

NZR Age Bands for Age Grade Rugby Tables: Girls Rugby

Girls - Eligible Age Tables as at 1 April 2026

This table will allow players to know what grade they are eligible for based on their age.

*National Rugby Policy #8B (Age to Play Senior Women's Rugby) Applies. [Click here to view National Rugby Policy #8B.](#)

Year Born	Delivery System	Age as at 1 Apr 26	Best Practice	Acceptable Practice			Exceptional Circumstances Case Approval required	Not Eligible	
			Equivalent Year	1 Year Up	2 Years Up	3 Years Up			
			Grade Equivalent	Grade Equivalent			Grade Equivalent		
2008	Secondary School (or equivalent)	18	U19 / Senior Rugby				Senior Rugby (Front Row Only)	NA	
2009		17	U18	U19			Senior Rugby*	NA	
2010		16	U17	U18	U19			Senior Rugby*	NA
2011		15	U16	U17	U18	U19	Senior Rugby*	NA	
2012		14	U15	U16	U17	U18	U19	Senior Rugby	
2013		13	U14	U15	U16	U17	U18	U19	

2014	Primary/ Intermediate School Club (Small Blacks)	12	U13	U14	U15	U16		U17
2015		11	U12	U13			U14	U15
2016		10	U11	U12			U13	U14
2017		9	U10	U11			U12	U13
2018		8	U9	U10			U11	U12
2019		7	U8	U9			U10	U11
2020		6	U7	U8			U9	U10
2021		5	U6	U7			U8	U9

Girls - Eligible Ages for Grade Table as at 1 April 2026

This table will allow players to know what ages are eligible for a particular grade.

*National Rugby Policy #8B (Age to Play Senior Women's Rugby) Applies. [Click here to view National Rugby Policy #8B.](#)

Grade		Best Practice	Acceptable Practice			Exceptional Practice	Not Eligible	
		Equivalent Year	1 Years Up	2 Years Up	3 Years Up			
		Age as at 1 Apr 26						
Senior Rugby	Club	19				15* / 16* / 17* / 18*	14 and below	
U19	Secondary School (or equivalent)	18	17	16	15	14	13	
U18		17	16	15	14	13	12 and below	
U17		16	15	14	13		12 and below	
U16		15	14	13	12		11 and below	
U15		14	13	12			11	
U14		13	12			11	10	
U13		Primary/ Intermediate School	12	11			10	9
U12			11	10			9	8

U11	Club (Small Blacks)	10	9		8	7
U10		9	8		7	6
U9		8	7		6	5
U8		7	6		5	4
U7		6	5			NA
U6		5	4			NA