



**NORTHERN  
SUBURBS  
FOOTBALL**  
EST. 1957

## **2022 Birth Date Requirements**

### **Age Groups for 2022 NSFA Season**

|          |  |
|----------|--|
| Under 6  | Born on or after 1 <sup>st</sup> January 2016*   |
| Under 7  | Born on or after 1 <sup>st</sup> January 2015*   |
| Under 8  | Born on or after 1 <sup>st</sup> January 2014*   |
| Under 9  | Born on or after 1 <sup>st</sup> January 2013*   |
| Under 10 | Born on or after 1 <sup>st</sup> January 2012*   |
| Under 11 | Born on or after 1 <sup>st</sup> January 2011*   |
| Under 12 | Born on or after 1 <sup>st</sup> January 2010*   |
| Under 13 | Born on or after 1 <sup>st</sup> January 2009*   |
| Under 14 | Born on or after 1 <sup>st</sup> January 2008*   |
| Under 15 | Born on or after 1 <sup>st</sup> January 2007*   |
| Under 16 | Born on or after 1 <sup>st</sup> January 2006*   |
| Under 17 | Born on or after 1 <sup>st</sup> January 2005    |
| Under 18 | Born on or after 1 <sup>st</sup> January 2004    |
| Under 21 | Born on or after 1 <sup>st</sup> January 2001    |
| Over 30  | Born on or before 31 <sup>st</sup> December 1992 |
| Over 35  | Born on or before 31 <sup>st</sup> December 1987 |
| Over 40  | Born on or before 31 <sup>st</sup> December 1982 |
| Over 45  | Born on or before 31 <sup>st</sup> December 1977 |

\*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 31<sup>st</sup> 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 1<sup>st</sup> of October and 31<sup>st</sup> of December), to offset any physical disadvantage to players born in the earlier months of a year by playing down an age group.