



Rugby Alberta Application for Dispensation

The goal of this application process is to ensure that all players are participating in a team and league that is best for the safety and development of themselves and all other players on the field. Please only complete this form if you believe that this request is necessary to provide a better and safer environment for all involved. We encourage all members to provide opportunities for players to participate within the World Rugby approved two-year age window. Please review the Rugby Alberta Age Dispensation Policy found here before completing this form.

The applicant is not eligible to participate in any contact rugby related activities (e.g., practice or competition) at the requested age category until they have received a signed and approved copy of this form from Rugby Alberta.

Note: applications can take up to 10 business days to process.

All approved 2025 requests will expire April 30th, 2026.

Only fully complete applications meeting all the criteria will be approved. All decisions are final and no exceptions to this policy will be made. If you have any questions about the process prior to submitting this form, please contact info@rugbyalberta.com.

Application to Participate in:

☐ Senior Rugby
 ☐ Higher Age Grade Rugby
 ☐ Lower Age Grade Rugby

Section 1 – Player Information (PLEASE PRINT CLEARLY)

Name:	Player Category:	Mens <input type="checkbox"/>	Womens <input type="checkbox"/>
Email:	Telephone:		
Club:	Position:		
Date of Birth(dd/mm/yy):	Weight:	lbs	
Years playing Rugby:	Highest level played:		
What age grade/division are you requesting dispensation for? From _____ To: _____ Reason for Request (select the applicable checkbox): <input type="checkbox"/> It is believed that all participants on the field of play would be safer with the applicant participating in the requested age category <input type="checkbox"/> It is believed that the requested age category will provide competition better matched to the applicant's size and/or skill set.			

Section 2 – Assessing Coach Information and Assessment (PLEASE PRINT CLEARLY)

The assessing coach must have a minimum of NCCP coaching level 2(current) and three years of experience coaching rugby.

Coaches Name:	
Email:	Telephone:
NCCP Certification #:	
Rugby Ready Certification (To be attached to this application):	Yes / No
Concussion Management Certification (To be attached to this application)	Yes / No

Assessment for Dispensation

The above coaching qualifications MUST ALL be fully met for this application to be valid for the purpose of assessing an exemption for the player to participate in competitions in a different age category. The coach is to assess the player against the following four criteria using the factors for consideration listed in Appendix A of the **Dispensation Policy** for guidance. If the player is a no to any of the criteria, then the player shall not be considered capable of competing safely with players in the proposed age category.

Please complete the following:

Physical and Mental Development	In your opinion does the player's level of physical and mental (Maturity) development allows the player to compete with players in the proposed level of competition?	Yes	No
Skill Level	In your opinion is the player's skill level comparable with other players in the proposed competition? (Including skills specific to his/her playing position and in relation to the games fundamentals e.g. tackle, pass, ruck, maul, scrum etc.)	Yes	No
Level of Experience	In your opinion does the player have the experience to compete with other players in the proposed age group competition? (Please consider the following factors - has the player been involved in representative/pathway rugby? has the player been an outstanding player in his/her age group? has the player trained with the players in the proposed age grade/division and how did he cope?	Yes	No
Standard of Competition	In your opinion is the standard of competition in the proposed game/competition suitable to allow the player to compete safely?	Yes	No

Assessing Coach

In my opinion, the player's physical maturity, skill level and experience is sufficiently high that the player is capable of competing safely with players in the proposed age grade/division. I have explained to the player and his/her parent or guardian that if the player will be competing against older players it may involve an increased level of injury risk.

Assessing Coach Signature: _____ **Date:** _____

Print Name: _____

Section 3 – Medical Review (PLEASE PRINT CLEARLY)

☐ Physician ☐ Sports Medicine Physician – CCFP (SEM) ☐ Certified Athletic Therapist - CAT (C)

The physician, sports medicine specialist, or athletic therapist is to perform a musculo-skeletal evaluation of the applicant and assess them for suitability to compete at the requested age category. If this section is incomplete, the request will be denied.

Please initial to confirm the following:

_____ The applicant is known to me.

_____ I understand that rugby is a contact sport, and, like all contact sports, players are exposed to the risk of injury. This risk could be heightened by allowing players to participate in matches organized for a different age category if their physical development, skill level, maturity, and experience differ from those of the players they will play with and against.

_____ Based on a musculo-skeletal evaluation, I can confirm that the applicant is in such physical condition to be better suited to competition at the requested age category than their current age category.

This is to attest that, based on my knowledge of the applicant, the nature of a contact sport like rugby, and the physical and competitive environment expected for the applicant in the requested age category, an examination has indicated that they are better suited to competition with players in the requested age category.

Print Name: _____ Medical Credentials/Certification # : _____

Signature: _____ **Date:** _____

Section 4 – Parent/Legal Guardian Information (PLEASE PRINT CLEARLY)**I confirm that:**

- I am a parent or legal guardian of the above-mentioned player;
- The coach has explained to me that, in their opinion, the player's physical development, skill level and experience is sufficiently high that they are capable of competing safely with players in the proposed age grade.
- If this dispensation is for an older age grade or Senior Rugby, it has been explained to me that the risk of injury may be increased by the player playing in an older age grade.
- I understand that rugby is a contact sport and, like all contact sports, players are exposed to a risk of injury. I also understand that the level of risk may be heightened when a player participates in an age grade where the player's physical development/maturity, skill level and experience are inferior to that of the players he/she will play against.
- I consent to the Edmonton Rugby Union, Calgary Rugby Union, Alberta Junior Rugby Association and Rugby Alberta holding this information.

Signature: _____ **Date:** _____

Print Name: _____

Section 4 – Rugby Alberta Sub-Union Representative (PLEASE PRINT CLEARLY)

Calgary Rugby or Edmonton Rugby Union Representative

☐ Calgary Rugby Union

☐ Edmonton Rugby Union

Print Name: _____ Board Position: _____

Signature: _____ Date: _____

Rugby Alberta Use Only:

☐ Approved

☐ Not Approved

Signature: _____ Date: _____

Print Name: _____