

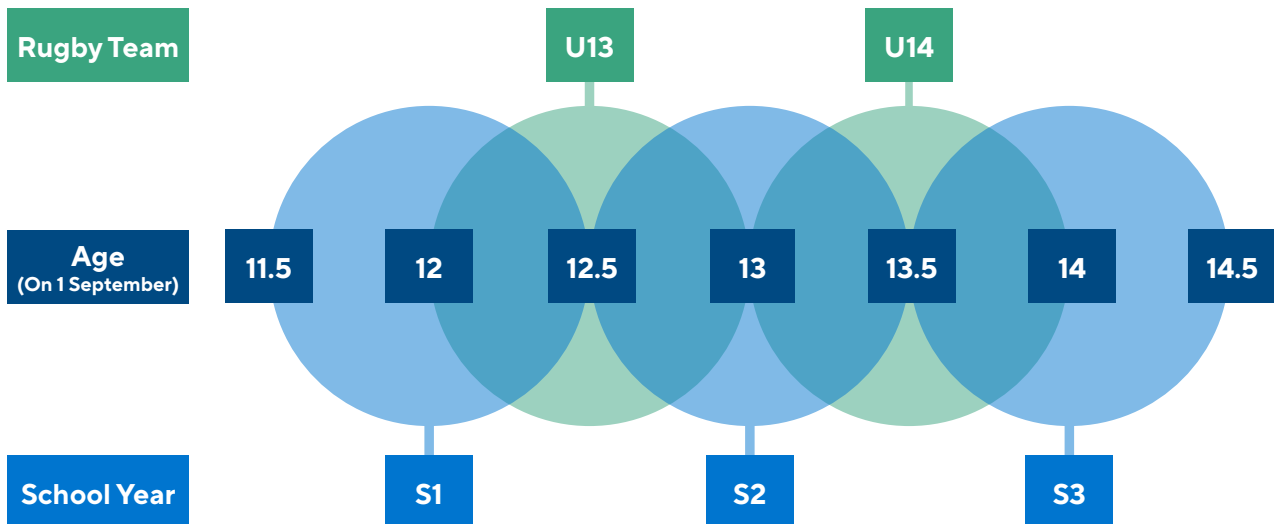
Although Scottish Rugby recommends playing in single year age bands it is recognised that a degree of flexibility is needed to create as many meaningful playing opportunities as possible. As such boys' school and youth rugby can be played in a maximum of 2-Year Age Bandings.

2-year banding means youngest to oldest involved in contact rugby must not exceed 2-years

Exceptions apply when U16 players transition to U18 when they turn 16, or an 15 year old receives permission to play U18 rugby through the play-up application process. In exceptional circumstances it is also possible for a player to play down one age grade. Further information can be found [here](#).

CUT OFF DATES EXPLAINED

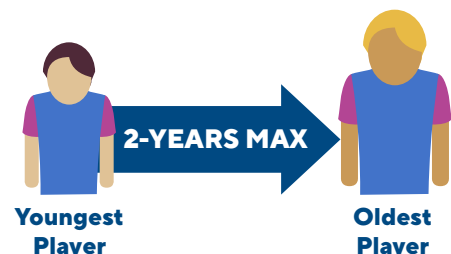
- Scottish Rugby Boys' competitions and fixture programmes are organised by Age Grades (Under 13, Under 14 etc) that are defined by player age on 1 September. [Click here](#) to use our Age Grade Calculator.



- Grouping by school year group (1 March cut off for most schools) is ok but only if discussed/agreed in advance with the opposition.

COMMON PITFALLS TO WATCH OUT FOR:

- Outliers must be considered when fixture planning:
 - pupils that are old for their school year.
 - players looking to play up or down to access game-time.
 - players playing out-with 2-Year Banding to make up numbers.
- A misconception that players transition up an Age Grade on their birthday. This isn't the case – each player's age grade is set for the season based on their age on 1 September.



Coaches must know the ages of all their players and are responsible for confirming with the opposition 2-Year Banding will be observed.

In exceptional circumstances a player can receive permission to play up or down an age grade. Further information can be found [here](#).