



## 2026/2027 Club Season Age Categories

Volleyball New Brunswick follows Volleyball Canada’s age categories for competitions:

- Age groups run 13U–18U, based on birth month, not just birth year.
- Volleyball New Brunswick uses a 16-month eligibility window, giving athletes flexibility to play at the most appropriate level.

### Age Categories Chart

Birth Month	18U	17U	16U	15U	14U	13U & Tripleball
Sept to Dec	2008	2009	2010	2011	2012	2013
Jan to Dec	2009	2010	2011	2012	2013	2014

### Guiding Principles

- Long-Term Development (LTD): The 16-month age window helps athletes compete at the right level for their development instead of being restricted by birth year.
- Athletes, parents, and coaches should weigh both short-term and long-term benefits when choosing an age category.
- Clubs may set their own policies for “playing up” or “playing down.”