



## 2017 Beach Nationals Age Categories

	24U	18U	16U	14U			
<b>Sept</b>	NA	1998*	1999	2000	2001	2002	2003
<b>Oct</b>		1998*	1999	2000	2001	2002	2003
<b>Nov</b>		1998*	1999	2000	2001	2002	2003
<b>Dec</b>		1998*	1999	2000	2001	2002	2003
<b>Jan</b>	1993	1999	2000	2001	2002	2003	2004
<b>Feb</b>	1993	1999	2000	2001	2002	2003	2004
<b>Mar</b>	1993	1999	2000	2001	2002	2003	2004
<b>Apr</b>	1993	1999	2000	2001	2002	2003	2004
<b>May</b>	1993	1999	2000	2001	2002	2003	2004
<b>June</b>	1993	1999	2000	2001	2002	2003	2004
<b>July</b>	1993	1999	2000	2001	2002	2003	2004
<b>Aug</b>	1993	1999	2000	2001	2002	2003	2004
<b>Sept</b>	1993	1999	2000	2001	2002	2003	2004
<b>Oct</b>	1993	1999	2000	2001	2002	2003	2004
<b>Nov</b>	1993	1999	2000	2001	2002	2003	2004
<b>Dec</b>	1993	1999	2000	2001	2002	2003	2004

**24U:** Athletes born January 1, 1993 or later (No age minimum, open to all younger athletes)

**18U:** Athletes born from September 1, 1998 to Dec 31 1998 (28 months) – athletes may play up

**16U:** Athletes born from September 1, 2000 to Dec 31 2002 (28 months) – athletes may play up

**14U:** Athletes born from September 1, 2002 to Dec 31 2004 (28 months) – athletes may play up

\*Athletes born September 1-December 31, 1998 and on a current CCAA or USports volleyball roster, will not be permitted to play in the 18U age class

### Rationale:

The expansion of age categories from 12 months to 16 is due to the research provided in the LTAD 2.0 document published by the Canadian Sport for Life group. The paper lists the 10 Key Factors influencing Long Term Athlete Development, of which "Developmental Age" is listed as point #3. Page 28-30 provides generic information about Developmental Age and demonstrates the flaws of lumping athletes into their birth year for participation in sports. In short, the large physical discrepancies that can occur between youth within the same birth year create significant disadvantages for late developing male athletes and to a lesser degree, early developing females. Therefore, increasing the range of months within a competitive division gives athletes greater flexibility to choose a level that best suits their needs.

Some athletes born from Sept-Dec will benefit from choosing a younger division, while other athletes who play at an advanced level would benefit from the challenge of playing up an age category. Athletes, parents and coaches should consider the short term and long term benefits of playing up or down an age category. If playing up provides the needed challenge for improvement, and there exists no significant social/emotional drawbacks in the older age category, the benefits of playing up far outweigh the drawbacks.