2029 Canada Summer Games
Age Categories

The Canada Games Council (CGC) has worked with all National Sport Organizations (NSOs) on the 2029 Canada Summer Games program to confirm their age categories.

Age categories have been identified for each sport with the goal to develop Canada's next generation of national team athletes in the "Train to Compete" phase of the Long Term Development Model (LTD), or other suitable phase of LTD as justified by the NSO, and approved by the CGC Sport & Games Committee.

The CGC Sport & Games Committee has approved the following age categories for the sports on the 2029 Canada Summer Games program:

Sport	Age Category
Athletics	*ABLE BODIED* ● Under 24 as of December 31, 2029 ○ Year of Birth: 2006 or later *PARA ATHLETICS* ● Under 35 as of December 31, 2029 ○ Year of Birth: 1995 or later *SPECIAL OLYMPICS* ● To be confirmed.
Baseball	*MEN'S* ● 17 and under as of December 31, 2029 ○ Year of Birth: 2012 or later ● AB, MB, NB, NL, NS, PE, SK: ○ Permitted up to two (2) 18 and under players ○ Year of Birth: 2011 ○ The second-lowest-ranked team may use an additional overage player for a total of three. The lowest-ranked team may use two additional overage players for a total of four. Rankings are determined following the 2028 Canada Cup. ● NT, NU, YT: ○ Permitted up to three (3) 18 and under players ○ Year of Birth: 2011

	WOMEN'S ● 16 and under as of December 31, 2029 ○ Year of Birth: 2013 or later ● MB, NB, NL, NS, PE, SK: ○ Permitted up to three (3) 17 and under players ○ Year of Birth: 2012 ● NT, NU, YT: ○ Permitted up to four (4) 17 and under players ○ Year of Birth: 2012
Basketball	*MEN'S & WOMEN'S* ● 17 and under as of December 31, 2029 ○ Year of Birth: 2012 or later ● PE: ○ Permitted up to two (2) 18 and under players per gender ○ Year of Birth: 2011 ● NT, NU, YT: ○ Permitted up to five (5) 18 and under players per gender ○ Year of Birth: 2011
Beach Volleyball	*MEN'S & WOMEN'S* ● 20 and under as of December 31, 2029 ○ Year of Birth: 2009 or later ● NT, NU, PE, YT: ○ Permitted up to two (2) 22 and under players per gender ○ Year of Birth: 2007 or later
Box Lacrosse	*MEN'S & WOMEN'S* ● Under 17 as of December 31, 2029 ○ Year of Birth: 2013 or 2014 ● MB, NB, NS, QC, SK: ○ Permitted up to three (3) overage (U18) players per gender ■ Year of Birth: 2012 ● NL, NT, NU, PE, YT: ○ Permitted up to five (5) overage (U18) players per gender ■ Year of Birth: 2012
Canoe-Kayak	● 21 and under as of December 31, 2029

	○ Year of Birth: 2008 or later
Cycling - Mountain Bike	*MEN'S* ● 15-18 as of December 31, 2029 ○ Year of Birth: 2011-2014 *WOMEN'S* ● 15-18 as of December 31, 2029 ○ Year of Birth: 2011-2014 ● MB, NB, NL, NS, NT, NU, PE, SK, YT: ○ Permitted one (1) U21 athlete ○ Year of Birth: 2009 or later
Cycling - Road	*MEN'S* ● 15-18 as of December 31, 2029 ○ Year of Birth: 2011-2014 *WOMEN'S* ● 15-18 as of December 31, 2029 ○ Year of Birth: 2011-2014 ● MB, NB, NL, NS, NT, NU, PE, SK, YT: ○ Permitted one (1) U21 athlete ○ Year of Birth: 2009 or later *PARA CYCLING* ● 16-35 as of December 31, 2029 ○ Year of Birth: 1994-2013
Rowing	● Under 21 as of December 31, 2029 ○ Year of birth: 2009 or later
Rugby Sevens	*MEN'S & WOMEN'S* ● Under 18 as of December 31, 2028 ○ Year of birth: 2011, 2012 ● MB, NB, NL, NU, NT, PE, SK, YT : ○ Permitted up to two (2) under 19 players per gender ○ Year of Birth: 2010
Soccer	*MEN'S & WOMEN'S* ● Under 17 before January 1, 2029 ○ Year of Birth: 2012 or later ● PE:

	○ Permitted up to three (3) under 18 players per gender ○ Year of Birth: 2011 ● NT, NU, YT: ○ Permitted up to nine (9) under 18 players per gender ○ Year of Birth: 2011
Softball	*MEN'S* ● Under 20 as of December 31, 2028 ○ Year of Birth: 2009 or later ● AB, BC, MB, NB: ○ Permitted up to two (2) under 21 players ○ Year of Birth: 2008 ● NT, NU, PE, YT: ○ Permitted up to three (3) under 21 players ○ Year of Birth: 2008 *WOMEN'S* ● Under 19 as of December 31, 2028 ○ Year of Birth: 2010 or later ● NB, NS, NL: ○ Permitted up to two (2) under 20 players ○ Year of Birth: 2009 ● NT, NU, PE, YT: ○ Permitted up to three (3) under 20 players ○ Year of Birth: 2009
Swimming	*OLYMPIC PROGRAM* ● Men's: 17 and under as of December 31, 2029 ○ Year of Birth: 2012 or later ● Women's: 16 and under as of December 31, 2029 ○ Year of Birth: 2013 or later *PARALYMPIC PROGRAM* ● 13-25 as of December 31, 2029 ○ Year of Birth: 2004-2016 *SPECIAL OLYMPICS* ● To be confirmed.
Tennis	● 16 and under as of December 31, 2029

	○ Year of Birth: 2013 or later ● NT, NU, PE, YT: ○ 18 and under as of December 31, 2029 ○ Year of Birth: 2011 or later
Triathlon	● 16-20 as of December 31, 2029 ○ Year of birth: 2009-2013
Volleyball	*MEN'S & WOMEN'S* ● 17 and under as of December 31, 2029 ○ Year of Birth: 2012 or later ● NT, NU, PE, YT: ○ Permitted up to four (4) 19 and under players per gender ○ Year of Birth: 2010 or later
Wrestling	● 15-18 as of December 31, 2029 ○ Year of Birth: 2011-2014