



2018 Beach Nationals Age Categories

	20U		18U		16U	15U	14U	
Sept	1997	1998	1999	2000	2001	2002	2003	2004
Oct	1997	1998	1999	2000	2001	2002	2003	2004
Nov	1997	1998	1999	2000	2001	2002	2003	2004
Dec	1997	1998	1999	2000	2001	2002	2003	2004
Jan	1998	1999	2000	2001	2002	2003	2004	2005
Feb	1998	1999	2000	2001	2002	2003	2004	2005
Mar	1998	1999	2000	2001	2002	2003	2004	2005
Apr	1998	1999	2000	2001	2002	2003	2004	2005
May	1998	1999	2000	2001	2002	2003	2004	2005
June	1998	1999	2000	2001	2002	2003	2004	2005
July	1998	1999	2000	2001	2002	2003	2004	2005
Aug	1998	1999	2000	2001	2002	2003	2004	2005
Sept	1998	1999	2000	2001	2002	2003	2004	2005
Oct	1998	1999	2000	2001	2002	2003	2004	2005
Nov	1998	1999	2000	2001	2002	2003	2004	2005
Dec	1998	1999	2000	2001	2002	2003	2004	2005

20U: Athletes born from September 1, 1997 to Dec 31, 1999 (28 months) – athletes may play up

18U: Athletes born from September 1, 1999 to Dec 31, 2001 (28 months) – athletes may play up

16U: Athletes born from September 1, 2001 to Dec 31, 2002 (16 months) – athletes may play up

15U (girls only): Athletes born from September 1, 2002 to Dec 31, 2003 (16 months) – athletes may play up

14U: Athletes born from September 1, 2003 to Dec 31, 2005 (28 months) – athletes may play up

Rationale:

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. 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.