

## 'SIZE FOR AGE' GUIDELINES

### Physical Development Guidelines for Australian Age Grade Rugby

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#### 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)
2009	U10	130	26	158	58
2008	U11	134	29	164	65
2007	U12	140	32	172	72
2006	U13	147	36	179	79
2005	U14	153	40	185	85
2004	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)
2009	U10	129	26	158	60
2008	U11	136	29	165	68
2007	U12	143	33	171	75
2006	U13	147	36	174	80
2005	U14	149	39	175	85
2004	U15	150	41	176	88

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