



2026 DISPENSATION PROCESS

It is the expectation of the CRRL for all players to play in their correct and genuine calendar age group. For example, if a player is turning 7, then their genuine calendar age group is U7's.

PLAYING UP

No Junior Rugby League Player shall be compelled to play in a higher grade.

TACKLE

PERMANENT
or CASUAL
BASIS

PLAYING UP
ONE AGE
GROUP

Any player that is requesting to play 1 year above their natural calendar age group, on a permanent basis, the relevant Playing Up form must be completed and submitted to the CRRL via their Club Secretary/President for assessment prior to Round 1. For a Casual basis, the parent/guardian must sign the form prior to the player taking the field and the form then forwarded to the CRRL via the Club Secretary/President.

Any Player who registers in an older age group or higher division on a permanent basis, may NOT return to play in his/her actual age group or lower division in Competition matches or in Finals matches.



OR



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THE FORM](#)

TACKLE

PERMANENT
or CASUAL
BASIS

PLAYING UP
TWO AGE
GROUPS

Any player that is requesting to play 2 years above their natural calendar age group, in a tackle competition, on a permanent or causal basis must complete the relevant Playing Up form and provide a letter of endorsement written by someone who holds a current Senior Club Coach Accreditation or equivalent. These will need to be sent to the CRRL Administrator to seek approval from NSWRL prior to Round 1 or prior to the player taking the field.

Clubs responsibilities: Email CRRL to request the assessment and ensure the playing up form is completed.

CRRL responsibilities: To organize the playing up assessment and forward the application through to NSWRL when it is completed. Then to inform the Club of the NSWRL decision and apply the dispensation if approved to the player profile.

TAG

PERMANENT
or CASUAL
BASIS

PLAYING UP
1, 2 OR 3 AGE
GROUP(S)

Any player that is requesting to play 1, 2 OR 3 year(s) above their natural calendar age group, on a permanent basis, the relevant Playing Up form must be completed and submitted to the CRRL via their Club Secretary/President for assessment prior to Round 1. For a Casual basis, the parent/guardian must sign the form prior to the player taking the field and the form then forwarded to the CRRL via the Club Secretary/President.

Any Player who registers in an older age group or higher division on a permanent basis, may NOT return to play in his/her actual age group or lower division in Competition matches or in Finals matches.

A Player, who has played competition rounds in an age group or division higher than the one he/she is registered in (casual basis), can only play in Finals in the lower Age Group or Division if he/she has played an equal or greater number of games (including byes and forfeits) in the lower Division/Age Group.



OR



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THE FORM](#)

IMPORTANT THINGS TO REMEMBER:

- Playing up Forms are to be emailed to the CRRL administrator once completed. They will then assess and apply the dispensation if appropriate to the players profile. The Clubs will receive a reply email with the outcome.
- Playing Down and Playing Up 2 Years require a height and weight check by a NSWRL Authorized person. These will take place at Raiders HQ - 14 Torrens Street Braddon on Tuesday afternoons starting 10th February 2026 between 4pm and 5pm. Clubs are to request bookings via email to the competition administrator.
- Visits to the regional Clubs to complete checks will take place at the discretion of the CRRL Administrator.



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PLAYING DOWN Applies to Tackle Competitions only and please note that U13s are not permitted to play down under any circumstances due to the NRL Mixed Gender Policy.

WEIGHT TO AGE POLICY

Players may apply for dispensation to participate in an age group one (1) year below that of their 'natural' age (the age that they turn/become in the current calendar year). This may be approved for players who are judged to be within the required Weight Limit as listed below. Any participant who is granted dispensation to play down in a lower age group is NOT permitted to participate in their natural age group in the same season.

Please note: Any participant that is considered a Junior Representative player as per the NSWRL Player Transfer Policy is ineligible to apply for dispensation under the Weight and Age guidelines. Any participant that is considered a District / Regional Development player may be refused dispensation under the Weight and Age guidelines at the sole discretion of the local League Administrator.

U6: N/A	U12: players 37kg or under may play U11
U7: players 21kg or under may play U6	U14: players 48kg or under may play U13
U8: players 23kg or under may play U7	U15: players 53kg or under may play U14
U9: players 26kg or under may play U8	U16: players 55kg or under may play U15
U10: players 29kg or under may play U9	U17: players 58kg or under may play U16
U11: players 33kg or under may play U10	U18: players 60kg or under may play U17

Female Competitions

For female only dual-age competitions U14 – U18 the following Weight Dispensation limits will apply

U14 – Players turning 13 in the current year and 38kg or under may play in U12 female only competitions

U16 – Players turning 15 in the current year and 44kg or under may play U14

U18 – Players turning 17 in the current year and 48kg or under may play U16

For female only dual-age competitions U13-U17 the following Weight Dispensation limits will apply:

U15 – Players turning 14 in the current year and 42kg or under may play U13

U17 – Players turning 16 in the current year and 47kg or under may play U15

U18 – Players turning 18 in the current year and 49kg or under may play U17

18 MONTH POLICY

If a player is born between July and December, then they can apply to be registered in the year level immediately below under the 18 Month Registration Window*.

- Please note that the application will need to be submitted with an Official Height and weight check by the CRRL Administrator. This is to be used as a guide inline with the Height and Growth Charts (see appendix)
- A maximum of 3 players per team are permitted to play under the 18 Month policy. If a team requests more than the allowed 3 players, they forfeit the right to play in the Member Group/division finals. Extenuating circumstances may be considered by CRRL Administrator.
- Players that have been charged and found guilty of a 15-1 (a) Trips, kicks or strikes another player offence will forfeit their right to continue playing under the 18-month rule for the remainder of that season and cannot be considered under this rule in the following season.

MEDICAL EXEMPTION POLICY

Where clubs would like to make an application to (in accordance with the restrictions on doing so, including those set out in Policy 2.20 and Policy 2.30) play a registered player in an age group lower than they naturally qualify for, a Medical Certificate outlining the specific condition should be forwarded to the NSWRL and they will have the application assessed by the NSWRL Chief Medical Officer or a delegated medical practitioner. The determination of the NSWRL CMO or delegated medical practitioner will be final.

All relevant information can be found either in the:

