



## AGE-GRADE BIRTH YEAR CHART

Season	CONTACT					NON-CONTACT		
2025-26	U20	U18	U16	U14	U12	U10	U8	U6
Upper Year	2006	2008	2010	2012	2014	2016	2018	2020
Lower Year	2007	2009	2011	2013	2015	2017	2019	2021

Lower Year Athletes can apply for an age-grade exemption to play down within one age bracket. Age Grade Exemptions must be submitted and approved by the provincial regulatory body.

BC Rugby follows World Rugby Player Welfare Guidelines, which outlines acceptable practice for age-grade players to play in a two year age-band.