



2022-23 Season - Age/Team Matrix & Age/Weight Restrictions

Month/Year Date of Birth	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2004							HS	HS	HS/U18	HS/U18	HS/U18	HS/U18
2005	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18
2006	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U18	HS/U16	HS/U16	HS/U16	HS/U16
2007	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16
2008	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	HS/U16	U14	U14	U14	U14
2009	U14	U14	U14	U14	U14	U14	U14	U14	U14	U14	U14	U14
2010	U14	U14	U14	U14	U14	U14	U14	U14	U12	U12	U12	U12
2011	U12	U12	U12	U12	U12	U12	U12	U12	U12	U12	U12	U12
2012	U12	U12	U12	U12	U12	U12	U12	U12	U10	U10	U10	U10
2013	U10	U10	U10	U10	U10	U10	U10	U10	U10	U10	U10	U10
2014	U10	U10	U10	U10	U10	U10	U10	U10	U8	U8	U8	U8
2015	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8
2016	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8
2017	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8	U8

HS = High School players

No. of Waivered athletes allowed on field of play at one time = 2 Max & 2 Light

Number of Max Cap Waivers granted per club per age division = 3

Number of Older/Lighter Waivers granted per club per age division = 3

U8 - U14 Teams - Age/weight restrictions and guidelines

U8 Coed	Flag - Non-contact play. No weight limits. Player is 8 by September 1, 2022 but wishes to play flag/non-contact rather than U10 tackle.
U10 Coed	Player is 10 by September 1, 2022 and weighs less than 85 lbs Player is 9 by September 1, 2022 and weighs between 120-132 lbs
U12 Coed	Player is 12 by September 1, 2022 and weighs less than 105 lbs. Player is 11 by September 1, 2022 and weighs between 145-160 lbs. Player is a Female, the player is 13 by September 1, 2021, the player weighs below 145
Boys U14	The league will have two U14 divisions: Light Division & Open Division. Thunder Rugby will have a Boys U14 Team under the Open Division. <i>Open Division - No weight limits</i> BU14 Light: Player is 14 by Sep 1, 2022 and weighs less than 125 lbs. Player is 13 by Sep 1, 2022 and weighs between 180-198 lbs.