

Volleyball Alberta Age Classes 2025-2026 Season

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

Birth Month	18U*	17U	16U	15U	14U	13U	12U
Jan - December	2008	2009	2010	2011	2012	2013	2014*
Sept - December	2007	2008	2009	2010	2011	2012	2013

*The minimum age for athletes on a roster is 9 years of age (born no later than 2016).

Guiding Principles:

Long Term Development (LTD) research demonstrates the flaws of placing athletes into their birth year for participation in sports. Volleyball Canada, by providing a range of months (16) within a competitive division, gives athletes greater flexibility to choose a level that best suits their needs and supports LTD research. Athletes, parents and coaches should consider the short-term and long-term benefits of playing in different age categories. Clubs may have their own policies playing up/playing down in different age categories

18U Age Category ONLY:

A team roster for the 18U category may include:

- 2 athletes born from January 1-August 31, 2007, 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, 2025 – May 1, 2026) *
- A maximum of 2 current USport, CCAA, or other post-secondary* athletes born from Sept 1 – Dec 31, 2007. 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 2008 are eligible to be part of a team roster without any post-secondary restrictions.

***Part of a Post-Secondary Volleyball program is defined as** rostered with a post-secondary institution that they are attending, beginning October 1, 2025. Athletes are permitted to tryout/train with a post-secondary team in September 2025. Post-secondary does not include intramural programs or club programs within a post-secondary institute.

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, 2007. 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 are only considered under **extraordinary circumstances** as the age categories have expanded from 12 to 16 months. Initial requests must go through [Volleyball Alberta](#) prior to submission to [Volleyball Canada](#).