



2018 Nationals Age Categories

	Adult	18U	17U	16U	15U	14U
Sept	OPEN	1999	2000	2001	2002	2003
Oct		1999	2000	2001	2002	2003
Nov		1999	2000	2001	2002	2003
Dec		1999	2000	2001	2002	2003
Jan		2000	2001	2002	2003	2004
Feb		2000	2001	2002	2003	2004
Mar		2000	2001	2002	2003	2004
Apr		2000	2001	2002	2003	2004
May		2000	2001	2002	2003	2004
June		2000	2001	2002	2003	2004
July		2000	2001	2002	2003	2004
Aug		2000	2001	2002	2003	2004
Sept		2000	2001	2002	2003	2004
Oct		2000	2001	2002	2003	2004
Nov		2000	2001	2002	2003	2004
Dec		2000	2001	2002	2003	2004

Adult: OPEN

18U: Athletes born from September 1, 1999 to Dec 31, 2000 (16 months)

17U: Athletes born from September 1, 2000 to Dec 31, 2001 (16 months)

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

15U: Athletes born from September 1, 2002 to Dec 31, 2003 (16 months)

14U: Athletes born from September 1, 2003 to Dec 31, 2004 (16 months)

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. 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.