



Age Guideline - Under 18s Playing Adult Rugby

V jku" i wkf g n k p g" c k o u" v q" r t q v g e v" v j g" u c h g v" { " c p f" y g n h c t g" q h" C i g" I t c f g" T w i d" { " R n c" { g t u" y k u j k p i" v q" r n c" { " C f w n v" T w i d" { " c v" d q v j" G n k v g" c p f" R c t v k e k r c v k q p l E q o o w p k v" { " n g x g n u" d" { " v t" { k p i" v q" g p u w t g" v j c v" r c t v k e k r c p v u" y k v j" d t q c f n" { " e q o r c v k d n g" r j" { u k e c n" f g x g n q r o g p v" c p f" u m k n n" n g x g n u" r n c" { " y k v j" c p f" c i c k p u v" g c e j" q v j g t 0"

Best practise is for Under 18 Age grade Rugby Players not to play Adult Rugby.

C e e g r v c d n g" r t c e v k u g" k u" h q t" r n c" { g t u" y j q" c t g" g n k i k d n g" v q" r n c" { " c v" W p f g t" 3: " n g x g n." c p f" y j q" c t g" p q v" g n k i k d n g" v q" r n c" { " c v" c p" { " n q y g t" C i g" I t c f g." v q" r n c" { " C f w n v" T w i d" { " c v" c p" { " r q u k v k q p" q v j g t" v j c p" v j g" h t q p v" t q y 0

Age of player is deemed as age as of **1st Jan of the year.**

Strictly **NOT** in the front row.

E q c e j g u" p g g f" v q" u w d o k v" r t q r q u c n u" c p f" q d v c k p" c r r t q x c n" h t q o" v j g" U T W" V g e j p k e c n" F k t g e v q t" k p" q t f g t" v q" d g i k p" v j g" o g f k e c n" c r r t q x c n" r t q e g u u g u 0

Medical screening **MUST** be completed before a chosen player begins rugby training above his or her age grade.

Requirements for playing above their age grade in Adult Rugby

- a. Written approval from the SRU Technical Director.
- b. Written confirmation from a coach with an appropriate understanding of the physical attributes required and of the risks to players in Adult Rugby and to whom the player is known that the player has the requisite skills and experience to play Adult Rugby;
- c. Written agreement from the Under 18 **player** to play Adult Rugby and acceptance of the associated risk with playing with Adults who may be stronger and more physically developed than them;
- d. Written confirmation from an SRU approved **medical practitioner (ie. Sports Med Doctor)** with an understanding of the demands of Adult Rugby to whom the player is known that the player is in a physical condition to play Adult Rugby and that this view is supported by a musculo-skeletal evaluation and/or other appropriate assessments;
- e. Written agreement from an **SRU medical officer (ie. SRU Team Doctor)** with an understanding of the demands of Adult Rugby employed or retained by the player's home union that the player is in a physical condition to play Adult Rugby and that this view is supported by musculo-skeletal evaluation and/or other appropriate assessments.
- f. Parental or legal guardian's consent in writing, after discussion with medical practitioner and coaches.