



Birth Years for 2023-24 Age-Grades

Category	SENIOR		JUNIOR						MINI					
Version	Contact		Contact						Intro to Contact		Non-Contact			
School Grade	Post Grade School		12+	12	11	10	9	8	7	6	5	4	2	K
Age Bracket	U23+	U20	U19	U18	U17	U16	U15	U14	U13	U12	U11	U10	U8	U6
Birth Year	2001+	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2018
Leagues	Senior Leagues		Exemptions for U18 League or Senior Leagues	Girls U18 League	Girls U16 League		Girls U14 League		Mini Jamborees					
Boys U18 League				Boys U16 League		Boys U14 League								

The level Age-Grade and Junior Rugby players participate 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 X^{th} birthday in **2024** is considered **Under X** in our 2023-24 season.

Example: A player who will turn 19 years of age during the 2024 calendar year is a U19 player in the 2023-24 season.

OR: Anyone who is **X-1** years old on December 31, 2023 is considered to be **Under X** for the 2023-24 season.

Example: A player who is 15 years old on December 31, 2023 is considered to be U16 in the 2023-24 season.