



## 2019 Nationals Age Categories

	Adult	18U	17U	16U	15U	14U
Sept	OPEN	2000	2001	2002	2003	2004
Oct		2000	2001	2002	2003	2004
Nov		2000	2001	2002	2003	2004
Dec		2000	2001	2002	2003	2004
Jan		2001	2002	2003	2004	2005
Feb		2001	2002	2003	2004	2005
Mar		2001	2002	2003	2004	2005
Apr		2001	2002	2003	2004	2005
May		2001	2002	2003	2004	2005
June		2001	2002	2003	2004	2005
July		2001	2002	2003	2004	2005
Aug		2001	2002	2003	2004	2005
Sept		2001	2002	2003	2004	2005
Oct		2001	2002	2003	2004	2005
Nov		2001	2002	2003	2004	2005
Dec		2001	2002	2003	2004	2005

### Adult: OPEN

**18U:** Athletes born from September 1, 2000 to Dec 31 2001 (16 months)

**17U:** Athletes born from September 1, 2001 to Dec 31 2002 (16 months)

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

**15U:** Athletes born from September 1, 2003 to Dec 31 2004 (16 months)

**14U:** Athletes born from September 1, 2004 to Dec 31 2005 (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.