



2016 Volleyball Canada Championships Age Categories

	Adult	18U	17U	16U	15U	14U
Sept	OPEN	1997	1998	1999	2000	2001
Oct		1997	1998	1999	2000	2001
Nov		1997	1998	1999	2000	2001
Dec		1997	1998	1999	2000	2001
Jan		1998	1999	2000	2001	2002
Feb		1998	1999	2000	2001	2002
Mar		1998	1999	2000	2001	2002
Apr		1998	1999	2000	2001	2002
May		1998	1999	2000	2001	2002
June		1998	1999	2000	2001	2002
July		1998	1999	2000	2001	2002
Aug		1998	1999	2000	2001	2002
Sept	1998	1999	2000	2001	2002	
Oct	1998	1999	2000	2001	2002	
Nov	1998	1999	2000	2001	2002	
Dec	1998	1999	2000	2001	2002	

Adult: OPEN

18U: Athletes born from September 1, 1997 to Dec 31 1998 (16 months) AND are in their first year of grade 12 or (CEGEP 1)

17U: Athletes born from September 1, 1998 to Dec 31 1999 (16 months)

16U: Athletes born from September 1, 1999 to Dec 31 2000 (16 months)

15U: Athletes born from September 1, 2000 to Dec 31 2001 (16 months)

14U: Athletes born from September 1, 2001 to Dec 31 2002 (16 months)

*Athletes born September 1-December 31 of the previous year, on a current CCAA or CIS volleyball roster, will not be permitted to play in the 17U age class

Rationale:

The expansion of age categories from 12 months to 16 is due to the research provided in the LTAD 2.0 document published by the Canadian Sport for Life group. The paper lists the 10 Key Factors influencing Long Term Athlete Development, of which "Developmental Age" is listed as point #3. Page 28-30 provides generic information about Developmental Age and demonstrates the flaws of lumping athletes into their birth year for participation in sports. In short, the large physical discrepancies that can occur between youth within the same birth year create significant disadvantages for late developing male athletes and to a lesser degree, early developing females. While the paper does not specifically raise the example of playing at ones' skill level versus chronological age, it is Volleyball Canada's position that players should strongly consider playing to their skill level. The LTAD model is "athlete centered" and Volleyball Canada bases decisions within this model and how athletes can be supported to reach their full potential. If playing up provides the needed challenge for improvement, and there exists no significant social/emotional drawbacks in the older age category, the benefits of playing up far outweigh the drawbacks.