

2024 Age Categories

	Senior	18U	17U	16U	15U	14U
Sept	OPEN	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

18U: Athletes born on September 1, 2005 or younger. (16 months)

17U: Athletes born on September 1, 2006 or younger. (16 months)

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

15U: Athletes born on September 1, 2008 or younger. (16 months)

14U: Athletes born on September 1, 2009 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.