

## '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

Age Turning in Calendar Year	Players below both		Players above both	
	Height (cm)	Weight (kg)	Height (cm)	Weight (kg)
10 Years Old	130	26	158	58
11 Years Old	134	29	164	65
12 Years Old	140	32	172	72
13 Years Old	147	36	179	79
14 Years Old	153	40	185	85
15 Years Old	158	45	188	91

### Mandatory Assessment Guidelines for Female players

Age Turning in Calendar Year	Players below both		Players above both	
	Height (cm)	Weight (kg)	Height (cm)	Weight (kg)
10 Years Old	129	26	158	60
11 Years Old	136	29	165	68
12 Years Old	143	33	171	75
13 Years Old	147	36	174	80
14 Years Old	149	39	175	85
15 Years Old	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

Age Turning in Calendar Year	Standard Deviation from Average				
	-2	-1.5	Average Height (cm)	1.5	2
7 Years Old	116.40	119.16	127.63	136.41	139.41
8 Years Old	121.33	124.26	133.29	142.70	145.92
9 Years Old	125.58	128.73	138.41	148.45	151.87
10 Years Old	129.66	133.01	143.31	154.00	157.65
11 Years Old	134.38	137.90	148.79	160.17	164.07
12 Years Old	140.27	144.11	155.76	167.63	171.64
13 Years Old	146.95	151.20	163.54	175.34	179.17
14 Years Old	153.11	157.46	169.74	181.04	184.63
15 Years Old	157.57	161.70	173.40	184.27	187.73
16 Years Old	160.20	164.06	175.24	185.91	189.36
17 Years Old	161.54	165.24	176.13	186.75	190.23
18 Years Old	162.18	165.81	176.59	187.22	190.73

### Male Weight for Age Guidelines Table

Age Turning in Calendar Year	Standard Deviation from Average				
	-2	-1.5	Pop. AvWeight (kg)	1.5	2
7 Years Old	19.62	20.76	25.41	33.57	37.92
8 Years Old	21.61	22.94	28.42	38.46	44.07
9 Years Old	23.65	25.23	31.78	43.90	50.69
10 Years Old	25.95	27.85	35.72	49.99	57.74
11 Years Old	28.70	30.96	40.27	56.51	64.93
12 Years Old	32.05	34.70	45.37	63.19	71.98
13 Years Old	36.04	39.00	50.78	69.72	78.74
14 Years Old	40.43	43.60	56.07	75.83	85.12
15 Years Old	44.72	47.96	60.75	81.23	91.02
16 Years Old	48.30	51.54	64.44	85.67	96.14
17 Years Old	50.79	54.05	67.11	88.92	99.88
18 Years Old	52.35	55.71	69.05	91.02	101.89


 Players falling in this range for both height AND weight must undertake an assessment by an Independent Qualified Assessing Coach.

### Female Height for Age Guidelines

Age Turning in Calendar Year	Standard Deviation from Average				
	-2	-1.5	Average Height (cm)	1.5	2
7 Years Old	116.22	118.90	127.35	136.46	139.66
8 Years Old	120.82	123.70	132.71	142.33	145.68
9 Years Old	124.87	128.01	137.77	148.07	151.62
10 Years Old	129.42	132.95	143.69	154.70	158.42
11 Years Old	135.91	139.70	150.89	161.86	165.48
12 Years Old	142.91	146.46	156.96	167.28	170.69
13 Years Old	147.12	150.41	160.30	170.21	173.51
14 Years Old	148.89	152.11	161.82	171.59	174.86
15 Years Old	149.61	152.84	162.53	172.26	175.51
16 Years Old	149.96	153.19	162.90	172.61	175.85
17 Years Old	150.15	153.39	163.12	172.82	176.04
18 Years Old	150.26	153.51	163.25	172.94	176.16

### Female Weight for Age Guidelines Table

Age Turning in Calendar Year	Standard Deviation from Average				
	-2	-1.5	Pop. AvWeight (kg)	1.5	2
7 Years Old	19.10	20.36	25.50	34.54	39.34
8 Years Old	21.06	22.59	28.84	39.81	45.56
9 Years Old	23.36	25.19	32.72	45.83	52.62
10 Years Old	26.08	28.22	37.02	52.31	60.17
11 Years Old	29.20	31.60	41.46	58.73	67.67
12 Years Old	32.55	35.10	45.66	64.51	74.52
13 Years Old	35.86	38.44	49.23	69.17	80.27
14 Years Old	38.80	41.32	51.95	72.50	84.71
15 Years Old	41.13	43.54	53.82	74.61	87.90
16 Years Old	42.71	45.05	55.09	75.99	90.05
17 Years Old	43.66	46.02	56.14	77.20	91.39
18 Years Old	44.20	46.69	57.26	78.55	92.16

 Players falling in this range for both height AND weight must undertake an assessment by an Independent Qualified Assessing Coach.