



2023 Nationals Age Categories

Volleyball Canada recognizes the following age categories for competitions in the 2022-2023 season:

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

*For 2023 Club Nationals, 18U Age Category ONLY:

A team roster for the 18U category can include 2 athletes born from Jan 1-August 31, 2004, with the following restriction:

- Athletes are NOT permitted to be part of any USport, CCAA or other Post-Secondary volleyball program for the current season (Sept 2022-May 2023)
- **Definition of Post-Secondary:** Part of a Post-Secondary Volleyball program is defined as training in whole or part with team members of the post-secondary institution that they are attending, beginning October 1, 2022. Athletes are permitted to tryout/train with a post-secondary team in September 2022. This would include any athlete regardless of their post-secondary eligibility, including those commonly referred to as red-shirts. This does not include intramural programs or club programs within a post-secondary institute. If an athlete is attending a post-secondary institution, the Head Coach of the program shall confirm verification. CEGEP is not included in the definition of Post-Secondary program.
- Athletes within the appropriate age category above (16-month window) are not restricted.

Exemptions:

The Head Coach/Team Manager may request an exemption for an athlete born prior to the 16 month window to play in a specific age group. Exemptions may be considered under extraordinary circumstances and initial requests must go through the PTA prior to submission to Volleyball Canada. There is a \$50 fee for all age exemption requests provided at the time of exemption submission.

Guiding Principles:

Long Term Development research demonstrates the flaws of placing athletes into their birth year for participation in sports. In short, the 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. There are athletes born from Sept-Dec who 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. It should be noted that each club may have their own policies regarding playing up/down.