

2025 Age Band Tables for Girls

Girls Age Band Tables: By Age

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

	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)	
	Girls	Year 0/1 Under 6	4 & 5				
Year 2/Under 7		6	5			4	
Year 3/Under 8		7	6			5	
Year 4/Under 9		8	7			6	
Year 5/Under 10		9	8			7	
Year 6/Under 11		10	9			8	
Year 7/Under 12		11	10			9	
Year 8/Under 13		12	11			10	
Year 9/Under 14		13	12			11	
Year 10/Under 15		14	13			12	
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	