

2022 Birth Date Requirements
Age Groups for 2022 NSFA Season

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| Under 6 | Born on or after 1st January 2016* |
| Under 7 | Born on or after 1st January 2015* |
| Under 8 | Born on or after 1st January 2014* |
| Under 9 | Born on or after 1st January 2013* |
| Under 10 | Born on or after 1st January 2012* |
| Under 11 | Born on or after 1st January 2011* |
| Under 12 | Born on or after 1st January 2010* |
| Under 13 | Born on or after 1st January 2009* |
| Under 14 | Born on or after 1st January 2008* |
| Under 15 | Born on or after 1st January 2007* |
| Under 16 | Born on or after 1st January 2006* |
| Under 17 | Born on or after 1st January 2005 |
| Under 18 | Born on or after 1st January 2004 |
| Over 30 | Born on or before 31st December 1992 |
| Over 35 | Born on or before 31st December 1987 |
| Over 45 | Born on or before 31st December 1973 |
| Over 55 | Born on or before 31st December 1963 |

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

a) 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.

b) 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.

c) The Relative Age Effect (RAE) allows for players born in last three (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.