



## Volleyball Alberta Age Classes 2024-2025 Season

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

Age Class	Year of Birth
<b>12U</b>	Athletes born from September 1, 2012 to Dec 31 <b>2013</b> (16 months)
<b>13U</b>	Athletes born from September 1, 2011 to Dec 31 <b>2012</b> (16 months)
<b>14U</b>	Athletes born from September 1, 2010 to Dec 31, <b>2011</b> (16 months)
<b>15U</b>	Athletes born from September 1, 2009 to Dec 31 <b>2010</b> (16 months)
<b>16U</b>	Athletes born from September 1, 2008 to Dec 31 <b>2009</b> (16 months)
<b>17U</b>	Athletes born from September 1, 2007 to Dec 31 <b>2008</b> (16 months)
<b>18U</b>	Athletes born from September 1, 2006 to Dec 31, <b>2007</b> (16 months) *

### \*For 2025 18U Age Category ONLY:

#### A team roster for the 18U category may include:

- 2 athletes born from January 1-August 31, 2006, 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 (October 1, 2024 – May 1, 2025) \*
- **NEW for 2025:** A maximum of 2 current USport, CCAA, or other post-secondary\* athletes born from Sept 1 – Dec 31, 2006. The club and post-secondary coach should agree this is developmentally appropriate considering the season of play, training load and circumstances of the post-secondary athlete. Athletes born in 2007 are eligible to be part of a team roster without any post-secondary restrictions.

**NEW for 2025:** \*Part of a Post-Secondary Volleyball program is defined as rostered with a post-secondary institution that they are attending, beginning October 1, 2024. Athletes are permitted to tryout/train with a postsecondary team in September 2024. Post-secondary does not include intramural programs or club programs within a post-secondary institute. Athletes commonly referred to as red-shirts are not considered post-secondary athletes.

**NEW for 2025:** The coach or manager must complete the [18U Overage & Post-Secondary Athlete Form](#) to roster overage athletes OR to identify post-secondary rostered athletes born Sept. 1 – Dec. 31, 2006. Upon request the 18U Head Coach and/or Club President shall provide eligibility verification of any athletes attending a post-secondary institution.

### 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](#).