



2026 Volleyball Manitoba Age Categories

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

- Age groups run **13U–18U**, based on birth month, not just birth year.
- Volleyball Manitoba uses a 16-month eligibility window, giving athletes flexibility to play at the most appropriate level.
- **Volleyball Manitoba is stricter than Volleyball Canada:**
 - Only athletes within the 16-month window can play 18U.
 - No athletes involved in USport/CCAA/post-secondary volleyball during Sept 2025–May 2026 can be on 18U rosters.
- Exemptions are rare and only approved under extraordinary circumstances.
- All exemption requests must go through Volleyball Manitoba first.

Age Categories Chart

Birth Month	18U*	17U	16U	15U	14U	13U
September to December	2007	2008	2009	2010	2011	2012
January to December	2008	2009	2010	2011	2012	2013

Note: Age categories are listed as **13U–18U** (not U13–U18). Please use this format consistently, especially during online registration.

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."

18U Exceptions (Volleyball Canada vs. Volleyball Manitoba)

- **VC Policy:** Allows two athletes born Jan 1 – Aug 31, 2007 to play 18U.
 - **VM Policy:** Not allowed. Only athletes in the 16-month window may participate.
- **VC Policy:** Allows two current USport, CCAA, or other post-secondary athletes born Sept 1 – Dec 31, 2007 to play 18U.
 - **VM Policy:** Not allowed.
- **VM Roster Rule:** Athletes may not participate on VM rosters if they are part of any USport, CCAA, or other post-secondary volleyball program during Sept 2025 – May 2026.

Definition of Post-Secondary Participation:

- Training with a post-secondary volleyball program (in whole or part) starting Oct 1, 2025.
- Athletes may try out/train with a post-secondary team in September 2025.
- Applies to all athletes (including redshirts).
- Does not apply to intramural or recreational club programs.
- Head Coaches must confirm verification.

Exemptions

- Only considered under extraordinary circumstances, as the 16-month window is already broad.
- Requests must be submitted to Volleyball Manitoba first, then Volleyball Canada if Nationals are involved.
- Teams must confirm athlete eligibility with both VM and VC (if applicable) before selection.

Submit Age Exemption Requests to:

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