

2026 SPORT NOMINATIONS, AGE AND PATHWAY SUMMARY – PRIMARY



NOTES:

- **YOC** = Year of Competition, based on the SSA competition date.
- **SSA** = Schools Sport Australia.
- **Individual Nominations** - There is generally a maximum of 3 per school. If no limit is specified keep numbers as low as possible by only nominating very talented students. Please contact CIS if you believe you have more than 3 talented students prior to closing nominations. Generally, nominations come from talented students aged 11 and older in the year of competition.
- **NSWPSSA Ages** - 8-, 9- and 13-year-olds may compete at NSWPSSA but cannot be selected in the NSWPSSA Team to attend SSA.
- ***In sports where age eligibility states turning 11 to 13 in YOC, students who are turning 10 in the YOC and are in Year 5 will be accepted.**

SPORT	GENDER	AGE	NOMINATION METHOD	ASSOCIATION TEAM SIZE	CIS TEAM SIZE	NSWPSSA TEAM SIZE	PATHWAY COMMENTS	TRIAL TYPE
Athletics	Boys & Girls	13 & Under in YOC	Association – nominated by the Association to CIS	Varies – refer to Events > Athletics	Varies	Varies	SSA	Championship
Australian Football	Boys	Turning 11 to 13 in YOC *	Association – nominated by the Association to CIS	Each Association will be permitted to nominate up to 22 boys. IPSHA will be permitted to nominate up to 30 boys	22	22	SSA	Trial
Australian Football	Girls	12 & Under in YOC	Association - nominated by the Association to CIS	Each Association will be permitted to nominate up to 22 girls. IPSHA will be permitted to nominate up to 30 girls.	22	22	SSA	Trial
Basketball	Boys	Turning 11 to 13 in YOC *	Association – nominated by the Association to CIS	Associations may nominate a maximum of 10 boys	10	10	SSA	Championship
Basketball	Girls	Turning 11 to 13 in YOC *	Association – nominated by the Association to CIS	Associations may nominate a maximum of 10 girls	10	10	SSA	Championship

Cricket	Boys	13 & Under in YOC	Individual to CIS – nominated by the school to CIS	Max 3 per school	12	12	SSA	Trial
Cricket	Girls	13 & Under in YOC	Individual to CIS – nominated by the school to CIS	Max 3 per school.	12	12	SSA	Trial
Cross Country	Boys & Girls	13 & Under in YOC	Association – nominated by the Association to CIS	Varies – refer to Events > Cross Country	Varies	Varies	SSA	Championship
Diving	Boys & Girls	13 & Under in YOC	Individual to CIS – nominated by the school to CIS	Varies – refer to Events > Diving	Varies	Varies	SSA	Championship
Football	Boys	13 & Under in YOC	Association – nominated by the Association to CIS	Associations may nominate a maximum of 12 boys	12	12	SSA	Championship
Football	Girls	13 & Under in YOC	Association – nominated by the Association to CIS	Associations may nominate a maximum of 12 girls	12	12	SSA	Championship
Golf	Boys & Girls	13 & Under in YOC	Individual to CIS Handicap restrictions apply	Program and their handicap at the time of nomination must not exceed 32 in the case of boys and 44 in the case of girls.	12 with maximum 8 boys	8 Boys, 4 Girls	SSA	Trial
Hockey	Boys	13 & Under in YOC	Individual to CIS – nominated by the school to CIS	Schools may nominate a maximum of 3 boys	13	13	SSA	Trial
Hockey	Girls	13 & Under in YOC	Individual to CIS – nominated by the school to CIS	Schools may nominate a maximum of 3 girls	13	13	SSA	Trial
Netball	Boys	12 & Under in YOC	Association – nominated by the Association to CIS	10	10	10	SSA	Trial
Netball	Girls	13 & Under in YOC	Association – nominated by the Association to CIS	10	10	10	SSA	Championship

Rugby League	Boys & Girls	Turning 11 or 12 in YOC	Association – nominated by the Association to CIS	Each Association will be permitted to nominate up to 17 boys and 17 girls. IPSHA will be permitted to nominate up to 25 boys and 25 girls.	17	17	SSA	Trial
Rugby Union	Boys	Turning 11 or 12 in YOC *	Association – nominated by the Association to CIS	Each Association will be permitted to nominate up to 17 boys. IPSHA will be permitted to nominate up to 30 boys.	22	22	Pathway finishes at NSWPSA	Trial
Rugby 7's	Girls	Turning 11 or 12 in YOC. Girls turning 10 with appropriate dispensation as per Rugby Australia may also be nominated	Individual to CIS – nominated by the school to CIS	N/A	12	N/A	Pathway finishes at NSWPSA	Trial
Softball	Boys	13 & Under in YOC	Individual to CIS – nominated by the school to CIS	N/A	12	12	SSA	Trial
Softball	Girls	13 & Under in YOC	Individual to CIS – nominated by the school to CIS	N/A	12	12	SSA	Trial
Swimming	Boys & Girls	13 & Under in YOC	Association – nominated by the Association to CIS	Varies – refer to Events > Swimming	Varies	Varies	SSA	Championship
Tennis	Boys & Girls	13 & Under in YOC	Association – nominated by the Association to CIS	4 Boys & 4 Girls (cannot be a combination of 8)	5 Boys & 5 Girls	7 Boys & 7 Girls	SSA	Trial
Touch Football	Boys	13 & Under in YOC	Association – nominated by the Association to CIS	Associations may nominate a maximum of 12 boys	Minimum of 12 Maximum of 14	Maximum of 14	SSA	Championship
Touch Football	Girls	13 & Under in YOC	Association – nominated by the Association to CIS	Associations may nominate a maximum of 12 girls	Minimum of 12 Maximum of 14	Maximum of 14	SSA	Championship

2026 SPORT NOMINATIONS, AGE AND PATHWAY SUMMARY – SECONDARY



NOTES:

- **YOC** = Year of Competition, based on the SSA competition date.
- **SSA** = Schools Sport Australia.
- **NSWAS** = NSW All Schools
- **Individual Nominations** - There is generally a maximum of 3 per school. If no limit is specified keep numbers as low as possible by only nominating very talented students. Speak to the relative Sport Convenor or CIS for guidance prior to close of nominations.

SPORT	GENDER	AGE	NOMINATION METHOD	ASSOCIATION TEAM SIZE	CIS TEAM SIZE	NSWAS TEAM SIZE	PATHWAY COMMENTS	TRIAL TYPE
Australian Football	Boys	14 & Under in YOC	Individual to CIS – nominated by the school to CIS	Schools may nominate a maximum of 6 boys	22	22	SSA	Championship
Australian Football	Girls	14 & Under in YOC	Individual to CIS – nominated by the school to CIS	Schools may nominate a maximum of 6 girls	22	22	SSA	Championship
Athletics	Boys & Girls	19 & Under in YOC	Association – nominated by the Association to CIS	Varies – refer to Events > Athletics	Varies – Merit Team Only	N/A	Pathway finishes at CIS – NSW All Schools run independently of school system.	Championship
Baseball	Boys & Girls	18 & Under in YOC	Individual to CIS – nominated by the school to CIS	N/A	15	15	SSA	Trial
Basketball	Boys	16 & Under in YOC	Association – nominated by the association to CIS	Associations may nominate a maximum of 10 boys besides NCIS and RAS who may nominate a maximum of 5 boys	10	10	SSA	Trial
Basketball	Girls	16 & Under in YOC	Association – nominated by the Association to CIS	10	10	10	SSA	Championship
Basketball	Boys	19 & Under – turning 17-19 in YOC	Association – nominated by the Association to CIS	Associations may nominate a maximum of 10 boys besides NCIS and RAS who may nominate a maximum of 5 boys	10	N/A	Pathway finishes at NSW All Schools	Trial

Basketball	Girls	19 & Under – turning 16-19 in YOC	Association – nominated by the Association to CIS	10	10	N/A	Pathway finishes at NSW All Schools	Championship
Bowls	Boys & Girls	18 & Under in YOC	Individual to CIS – nominated by the school to CIS	N/A	Minimum 4 Maximum 8	10	SSA	Paper trial
Cricket	Boys	15 & Under in YOC	Individual to CIS – nominated by the school to CIS Max 3 per school	N/A	12	12	SSA	Trial
Cricket	Girls	15 & Under in YOC	Individual to CIS – nominated by the school to CIS Max 2 per school	N/A	12	12	SSA	Trial
Cricket	Boys	19 & Under in YOC	Association – nominated by the Association to CIS	AICES, CAS, CSSA, GPS, ISA can nominate up to 12 boys. NCIS, RAS can nominate up to 3 boys	12	12	Interstate Exchange	Trial
Cricket	Girls	19 & Under in YOC	Individual to CIS – nominated by the school to CIS Max 3 per school	N/A	13	13	Interstate Exchange	Trial
Cross Country	Boys & Girls	19 & Under in YOC	Association – nominated by the Association to CIS	Varies – refer to Events > Cross Country	Varies	Varies	SSA	Championship
Diving	Boys & Girls	19 & Under in YOC	Individual to CIS – nominated by the school to CIS	Varies – refer to Events > Diving	Varies	Varies	SSA	Championship
Football	Boys	18 & Under in YOC	Association – nominated by the Association to CIS	16	16	16	SSA	Championship
Football	Girls	18 & Under in YOC	Association – nominated by the Association to CIS	16	16	16	SSA	Championship

Golf	Boys & Girls	18 & Under in YOC	Individual to CIS – nominated by the school to CIS Handicap restrictions apply	N/A	Minimum 4 Boys, 4 Girls	6 Boys, 6 Girls	SSA	Trial
Hockey	Boys	15 & Under in YOC Turning 14 or 15 in YOC	Individual to CIS – nominated by the school to CIS	N/A	16	16	SSA	Trial
Hockey	Girls	15 & Under in YOC	Association – nominated by the Association to CIS	N/A	16	16	SSA	Championship
Hockey	Boys	19 & Under – turning 16-19 in YOC	Association – nominated by the Association to CIS	N/A	16	N/A	Pathway finishes at NSW All Schools	Championship
Hockey	Girls	19 & Under – turning 16-19 in YOC	Association – nominated by the Association to CIS	N/A	16	N/A	Pathway finishes at NSW All Schools	Championship

Netball	Girls	15 & Under in YOC	Association – nominated by the Association to CIS	10	12	12	SSA	Championship
Netball	Girls	19 & Under – turning 16-19 in YOC	Association – nominated by the Association to CIS	10	10	N/A	Pathway finishes at NSW All Schools	Championship
Rugby 7's	Girls	16 & Under – turning 15-16 in YOC. Girls turning 14 with appropriate dispensation as per Rugby Australia may also be nominated.	Association – nominated by the Association to CIS	12	12 x 2 teams	12	NSW Rugby School Girls 7's Australian Schools Rugby Championships	Championship
Rugby 7's	Girls	18 & Under – turning 17-18 in YOC	Association – nominated by the Association to CIS	12	12 x 2 teams	12	NSW Rugby School Girls 7's Australian Schools Rugby Championships	Championship

Rugby League	Boys	16 & Under – turning 15-16 in YOC	Individual to CIS – nominated by the school to CIS	N/A	20	From CIS to National Championships	Australian Secondary Schools Rugby League Championships	Trial
Rugby League	Girls	16 & Under – turning 15 or 16 in YOC	Individual to CIS – nominated by the school to CIS	N/A	20	From CIS to National Championships	Australian Secondary Schools Rugby League Championships	Trial
Rugby League	Boys	18 & Under – turning 17-18 in YOC	Individual to CIS – nominated by the school to CIS	N/A	20	From CIS to National Championships	Australian Secondary Schools Rugby League Championships	Trial
Rugby League	Girls	18 & Under – turning 17 or 18 in YOC	Individual to CIS – nominated by the school to CIS	N/A	20	From CIS to National Championships	Australian Secondary Schools Rugby League Championships	Trial

Softball	Boys	18 & Under in YOC	Individual to CIS – nominated by the school to CIS	N/A	12	12	SSA	Trial
Softball	Girls	18 & Under – turning 14-18 in YOC	Individual to CIS – nominated by the school to CIS	N/A	12	12	SSA	Trial
Swimming	Boys & Girls	19 & Under in YOC	Association – nominated by the Association to CIS	Varies – refer to Events > Swimming	Varies	Varies	SSA	Championship
Tennis	Boys	18 & Under in YOC	Association – nominated by the Association to CIS	Associations may nominate a maximum of 8 boys. Of these nominations AICES, CAS, CSSA, GPS and ISA have 6 automatic acceptances and NCIS and RAS have 1 automatic acceptance. Maximum number of entries is 40. This will be made up of several automatic acceptances from each association. The remaining places will be filled by the next best players from all associations.	8 Boys	8 Boys	SSA	Trial
Tennis	Girls	18 & Under in YOC	Association – nominated by the Association to CIS	Associations may nominate a maximum of 8 girls. Of these nominations AICES, CSSA, IGSA and ISA have 6 automatic acceptances and NCIS and RAS	8 Girls	8 Girls	SSA	Trial

				have 1 automatic acceptance. Maximum number of entries is 32. This will be made up of several automatic acceptances from each association. The remaining places will be filled by the next best players from all associations.				
Touch Football	Boys	15 & Under in YOC	Association – nominated by the Association to CIS	Up to 14	14	12-14	SSA	Championship
Touch Football	Girls	15 & Under in YOC	Association – nominated by the Association to CIS	Up to 14	14	12-14	SSA	Championship
Touch Football	Boys	18 & Under – turning 16-18 in YOC	Association – nominated by the Association to CIS	Up to 14	14	From CIS to National Championships	National Youth Championships	Championship
Touch Football	Girls	18 & Under – turning 16-18 in YOC	Association – nominated by the Association to CIS	Up to 14	14	From CIS to National Championships	National Youth Championships	Championship
Triathlon - Individual	Boys & Girls	Junior – 12 to 14 in YOC Intermediate – 15 or 16 in YOC Senior – 17 to 19 in YOC	Individuals to NSW All Schools via CIS Website	N/A	N/A	Varies	SSA	Nominate to go straight to All Schools
Aquathlon - Individual	Boys & Girls	Junior – 12 to 14 in YOC Intermediate – 15 or 16 in YOC Senior – 17 to 19 in YOC	Individuals to NSW All Schools via CIS Website	N/A	N/A	Varies	SSA	Nominate to go straight to All Schools
Triathlon - Teams	Boys & Girls	Junior – 12 to 14 in YOC Intermediate – 15 or 16 in YOC Senior – 17 to 19 in YOC	Teams to NSW All Schools via CIS Google Form	Schools are permitted to enter up to 5 teams per age per gender	N/A	N/A	Pathway finishes at NSW All Schools	Nominate to go straight to All Schools

Volleyball	Boys	15 & Under in YOC	Individual to CIS – nominated by the school to CIS	N/A	12	12	SSA	Trial
Volleyball	Girls	15 & Under in YOC	Individual to CIS – nominated by the school to CIS	N/A	12	12	SSA	Trial
Volleyball	Boys	19 & Under – turning 16-19 in YOC	Individual to CIS – nominated by the school to CIS	N/A	12	N/A	Pathway finishes at NSW All Schools	Trial

Volleyball	Girls	19 & Under – turning 16-19 in YOC	Individual to CIS – nominated by the school to CIS	N/A	12	N/A	Pathway finishes at NSW All Schools	Trial
Water Polo	Boys	18 & Under in YOC	Association – nominated by the Association to CIS	13	Up to 14	From CIS to Australian Exchange	Interstate Exchange	Championship
Water Polo	Girls	18 & Under – turning 15-18 in YOC	Association – nominated by the Association to CIS	Associations may nominate a maximum of 13 girls besides IGSA who may nominate up to 15 girls	Up to 14	From CIS to Australian Exchange	Interstate Exchange	Trial