

Volleyball Alberta Age Classes 2026 Beach Season

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

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