

‘SIZE FOR AGE’ GUIDELINES

Physical Development Guidelines for Australian Age Grade Rugby

Mandatory Assessment Guidelines for Male players

Age Turning in Calendar Year	Players <u>below</u> both Height (cm) Weight (kg)		Players <u>above</u> both 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 <u>below</u> both Height (cm) Weight (kg)		Players <u>above</u> both 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