

## Dispensation Checklist

In line with the dispensation Rules and Regulations, below is a checklist of information required for submission. A minimum of two statements is required for any application; these statements should incorporate the details requested.

### Medical

The player has a long-term medical condition and or disability affecting their ability to participate within their appropriate age group. Please ensure that supporting information has been provided by a medical professional, which

- ☐ Identifies the player's long-term medical condition or disability,
- ☐ Identifies the particular characteristics of the above which are relevant to seeking dispensation to play outwith the player's own age group.
- ☐ Explains why this would place the player at a significant disadvantage over peers
- ☐ Explains why playing in the year group below would reduce the disadvantage caused by the medical condition or disability.
- ☐ Explains why playing an age group below would not endanger other children
- ☐ The club secretary or child wellbeing officer has submitted the application form.
- ☐ Evidence from an independent medical expert\* submitted to [swf@scotwomensfootball.com](mailto:swf@scotwomensfootball.com) referencing the application.

### Rural/Geographical

The player lives in a rural location. Please ensure the following supporting evidence has been provided;

- ☐ Current home address
- ☐ Name of the team they are looking to join
- ☐ Name of the nearest age-appropriate team
- ☐ Confirmation of the club training venue, address and postcode.
- ☐ Explains why playing an age group above or below would not endanger other children
- ☐ The club secretary or child wellbeing officer has submitted the application form.

### Player Development Play up

The player has exceeded the technical and tactical skill level of their appropriate age group. Please ensure the following supporting evidence has been provided;

- ☐ An overview of the skill level of the player in comparison to the skill level of players within their age group.
- ☐ Detail in relation to the well-being strategy for the player to have no negative effect from exposure to an older environment.
- ☐ The club secretary or child wellbeing officer has submitted the application form.

## Player Development Play Down

The player falls below the technical, tactical skill level of their appropriate age group. Please ensure the following supporting evidence has been provided;

- ☐ An overview of the skill level of the player in comparison to the skill level of players within their age group.
  - ☐ Detail in relation to coaching strategy for the player to meet the skill level of their age group in future.
  - ☐ Detail in relation to the well-being strategy for the player to have no negative effect on younger children.
  - ☐ The club secretary or child wellbeing officer has submitted the application form.
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### \*Independent medical expert

- General Practitioner/Doctor
- Nurse
- Physiotherapist
- Sports Scientist
- Medical/Health/Wellbeing Practitioner
- Teacher
- Social Worker
- Other Specialists (e.g., support workers, CAMHS specialists, etc.)

Must be provided on letter-headed paper and dated no earlier than 3 months from the date of the application