



Birth Years for 2022-23 Age Grades

Category			JUNIOR							MINIS				
Version			Contact							Intro to Contact		Non-Contact		
School Grade			12+	12	11	10	9	8	7	6	5	4	3	K
Age in 2021	U23+	U20	U19	U18	U17	U16	U15	U14	U13	U12	U11	U10	U9	U6
23	2023													
22	2022													
21	2021													
20	2020	2023												
19	2019	2022	2023											
18	2018	2021	2022	2023										
17	2017	2020	2021	2022	2023									
16	2016	2019	2020	2021	2022	2023								
15	2015	2018	2019	2020	2021	2022	2023							
14	2014	2017	2018	2019	2020	2021	2022	2023						
13	2013	2016	2017	2018	2019	2020	2021	2022	2023					
12	2012	2015	2016	2017	2018	2019	2020	2021	2022	2023				
11	2011	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023			
10	2010	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023		
9	2009	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	
8	2008	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	
7	2007	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	3 year gap
6	2006	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2023
5	2005	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2022
4	2004	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2021
3	2003	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2020
2	2002	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2019
1	2001	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2018
BirthYear	2000+	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2017

The age grade a Junior rugby player participates at is based on the calendar year. It can be confusing to figure out the correct age grade as our season is split over two calendar years. It is similar to the school system where they move up a grade in the fall. Below are two formulas to help you calculate the appropriate age grade.

One formula to use is: Anyone who has their **Xth** birthday in **2023** is considered **Under X** in our 2022-23 season.

Example: A player who will turn 19 years of age during the 2023 calendar year is a U19 player in the 2022-23 season.

OR: Anyone who is **X-1** years old on December 31, 2022 is considered to be **Under X** for the 2022-23 season.

Example: A player who is 15 years old on December 31, 2022 is considered to be U16 in the 2022-23 season.

Birth Years for 2022-23 Age Grades

Category	Senior		JUNIOR						Mini					
Version	Contact		Contact						Intro to Contact		Non-Contact			
School Grade	U23+	U20	12+	12	11	10	9	8	7	6	5	4	2	K
BirthYear	2000+	2003	U19	U18	U17	U16	U15	U14	U13	U12	U11	U10	U8	U6
			2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2017
Leagues	Senior Leagues		Exemptions for U18 League or Senior	Girls U18 League	Girls U16 League		Girls U14 League			Mini Jamborees				
				Boys U18 League	Boys U16 League		Boys U14 League							

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Example: A player who is 15 years old on December 31, 2022 is considered to be U16 in the 2022-23 season.