

**2019 Birth Date Requirements**

**Age Groups for 2019 NSFA Season**

Under 6 Born on or after 1st January 2013\*

Under 7 Born on or after 1st January 2012\*

Under 8 Born on or after 1st January 2011\*

Under 9 Born on or after 1st January 2010\*

Under 10 Born on or after 1st January 2009\*

Under 11 Born on or after 1st January 2008\*

Under 12 Born on or after 1st January 2007\*

Under 13 Born on or after 1st January 2006\*

Under 14 Born on or after 1st January 2005\*

Under 15 Born on or after 1st January 2004\*

Under 16 Born on or after 1st January 2003\*

Under 17 Born on or after 1st January 2002

Under 18 Born on or after 1st January 2001

Under 21 Born on or after 1st January 1998

Over 30 Born on or before 31st December 1989

Over 35 Born on or before 31st December 1984

Over 40 Born on or before 31st December 1979

Over 45 Born on or before 31st December 1974

\*Can apply for dispensation to play in a lower age group under the Relative Age Effect (RAE) Rule.

1. Players may only register in Mixed SSF if they are four (4) years of age or older as at midnight on the 31st December of the year prior.
2. No player should play in an age group more than two (2) years higher than they are qualified for, unless the Competitions Department has granted dispensation.
3. The Relative Age Effect (RAE) allows for players born in last thee (3) months (between the 1st of October and 31st of December), to offset any physical disadvantage to players born in the earlier months of a year by playing down an age group.