



2025 Beach Nationals Age Categories

Volleyball Canada recognizes the following age categories for beach competitions in the 2025 season:

Birth Month	Senior	20U	18U	17U	16U	15U	14U
Sept. – Dec.	OPEN	2004	2006	2007	2008	2009	2010
Jan. – Dec.		2005	2007	2008	2009	2010	2011

NEW - Athletes are not allowed to play in a lower age-category at Beach Nationals than they played at Provincials unless they hold an exemption from Volleyball Canada.

Guiding Principles:

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. 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.

It should be noted that each PTA may have their own policies regarding age categories and/or age eligibility/participation for competitions.