



Junior Rugby League Weight Restriction Guidelines

The NSWRL and affiliated Leagues may also offer competitions utilising a Weight Restriction within an Age Group. In addition to standard Age-based competitions, competitions may be conducted using the weight restrictions below. For example, there may be an U10 Div. 1, U10 Div. 2 and an U10 Weight Restricted competition. In this case, any player weighing above the weight restriction would be required to participate in Div. 1 or Div. 2 rather than the Weight Restricted Division.

Upper Weight limit based on approximately the 90th percentile of males in the general population

- U6 & U28kg
- U7 & U31kg
- U8 & U36kg
- U9 & U41kg
- U10 & U48kg
- U11 & U55kg
- U12 & U62kg
- U13 & U68kg
- U14 & U75kg
- U15 & U81kg
- U16 & U84kg

Note: A player may also play above their natural age in order to comply with the above guidelines if their club does not have a team in an appropriate Division.

Player Eligibility for Weight Restricted Competitions

Any team who nominates for a Weight Restricted Competition will be required to make their team available for weighing prior to the commencement of the competition. A NSWRL/League nominated official will then weigh each member of the team prior to them being allocated to that team and allowed to participate. Similarly, any player wishing to join the team late or player up from a lower age group must be weighed prior to taking part.

Once weighed and deemed eligible a player will not be required to be weighed again during the season. Likewise, if weighed and deemed ineligible, a player will NOT be permitted to be weighed again at a later date in an attempt to become eligible through losing weight.