



Football Ontario  
21 King Street West  
Hamilton, ON  
L8P 4W7

## ROSTER AGE CATEGORIES

A standardized system in-line with the LTAD would allow players from across the country to compete in the same groupings with the understanding that each province has unique parameters. Confusion would be minimized when determining a standardized pathway for athletes to move from grassroots to high performance.

2024 Mandate: Football Ontario members must have a maximum age difference of 24 months. Leagues or Associations hosting house league divisions, the maximum age difference may be 36 months due to the lack of developmental pathways for athletes outside their region but athletes outside the 24 month window must be approved utilizing the league/association mechanism for review of age exemptions as indicated by Football Ontario focused on safety and development of the athlete in accordance to Long Term Athlete Development.

\*Any player wanting to play outside of this age difference must apply to the league and/or Football Ontario for approval.

2024 Mandate: Football Ontario members must follow the standardized age categories listed below with identified exemptions as indicated in the policy.

### Spring/Summer

Age Category	Age of players in Division	Maximum Age Difference (From oldest to youngest)
U8 (Non-Contact Only)	Born 2016 & 2017 (cannot turn 9 in the calendar year)	24 Months
U10 (Non-Contact or 6-a-side tackle Only)	Born 2014 & 2015 (cannot turn 11 in the calendar year)	24 months
U12 (Non-Contact or 6/9-a-side Tackle Only)	Born 2012 and 2013 (cannot turn 13 in the calendar year)	24 months
U14 (Non Contact or Contact)	Born 2010 & 2011 (cannot turn 15 in the calendar year)	24 months
U16 (Non-Contact or Contact)	Born 2008 & 2009 (cannot turn 17 in the calendar year)	24 months
U18 (Non-Contact or Contact)	Born 2006 & 2007 (cannot turn 19 in the calendar year)	24 months
Elite 18+	18 years old & above	N/A



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## Fall

Age Category	Age of players in Division	Maximum Age Difference (From oldest to youngest)
U8 (Non-Contact Only)	Born 2017 and 2018 (cannot turn 8 in the calendar year)	24 Months
U10 (Non-Contact or 6- a-side tackle Only)	Born 2015 and 2016 (cannot turn 10 in the calendar year)	24 months
U12 (Non-Contact or 6/9-a-side Tackle Only)	Born 2013 and 2014 (cannot turn 12 in the calendar year)	24 months
U14 (Non Contact or Contact)	Born 2011 and 2012 (cannot turn 14 in the calendar year)	24 months
U16 (Non-Contact or Contact)	Born 2009& 2010 (cannot turn 16 in the calendar year)	24 months
U18 (Non-Contact or Contact)	Born 2007 & 2008 (cannot turn 18 in the calendar year)	24 months
Elite 18+	18 years old & above	N/A

Two Roster Age Categories exemptions that can be made:

1. If a player has no participation pathway, he/she can be moved to a different age group pending the approval of the league and/or Football Ontario.
2. If the current age category does not fit the developmental age of the player, he/she can be moved up or down an age category pending the approval of the league and/or Football Ontario.

[www.footballontario.net](http://www.footballontario.net)