Age eligibility criteria

Autumn term

Sport	Age eligibility rule	Does the NGB have an age dispensation policy?	Regulation document	Application form
Football	1 Sept 2026	N/A - Players must fall within a two year age band for the competition based on date of birth, with no player more than one year above or below the designated age group. To comply with this rule, the IAPS football competitions are for pupils in years 5&6 based on their date of birth.	N/A	N/A
Rugby	1 Sept 2026	Yes - The pupil must meet the requirements of RFU regulation 15.4 Schools must notify IAPS if they have a player playing out of age group once approval has been given from the NGB.	Link to regulation 15.4	Link to Playing Down form
Hockey (girls)	1 Sept 2026	Yes - apply with England Hockey. Schools must notify IAPS if they have a player playing out of age group once approval has been given from the NGB.	Playing out of age group policy	How to apply to play out of age group
Gymnastics	School year group	N/A	N/A	N/A

N.B. This applies only to IAPS sport events

Age eligibility criteria

Autumn term

Sport	Age eligibility rule	Does the NGB have an age dispensation policy?	Regulation document	Application form
Netball	1 Sep 2026	N/A	N/A	N/A
Basketball	School year group	N/A	N/A	N/A
Hockey (boys)	1 Sept 2026	Yes - apply with England Hockey. Schools must notify IAPS if they have a player playing out of age group once approval has been given from the NGB.	Playing out of age group policy	How to apply to play out of age group
Skiing	School year group	N/A	N/A	N/A

N.B. This applies only to IAPS sport events

Age eligibility criteria

Autumn term

Sport	Age eligibility rule	Does the NGB have an age dispensation policy?	Regulation document	Application form
Swimming	School year group	N/A	N/A	N/A
Cross country relays	1 Sept 2026	N/A - Although aligned to School Years with a cut-off date of 31 August, the UKA age category is determined by the athlete's date of birth, therefore an athlete who is in a different school year group to their peers will compete according to their date of birth and not their School Year group.	N/A	N/A

N.B. This applies only to IAPS sport events