



Age Based Group Assignments

Objective:

Our aim is to ensure appropriate age-based group assignment for children in youth athletics. By aligning children with their appropriate age group, we seek to enhance their developmental experiences, maximize their safety, and promote fair competition.

Age Group Assignment:

- Children aged 6 and younger must play in the age group as dictated by the age control date.
- Children aged 7 and older may opt to play up one age group, but they may not play down an age group.
 - To opt up an age group, the child's parent or guardian must submit a written request to the Athletic Manager.
- The age control date will be determined by the national, state, or local sporting authority or governing body of the specific sport, which may vary depending on the sport's requirements and guidelines. Instructional league age control dates fall under the same dates so that the instructional leagues smoothly transition into the drafted leagues.

Youth Athletics Age Control Dates (Subject to Change)

3-4 TBall, 5-6 Coach Pitch, 7-14 Baseball & Softball – September 1st

Volleyball – September 1st

Track & Field – December 31st

NGYFA Sideline Cheer – August 1st

NGYFA Football – August 1st

Flag Football – August 1st

3-4 Instructional Basketball, 5-6 Co-Ed Basketball, 7-14 Basketball – September 1st

Link to GRPA Athletic Manual: https://cdn.ymaws.com/grpa.org/resource/collection/84918F25-1EF6-4350-868E-8B0AE06A95B9/2023_Final_Athletic_Manual_Combined_04062023.pdf

Link to NGYFA Website & By-Laws: www.ngyfa.org

Exceptions:

- Exceptions to the age-based group assignment policy may be considered under certain circumstances, such as individuals with physical or mental impairments that require specialized attention or training.
- Requests for exceptions must be made in writing and supported by relevant medical or professional documentation. The final decision will be at the discretion of HCRD.

Policy Review and Evaluation:

- This policy may be revised as necessary, in accordance with changes in national sporting authority guidelines, best practices, or other relevant factors.
- This policy will be periodically reviewed to ensure its effectiveness and appropriateness.
- Feedback from parents, coaches, and other stakeholders will be actively sought to identify areas for improvement and address any concerns.

Considerations:

This list is not considered exhaustive. There are many factors that go into determining whether a child is ready to opt up an age group. These points are meant to help you think through the decision if you are considering playing your child in an older age division if allowed.

- There are benefits and risks to opting up an age group. Your child may be more challenged and motivated to play at a higher level, but they may also be outmatched physically or skill-wise when opting up to a higher age range.
- A committed child may be able to develop skills more quickly, but they may also become discouraged if they are not able to compete at the same level as the older players.
- Most all our youth athletics compete in “double age groups” such as 8U, 10U, 12U. This means 7&8 year olds play together, 9&10 year olds, and so on. If you move your 7-year-old up to the 10U division, there could be a 3-year age gap between them and some of the older players. Sometimes it is wise to let your All-Star 7-year-old remain an All-Star in their appropriate age group.
- A younger child may be more likely to get injured in an older age group.