



2026 Indoor Nationals Age Categories

Volleyball Canada recognizes the following age categories for indoor competitions in the 2025-2026 season:

Birth Month	18U*	17U	16U	15U	14U
Sept – December	2007	2008	2009	2010	2011
Jan – December	2008	2009	2010	2011	2012

*For 2026 Indoor Club Nationals, 18U Age Category ONLY:

A team roster for the 18U category may include the following:

- 2 athletes born from Jan 1-August 31, 2007
 - 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 (October 1, 2025-May 1, 2026) *
- NEW – A **maximum** of 2 current USport, CCAA, or other post-secondary* athletes born from Sept 1 – Dec 31, 2007. Athletes born in 2008 are eligible to be part of a team roster without any post-secondary restrictions.
 - The club and post-secondary coach should agree this is developmentally appropriate considering the season of play, training load and circumstances of the post-secondary athlete.

***Definition of Post-Secondary:** Part of a Post-Secondary Volleyball program is defined as rostered with a post-secondary institution that they are attending, beginning October 1, 2025. Athletes are permitted to tryout/train with a post-secondary team in September 2025. CEGEP Division 1 athletes who are registered in the CCAA are considered post-secondary athletes. CEGEP athletes in Division 2 and 3 are not considered post-secondary athletes. Post-secondary does not include intramural programs or club programs within a post-secondary institution.

Upon request the 18U Head Coach and/or Club President shall provide eligibility verification of any athletes attending post-secondary institution.

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 a 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 (LTD) 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. Volleyball Canada, by providing a range of months (16) within a competitive division, gives athletes greater flexibility to choose a level that best suits their needs and supports LTD research. Athletes, parents and coaches should consider the short-term and long-term benefits of playing in different age categories. Clubs may have their own policies playing up/playing down in different age categories

Provincial/Territorial Associations may have their own policies regarding age categories and/or age eligibility/participation for competitions.