



2020 Nationals Age Categories

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

Adult: OPEN

18U: Athletes born from September 1, 2001 to Dec 31 2002 (16 months)

17U: Athletes born from September 1, 2002 to Dec 31 2003 (16 months)

16U: Athletes born from September 1, 2003 to Dec 31 2004 (16 months)

15U: Athletes born from September 1, 2004 to Dec 31 2005 (16 months)

14U: Athletes born from September 1, 2005 to Dec 31 2006 (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.