



2024 Indoor Nationals Age Categories

Volleyball Canada recognizes the following age categories for indoor competitions in the 2023-2024 season:

	18U*	17U	16U	15U	14U
Sept	2005	2006	2007	2008	2009
Oct	2005	2006	2007	2008	2009
Nov	2005	2006	2007	2008	2009
Dec	2005	2006	2007	2008	2009
Jan	2006	2007	2008	2009	2010
Feb	2006	2007	2008	2009	2010
Mar	2006	2007	2008	2009	2010
Apr	2006	2007	2008	2009	2010
May	2006	2007	2008	2009	2010
June	2006	2007	2008	2009	2010
July	2006	2007	2008	2009	2010
Aug	2006	2007	2008	2009	2010
Sept	2006	2007	2008	2009	2010
Oct	2006	2007	2008	2009	2010
Nov	2006	2007	2008	2009	2010
Dec	2006	2007	2008	2009	2010

*For 2024 Indoor Club Nationals, 18U Age Category ONLY:

A team roster for the 18U category can include 2 athletes born from Jan 1-August 31, 2005, 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 2023-May 2024)
- **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, 2023. Athletes are permitted to tryout/train with a post-secondary team in September 2023. 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 by post-secondary participation.

Exemptions:

Under extraordinary circumstances only, [an exemption request](#) for athletes born prior to the 16 month window to play in a specific age group may be considered. The Head Coach/Team Manager must make the request. Initial requests must go to the PTA and acknowledgement from the PTA must be provided in the submission to Volleyball Canada. Submission for exceptions will only be considered if they are based on LTD Principles. There is a \$50 fee for all age exemption requests. It should be noted that a PTA may implement different age category requirements. The team is responsible to ensure athletes meet eligibility for both PTA and VC participation prior to athlete selection.

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. Athletes, parents and coaches should consider the short term and long term benefits of playing in different age categories. It should be noted that each club may have their own policies regarding playing up/playing down.