



2022 Age Categories

	Senior	19U	18U	17U	16U	15U	14U	
Sept	OPEN	2002	2003	2004	2005	2006	2007	
Oct		2002	2003	2004	2005	2006	2007	
Nov		2002	2003	2004	2005	2006	2007	
Dec		2002	2003	2004	2005	2006	2007	
Jan		2003	2004	2005	2006	2007	2008	
Feb		2003	2004	2005	2006	2007	2008	
Mar		2003	2004	2005	2006	2007	2008	
Apr		2003	2004	2005	2006	2007	2008	
May		2003	2004	2005	2006	2007	2008	
June		2003	2004	2005	2006	2007	2008	
July		2003	2004	2005	2006	2007	2008	
Aug		2003	2004	2005	2006	2007	2008	
Sept		2003	2004	2005	2006	2007	2008	
Oct		2003	2004	2005	2006	2007	2008	
Nov		2003	2004	2005	2006	2007	2008	
Dec		2003	2004	2005	2006	2007	2008	

19U: Athletes born on September 1, 2002 or younger. (16 months)

18U: Athletes born on September 1, 2003 or younger. (16 months)

17U: Athletes born on September 1, 2004 or younger. (16 months)

16U: Athletes born on September 1, 2005 or younger. (16 months)

15U: Athletes born on September 1, 2006 or younger. (16 months)

14U: Athletes born on September 1, 2007 or younger. (16 months)

Rationale and recommendations:

Long Term Athlete Development research 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, providing a range of months (16) 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. Volleyball Canada recommends that if playing up provides the needed challenge for improvement, and there exists no significant social/emotional drawbacks in the older age category, athletes should play up.