



**2020 Birth Date Requirements
Age Groups for 2020 NSFA Season**

Under 6	Born on or after 1 st January 2014*
Under 7	Born on or after 1 st January 2013*
Under 8	Born on or after 1 st January 2012*
Under 9	Born on or after 1 st January 2011*
Under 10	Born on or after 1 st January 2010*
Under 11	Born on or after 1 st January 2009*
Under 12	Born on or after 1 st January 2008*
Under 13	Born on or after 1 st January 2007*
Under 14	Born on or after 1 st January 2006*
Under 15	Born on or after 1 st January 2005*
Under 16	Born on or after 1 st January 2004*
Under 17	Born on or after 1 st January 2003
Under 18	Born on or after 1 st January 2002
Under 21	Born on or after 1 st January 1999
Over 30	Born on or before 31 st December 1990
Over 35	Born on or before 31 st December 1985
Over 45	Born on or before 31 st December 1975

*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.