



## Volleyball Alberta Age Classes

October 26, 2022

Volleyball Alberta follows Volleyball Canada's age categories for competitions in the 2022-2023 season:

Age Class	Year of Birth
12U	Athletes born from September 1, 2010 to Dec 31 <b>2011</b> (16 months)
13U	Athletes born from September 1, 2009 to Dec 31 <b>2010</b> (16 months)
14U	Athletes born from September 1, 2008 to Dec 31, <b>2009</b> (16 months)
15U	Athletes born from September 1, 2007 to Dec 31 <b>2008</b> (16 months)
16U	Athletes born from September 1, 2006 to Dec 31 <b>2007</b> (16 months)
17U	Athletes born from September 1, 2005 to Dec 31 <b>2006</b> (16 months)
18U	Athletes born from September 1, 2004 to Dec 31, <b>2005</b> (16 months) *

### \*For 2023 18U Age Category ONLY:

- Athletes within the appropriate age category above (16-month window) are not restricted.

A team roster for the 18U category can include 2 athletes born from Jan 1-August 31, 2004, 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 2022-May 2023)

**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, beginning October 1, 2022. Athletes are permitted to tryout/train with a post-secondary team in September 2022. 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, the Head Coach of the program shall confirm verification. CEGEP is not included in the definition of Post-Secondary program.

The coach or manager must complete the [18U Overage Athlete Exemption Form](#); athlete(s) that qualify will then be added to a team's roster by VA.

### Age Class 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 are rare and may be considered under extraordinary circumstances. Initial requests must go through [Volleyball Alberta](#) prior to submission to [Volleyball Canada](#).