



South Sydney District JRFL Ltd Weight and Age Guidelines

U6: players 19kg or under may play U5

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

*Ages 13-16 as per the NSWRL Combined Competition Rules

Lower Weight Limit Based on approx. the 15th percentile of Males in the general population

For mixed competitions and female only competitions in the U6 – U12 age group, the above guidelines are available for use.

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 playing down will be monitored by junior league officials to assess their ability level in the age group below. If it's determined that they are of above average ability for the grade they may be returned to their correct age group during the season at the discretion of the football management committee.