



2022 Beach Nationals Age Categories

	Senior	20U	18U	17U	16U	15U	14U
Sept	OPEN	2001	2003	2004	2005	2006	2007
Oct		2001	2003	2004	2005	2006	2007
Nov		2001	2003	2004	2005	2006	2007
Dec		2001	2003	2004	2005	2006	2007
Jan		2002	2004	2005	2006	2007	2008
Feb		2002	2004	2005	2006	2007	2008
Mar		2002	2004	2005	2006	2007	2008
Apr		2002	2004	2005	2006	2007	2008
May		2002	2004	2005	2006	2007	2008
June		2002	2004	2005	2006	2007	2008
July		2002	2004	2005	2006	2007	2008
Aug		2002	2004	2005	2006	2007	2008
Sept		2002	2004	2005	2006	2007	2008
Oct		2002	2004	2005	2006	2007	2008
Nov		2002	2004	2005	2006	2007	2008
Dec		2002	2004	2005	2006	2007	2008

20U: Athletes born on September 1, 2001 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.