

## 2023 Age Categories

	Senior	20U	19U	18U	17U	16U	15U	14U
Sept	OPEN		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
Jan		2003	2004	2005	2006	2007	2008	2009
Feb		2003	2004	2005	2006	2007	2008	2009
Mar		2003	2004	2005	2006	2007	2008	2009
Apr		2003	2004	2005	2006	2007	2008	2009
May		2003	2004	2005	2006	2007	2008	2009
June		2003	2004	2005	2006	2007	2008	2009
July		2003	2004	2005	2006	2007	2008	2009
Aug	2003	2004	2005	2006	2007	2008	2009	
Sept	2003	2004	2005	2006	2007	2008	2009	
Oct	2003	2004	2005	2006	2007	2008	2009	
Nov	2003	2004	2005	2006	2007	2008	2009	
Dec	2003	2004	2005	2006	2007	2008	2009	

**19U: Athletes born on September 1, 2003 or younger. (16 months)**

**18U: Athletes born on September 1, 2004 or younger. (16 months)**

**17U: Athletes born on September 1, 2005 or younger. (16 months)**

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

**15U: Athletes born on September 1, 2007 or younger. (16 months)**

**14U: Athletes born on September 1, 2008 or younger. (16 months)**

**\*The 20U age category is being offered as a qualification event for U21 World Championships.**

**To meet FIVB eligibility athletes must be born on January 1, 2003 or younger.**

### 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.