



## Volleyball Alberta Age Categories

September 1, 2021

Volleyball Alberta follows Volleyball Canada's age categories for competitions in the 2021-2022 season:

Age Class	Year of Birth
13U	Athletes born from September 1, 2008 to Dec 31 <b>2009</b> (16 months)
14U	Athletes born from September 1, 2007 to Dec 31, <b>2008</b> (16 months)
15U	Athletes born from September 1, 2006 to Dec 31 <b>2007</b> (16 months)
16U	Athletes born from September 1, 2005 to Dec 31 <b>2006</b> (16 months)
17U	Athletes born from September 1, 2004 to Dec 31 <b>2005</b> (16 months)
18U	Athletes born from September 1, 2003 to Dec 31, <b>2004</b> (16 months) *

### \*For 2022 Club Nationals, 18U Age Category ONLY:

A team roster for the 18U category can include 2 athletes born from Jan 1-August 31, 2003, with the following restriction:

- Athletes are NOT permitted to be part of any USport, CCAA or other Post-Secondary volleyball program for the current season (Sept 2021-May 2022)
- **Definition of Post-Secondary:** Part of a Post-Secondary Volleyball program is defined as training in whole or part with team members of the post-secondary institution that they are attending. This would include any athlete regardless of their post-secondary eligibility, including those commonly referred to as red-shirts. This does not include intramural programs or club programs within a post-secondary institute. If an athlete is attending a post-secondary institution, verification shall be confirmed by the Head Coach of the program. CEGEP Programs are not included in this definition.
- Athletes within the appropriate age category (16 month window) are not restricted.

### Exemptions:

The Head Coach/Team Manager may request [an exemption](#) for an athlete born prior to the 16 month window to play in a specific age group. Exemptions may be considered under extraordinary circumstances, initial requests must go through the PTA prior to [submission to Volleyball Canada](#).