> both		Players <u>above</u> both	
		Height (cm)	Weight (kg)	Height (cm)	Weight (kg)
2008	U10	130	26	158	58
2007	U11	134	29	164	65
2006	U12	140	32	172	72
2005	U13	147	36	179	79
2004	U14	153	40	185	85
2003	U15	158	45	188	91

**Mandatory Assessment Guidelines for Female players**

Year of Birth	Age Group	Players <u>below</u> both		Players <u>above</u> both	
		Height (cm)	Weight (kg)	Height (cm)	Weight (kg)
2008	U10	129	26	158	60
2007	U11	136	29	165	68
2006	U12	143	33	171	75
2005	U13	147	36	174	80
2004	U14	149	39	175	85
2003	U15	150	41	176	88

**Players falling outside one of the guidelines**

Players that fall outside either the height or weight parameters of these guidelines, but not both, may request or be required to undertake an assessment but this is not mandatory.

**Players falling outside of the age groups Under 10 to Under 15**

Players that fall outside the height or weight parameters of these guidelines but are within the age groups Under 8 and Under 9 OR Under 16 to Under 18 may be considered for an assessment but this is not mandatory.

Rugby Australia will monitor the application of these guidelines in conjunction with State Unions, Affiliates and Competition Managers and will review the guidelines on an annual basis.

## ASSESSMENT PROCESS

Players that are required to undertake an assessment under the Age Grade Dispensation Procedure, either voluntarily or by falling outside the physical size parameters, will be assessed by an Independent Qualified Assessing Coach. Please see the [Age Grade Dispensation Flowchart](#) for an overview of this process.

These Coaches will be required to undertake and complete the Assessing Coach Education Module in the [Rugby Learning Centre](#) and must fulfil the criteria as 'independent' as outlined in the Age Grade Dispensation Procedure.

The Assessment process for the player will require:


- Accurate height, weight and sitting height measurements taken using medical grade scales and stadiometer;
- A calculation of maturity offset based on Peak Height Velocity (PHV);
- For players potentially playing above the age grade he/she is turning in the relevant calendar year, field based physical tests for speed, power, strength and endurance;
- An assessment at training based on a set of prescribed skills; and
- An assessment in match conditions in the age grade he /she is turning in the relevant calendar year.

## APPENDIX 1 – HEIGHT AND WEIGHT GUIDELINES

The following tables are produced from data in the Clinical Growth Charts utilised in Australia and verified as appropriate based on the ‘Levelling the Playing Field’ research project undertaken by the Australian Catholic University in conjunction with Rugby Australia, Brumbies Rugby Union the ACT Junior Rugby Union, and Sydney Junior Rugby Union.


### Male Height for Age Guidelines

Year of Birth	Age Group	Standard Deviation from Average				
		-2	-1.5	Average Height (cm)	1.5	2
2011	U7	116.40	119.16	127.63	136.41	139.41
2010	U8	121.33	124.26	133.29	142.70	145.92
2009	U9	125.58	128.73	138.41	148.45	151.87
2008	U10	129.66	133.01	143.31	154.00	157.65
2007	U11	134.38	137.90	148.79	160.17	164.07
2006	U12	140.27	144.11	155.76	167.63	171.64
2005	U13	146.95	151.20	163.54	175.34	179.17
2004	U14	153.11	157.46	169.74	181.04	184.63
2003	U15	157.57	161.70	173.40	184.27	187.73
2002	U16	160.20	164.06	175.24	185.91	189.36
2001	U17	161.54	165.24	176.13	186.75	190.23
2000	U18	162.18	165.81	176.59	187.22	190.73

 Players falling in this range for height by age group may require assessment if the player also falls outside weight parameters

### Male Weight for Age Guidelines Table

Year of Birth	Age Group	Standard Deviation from Average				
		-2	-1.5	Population Av Weight	1.5	2
2011	U7	19.62	20.76	25.41	33.57	37.92
2010	U8	21.61	22.94	28.42	38.46	44.07
2009	U9	23.65	25.23	31.78	43.90	50.69
2008	U10	25.95	27.85	35.72	49.99	57.74
2007	U11	28.70	30.96	40.27	56.51	64.93
2006	U12	32.05	34.70	45.37	63.19	71.98
2005	U13	36.04	39.00	50.78	69.72	78.74
2004	U14	40.43	43.60	56.07	75.83	85.12
2003	U15	44.72	47.96	60.75	81.23	91.02
2002	U16	48.30	51.54	64.44	85.67	96.14
2001	U17	50.79	54.05	67.11	88.92	99.88
2000	U18	52.35	55.71	69.05	91.02	101.89

 Players falling in this range for weight by age group may require assessment if the player also falls outside height parameters

### Female Height for Age Guidelines

Year of Birth	Age Group	Standard Deviation from Average				
		-2	-1.5	Average Height (cm)	1.5	2
2011	U7	116.22	118.90	127.35	136.46	139.66
2010	U8	120.82	123.70	132.71	142.33	145.68
2009	U9	124.87	128.01	137.77	148.07	151.62
2008	U10	129.42	132.95	143.69	154.70	158.42
2007	U11	135.91	139.70	150.89	161.86	165.48
2006	U12	142.91	146.46	156.96	167.28	170.69
2005	U13	147.12	150.41	160.30	170.21	173.51
2004	U14	148.89	152.11	161.82	171.59	174.86
2003	U15	149.61	152.84	162.53	172.26	175.51
2002	U16	149.96	153.19	162.90	172.61	175.85
2001	U17	150.15	153.39	163.12	172.82	176.04
2000	U18	150.26	153.51	163.25	172.94	176.16

Players falling in this range for height by age group may require assessment if the player also falls outside weight parameters

### Female Weight for Age Guidelines Table

Year of Birth	Age Group	Standard Deviation from Average				
		-2	-1.5	Population Av Weight	1.5	2
2011	U7	19.10	20.36	25.50	34.54	39.34
2010	U8	21.06	22.59	28.84	39.81	45.56
2009	U9	23.36	25.19	32.72	45.83	52.62
2008	U10	26.08	28.22	37.02	52.31	60.17
2007	U11	29.20	31.60	41.46	58.73	67.67
2006	U12	32.55	35.10	45.66	64.51	74.52
2005	U13	35.86	38.44	49.23	69.17	80.27
2004	U14	38.80	41.32	51.95	72.50	84.71
2003	U15	41.13	43.54	53.82	74.61	87.90
2002	U16	42.71	45.05	55.09	75.99	90.05
2001	U17	43.66	46.02	56.14	77.20	91.39
2000	U18	44.20	46.69	57.26	78.55	92.16

Players falling in this range for weight by age group may require assessment if the player also falls outside height parameters