

HKMRFU Play Up/Play Down Guidelines 2016-17

The HKMRFU has established the Play Up/Play Down (PUPD) guidelines to provide a safe experience for all mini rugby players.

The HKMRFU allows but does not actively encourage players to train or play outside their age group.

Guidelines – Play Down

1. Generally, players should play in the age group determined by year of birth. However it is recognized that different levels of maturity, physical development, player size or other factors may make it appropriate for some players to play in a different age group.
2. A number of factors will be taken into consideration in any decision to allow a player to play down. These factors will vary with each individual, but they will include:
 - a. Age – players can only play down one age group.
 - b. Safety – of the player and of other players on the pitch.
 - c. Size – height and weight. Only significantly undersize players will be approved to play down.
 - d. Individual circumstances – based on low skills and/or special needs.
 - e. New players – are required to play in their correct age group except when they may apply to play down according to other criteria.
3. A player's circumstances may change during the season; the HKMRFU Committee retains the right to reconsider an approval during the course of the season.
4. No play down player is eligible to play any form of representative rugby e.g. New Year's Day or International Youth Tournaments.

Procedure – Play Down

1. The application should be completed in full and signed by a parent or guardian, head coach and club chairman and submitted to the HKMRFU Vice Chairman. Applications will be considered by the HKMRFU Committee.
2. The player will not play down at any festival until the application is approved.
3. At festivals the coach of a team fielding an approved player playing out of their age group must inform and identify the player to the opposing coach and the referee prior to the commencement of every game.
4. If the opposing coach or the referee considers that the player playing out of their age group should not play for any reason, then the player will not be allowed to play.
5. In such a case the matter will be referred to the HKMRFU Committee for review at the next scheduled meeting.

Guidelines – Play Up

- Play Up is intended only for boys and girls of exceptional talent and ability seeking a greater challenge than is available in their age group.

Procedure – Play Up

- Play Up procedures are exactly the same as Play Down procedures.

Age/Weight/Height Guidelines for PUPD Consideration

Year of birth	Age Group	PU Weight (min)	PU Height (min)	PD Weight (max)	PD Height (max)
2005	U12	31kg	136cm	38kg	146cm
2006	U11	28kg	130cm	34kg	140cm
2007	U10	25kg	124cm	30kg	134cm
2008	U9	22kg	118cm	26kg	128cm
2009	U8	19kg	112cm	24kg	121cm
2010	U7	17kg	106cm	21kg	114cm
2011	U6	15kg	100cm	18kg	108cm