



# Age Categories for 2017 Nationals

Volleyball Canada recognizes the following age categories for competitions in the 2016-2017 season:

	18U	17U	16U	15U	14U
Sept	1998	1999	2000	2001	2002
Oct	1998	1999	2000	2001	2002
Nov	1998	1999	2000	2001	2002
Dec	1998	1999	2000	2001	2002
Jan	1999	2000	2001	2002	2003
Feb	1999	2000	2001	2002	2003
Mar	1999	2000	2001	2002	2003
Apr	1999	2000	2001	2002	2003
May	1999	2000	2001	2002	2003
June	1999	2000	2001	2002	2003
July	1999	2000	2001	2002	2003
Aug	1999	2000	2001	2002	2003
Sept	1999	2000	2001	2002	2003
Oct	1999	2000	2001	2002	2003
Nov	1999	2000	2001	2002	2003
Dec	1999	2000	2001	2002	2003

Adult: OPEN

18U: Athletes born from September 1, 1998 to Dec 31 1999 (16 months)

17U: Athletes born from September 1, 1999 to Dec 31 2000 (16 months)

16U: Athletes born from September 1, 2000 to Dec 31 2001 (16 months)

15U: Athletes born from September 1, 2001 to Dec 31 2002 (16 months)

14U: Athletes born from September 1, 2002 to Dec 31 2003 (16 months)

\*Athletes on a current CCAA or CIS volleyball roster, will not be permitted to play in the 17U age class regardless of birthdate.

## Rationale and recommendations:

The expansion of age categories from 12 months to 16 is due to the research provided in the LTAD 2.0 document published by the Canadian Sport for Life group. The paper lists the 10 Key Factors influencing Long Term Athlete Development, of which "Developmental Age" is listed as point #3. Page 28-30 provides generic information about Developmental Age and 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, increasing the range of months 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. If playing up provides the needed challenge for improvement, and there exists no significant social/emotional drawbacks in the older age category, the benefits of playing up far outweigh the drawbacks.

Age verification of youth athletes will be conducted at coach check-in one day prior to the start of competition. The players themselves are not required at check-in. Please see section 9 for more details.

For inquiries regarding the age category policy, please contact [James Sneddon](#).