

HKMRFU Play Up/Play Down Guidelines 2022-23

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)
2011	U12	31kg	136cm	38kg	146cm
2012	U11	28kg	130cm	34kg	140cm
2013	U10	25kg	124cm	30kg	134cm
2014	U9	22kg	118cm	26kg	128cm
2015	U8	19kg	112cm	24kg	121cm
2016	U7	17kg	106cm	21kg	114cm
2017	U6	15kg	100cm	18kg	108cm

香港小型欖球總會球員晉升/降級年齡組別2022 – 23指引

為了提供一個安全的欖球經驗予小型欖球球員，香港小型欖球總會制定了此球員晉升/降級年齡組別的指引以供參考。

香港小型欖球總會允許但並不主動鼓勵球員參與非屬其年齡組別的訓練及比賽。

指引 – 降級年齡組別

1. 一般情況下，球員應根據其出生年份而決定所屬年齡組別。但基於個別的發育情況、身體發展及球員體型等因素考慮，部分球員或更合適被編入其他的年齡組別。
2. 以下的因素將被作為是否允許球員降級年齡組別的考慮，但這些因素亦會因應個別球員情況而作變更，包括：
 - a. 年齡 – 球員只允許降級一個年齡組別。
 - b. 安全性 – 只適用於球員及場上其他球員均安全的前提下。
 - c. 體型 – 高度及重量。只有體型顯著比同齡球員細小的球員才會被接納降級年齡組別。
 - d. 個別情況 – 只適用於能力較差或有特別需要的球員。
 - e. 新球員 – 一般情況下，新球員應被編入在其所屬年齡組別中，除特殊原因而提出申請降級。
3. 球員可於球季內的任何時間提出晉升/降級年齡組別的申請，但香港小型欖球總會將會保留權力去重新考慮相關的申請。
4. 所有已降級年齡組別的球員都將不會獲資格參予所有具代表性的欖球比賽。 如：
元旦日 / 國際性青少年欖球聯賽

程序 – 降級年齡組別

1. 申請表須完整填寫及由家長或監護人、首席教練及球會主席簽署並提交至香港小型欖球總會副主席，該申請才會被香港小型欖球總會納入考慮。
2. 申請者將不會於任何比賽日中被即時降級，直至有關申請獲批核。
3. 若教練於比賽日中派出已獲批核降級年齡組別的球員出賽，則須於每場比賽開始前知會對方教練及裁判，並識別有關球員。
4. 若對方教練或裁判認為該已獲批核降級年齡組別的球員不合適作賽，該球員將不被允許出賽。
5. 如遇以上情況，有關個案將會轉交至香港小型欖球總會會議中作討論。

指引－晉升年齡組別

- 晉升年齡組別只適用於擁有高水平能力的球員尋求於更高的年齡組別作挑戰。

程序－晉升年齡組別

- 晉升年齡組別的程序與降級年齡組別的程序相同。

球員晉升/降級年齡組別的年齡/體重/身高參考

出生年份	年齡組別	晉升年齡組別 球員體重 (最低標準)	晉升年齡組別 球員身高 (最低標準)	降級年齡組別 球員體重 (最高標準)	降級年齡組別 球員身高 (最高標準)
2011	U12	31kg	136cm	38kg	146cm
2012	U11	28kg	130cm	34kg	140cm
2013	U10	25kg	124cm	30kg	134cm
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