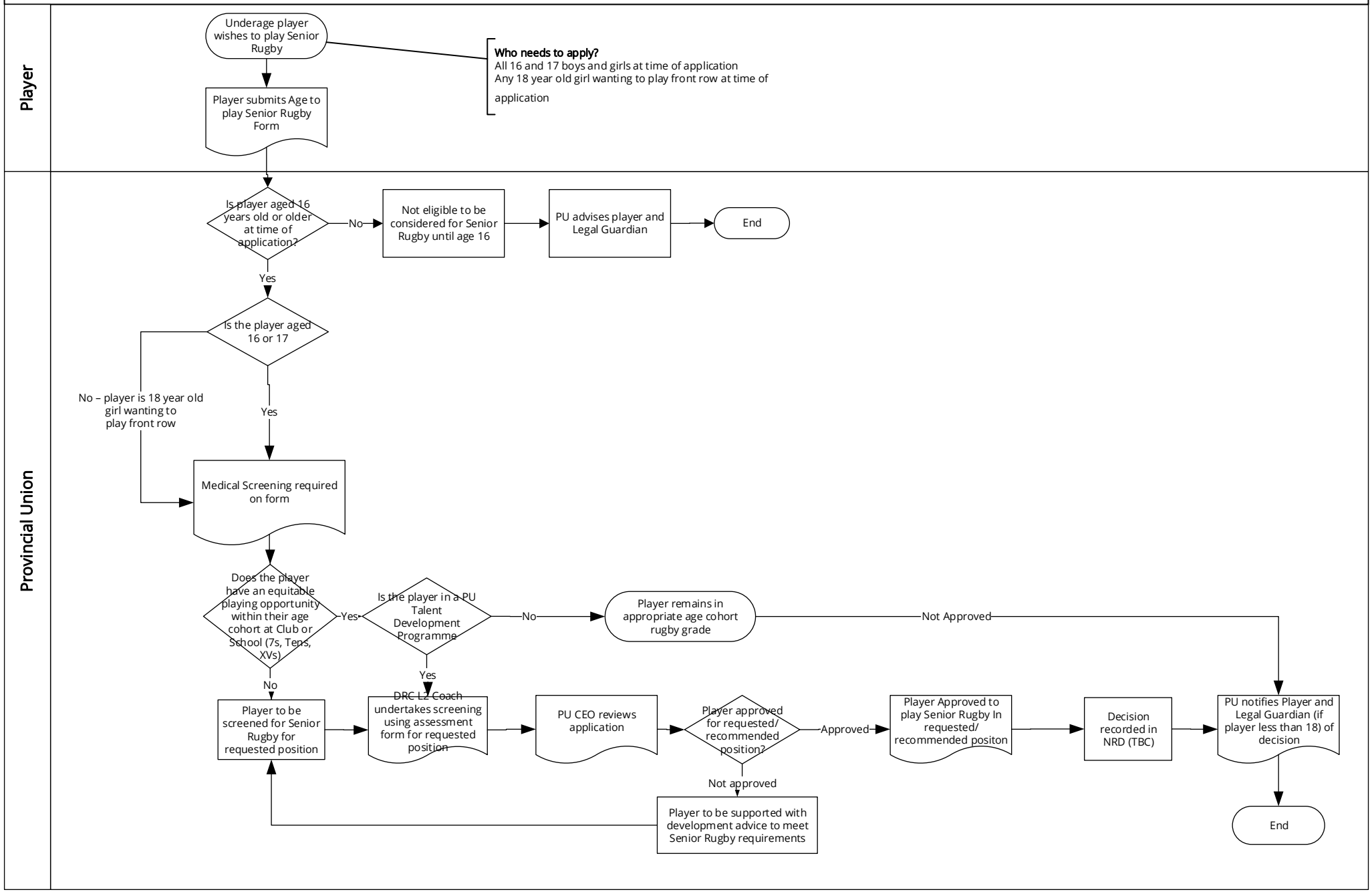Process for Age to Play Senior Rugby for players aged 16-18 years old (includes 7s, Tens and XVs)