



Volleyball Alberta Age Classes 2023-2024 Season

Volleyball Alberta follows Volleyball Canada's age categories for competitions:

Age Class	Year of Birth
12U	Athletes born from September 1, 2011 to Dec 31 2012 (16 months)
13U	Athletes born from September 1, 2010 to Dec 31 2011 (16 months)
14U	Athletes born from September 1, 2009 to Dec 31, 2010 (16 months)
15U	Athletes born from September 1, 2008 to Dec 31 2009 (16 months)
16U	Athletes born from September 1, 2007 to Dec 31 2008 (16 months)
17U	Athletes born from September 1, 2006 to Dec 31 2007 (16 months)
18U	Athletes born from September 1, 2005 to Dec 31, 2006 (16 months) *

*For 2024 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, 2005, 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 2023-May 2024)

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, 2023. Athletes are permitted to tryout/train with a post-secondary team in September 2023. 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](#).