

2025 Age Band Tables for Girls

Girls Age Band Tables: By Age

Girls	Age at 1 April 2025	Best Practice (own age group)	Acceptable Practce (No Dispensation Required)			Exceptional Practice (Dispensation Required)
	4	Year 0/1 Under 6	Year 2/Under 7			Year 3/Under 8
	5					
	6	Year 2/Under 7	Year 3/Under 8			Year 4/Under 9
	7	Year 3/Under 8	Year 4/Under 9			Year 5/Under 10
	8	Year 4/Under 9	Year 5/Under 10			Year 6/Under 11
	9	Year 5/Under 10	Year 6/Under 11			Year 7/Under 12
	10	Year 6/Under 11	Year 7/Under 12			Year 8/Under 13
	11	Year 7/Under 12	Year 8/Under 13			Year 9/Under 14
	12	Year 8/Under 13	Year 9/Under 14			Year 10/Under 15
	13	Year 9/Under 14	Year 10/Under 15	Year 11/Under 16	Year 12/Under 17	Year 13/Under 18
	14	Year 10/Under 15	Year 11/Under 16	Year 12/Under 17	Year 13/Under 18	
	15	Year 11/Under 16	Year 12/Under 17	Year 13/Under 18		
	16	Year 12/Under 17	Year 13/Under 18	Under 19		Senior Rugby
	17	Year 13/Under 18	Under 19	Under 19		Senior Rugby
	18	Under 19	NA	NA		NA

Girls Age Band Tables: By Grade

Girls	Grade	Eligible Age as at 1 Apr 25 (Best Practice)	Eligible Age as at 1 Apr 25 (Acceptable Practice)			Eligible Age as at 1 Apr 25 (Exceptional Practice)
	Year 0/1 Under 6	4 & 5				
	Year 2/Under 7	6	5			
	Year 3/Under 8	7	6			
	Year 4/Under 9	8	7			
	Year 5/Under 10	9	8			
	Year 6/Under 11	10	9			
	Year 7/Under 12	11	10			
	Year 8/Under 13	12	11			
	Year 9/Under 14	13	12			
	Year 10/Under 15	14	13			
	Year 11/Under 16	15	14	13		
	Year 12/Under 17	16	15	14	13	
	Year 13/Under 18	17	16	15	14	13
	Under 19	18	17	16	15	14