



2022 Canada Summer Games Age Categories

The Canada Games Council (CGC) has worked collaboratively with all National Sport Organizations (NSOs) on the 2022 Canada Summer Games program to develop each sport specific technical package.

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 Athlete Development Model (LTAD), or other suitable phase of LTAD as justified by the NSO, and approved by the CGC Sport Committee.

The CGC Sport Committee has approved the following age categories for the sports on the 2022 Canada Summer Games program:

Sport	Age Category
Athletics	<p><i>ABLE BODIED:</i></p> <ul style="list-style-type: none">● Under 25 as of December 31, 2022<ul style="list-style-type: none">○ Year of birth: 1998 or later <p><i>PARA:</i></p> <ul style="list-style-type: none">● Under 37 as of December 31, 2022<ul style="list-style-type: none">○ Year of birth: 1986 or later <p><i>SPECIAL OLYMPICS:</i></p> <ul style="list-style-type: none">● Under 32 as of December 31, 2022<ul style="list-style-type: none">○ Year of birth: 1991 or later
Basketball	<ul style="list-style-type: none">● 18 or under as of December 31, 2022<ul style="list-style-type: none">○ Year of birth: 2004 or later● PE:<ul style="list-style-type: none">○ Two [2] 19 or under players per gender○ Year of birth: 2003 or later● NT, NU, YT:<ul style="list-style-type: none">○ Five [5] 19 or under players per gender○ Year of birth 2003 or later
Baseball (M)	<ul style="list-style-type: none">● BC, ON, QC: 17 years of age and younger as of December 31, 2022<ul style="list-style-type: none">○ Year of birth: 2005 or later● AB, MB, NB, NS, SK: 17 years of age and younger as of December 31, 2022, plus two (2) players 18 years of age as of December

	<p>31, 2022</p> <ul style="list-style-type: none"> ○ Year of birth: 2005 or later, + two (2) players 2004 <ul style="list-style-type: none"> ● PE: 17 years of age and younger as of December 31, 2022 plus six (6) players 18 years of age as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2005 or later, + six (6) players 2004 ● NL: 18 years of age and younger as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2004 or later
Box Lacrosse	<p>FEMALE</p> <ul style="list-style-type: none"> ● 17 and under <ul style="list-style-type: none"> ○ Year of birth: 2005 or later ● Overage athletes can be 1 year older (Year of birth: 2004) <ul style="list-style-type: none"> ○ NT, NU, PE, YT - 3 overage players ○ MB, NB, NL, NS, QC, SK - 2 overage players ○ AB, BC, ON - 0 overage players <p>MALE</p> <ul style="list-style-type: none"> ● 17 and under <ul style="list-style-type: none"> ○ Year of birth: 2005 or later ● Overage athletes can be 1 year older (Year of birth: 2004) <ul style="list-style-type: none"> ○ NT, NU, PE, YT - 3 overage players ○ NB, NL - 2 overage players ○ MB, NS, SK - 1 overage player ○ AB, BC, ON, QC - 0 overage players
Canoe Kayak	<ul style="list-style-type: none"> ● Under 22 on January 1, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2000 or later
Cycling	<p>MOUNTAIN BIKE</p> <ul style="list-style-type: none"> ● 16 - 21 as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2006 - 2001 ● MB, NB, NL, NS, NT, NU, PE, SK, YT: Eligible to register one [1] Under 24 female as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 1999 or later <p>ROAD CYCLING</p> <ul style="list-style-type: none"> ● 16 - 21 as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2006 - 2001 ● MB, NB, NL, NS, NT, NU, PE, SK, YT: Eligible to register two [2] Under 24 females as of December 31, 2022



	<ul style="list-style-type: none"> ○ Year of birth: 1999 or later
Diving	Athletes must be born in the years 2002 through 2011
Golf	<ul style="list-style-type: none"> ● Under 19 as of August 1st, 2022 <ul style="list-style-type: none"> ○ Date of birth: August 2, 2003 or later
Rowing	<ul style="list-style-type: none"> ● Under 22 as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2001 or later
Rugby Sevens (F)	<ul style="list-style-type: none"> ● Under 18 as of December 31, 2021 <ul style="list-style-type: none"> ○ Year of birth: 2004 or later ● MB, NB, NL, NT, NU, NS, PE, QC, SK, YT: Eligible to select up to five [5] Under 19 players as of December 31, 2021 <ul style="list-style-type: none"> ○ Year of birth: 2003
Sailing	<p><i>ABLE BODIED:</i></p> <ul style="list-style-type: none"> ● 15-22 as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2000-2007 <p><i>PARA:</i></p> <ul style="list-style-type: none"> ● 15-35 as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 1987-2007
Soccer	<ul style="list-style-type: none"> ● Under 18 before January 1, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2004 or later ● PE: Three [3] Under 19 before January 1, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2003 or later ● NT, NU, YT: Nine [9] Under 19 before January 1, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2003 or later
Softball	<p><i>MALE</i></p> <ul style="list-style-type: none"> ● Under 22 as of December 31, 2021 <ul style="list-style-type: none"> ○ Year of birth: 2000 or later ● AB, MB, NB: Eligible to select up to two [2] Under 23 players <ul style="list-style-type: none"> ○ Year of birth: 1999 ● NT, NU, PE, YT: Eligible to select up to three [3] Under 23 players <ul style="list-style-type: none"> ○ Year of birth: 1999 <p><i>FEMALE</i></p> <ul style="list-style-type: none"> ● Under 19 as of December 31, 2021 <ul style="list-style-type: none"> ○ Year of birth: 2003 or later



	<ul style="list-style-type: none"> ● NB, NL, NS: Eligible to select up to two [2] Under 20 players <ul style="list-style-type: none"> ○ Year of birth: 2002 ● NT, NU, PE, YT: Eligible to select up to three [3] Under 20 players <ul style="list-style-type: none"> ○ Year of birth: 2002
Swimming	<p><i>OLYMPIC PROGRAM:</i></p> <ul style="list-style-type: none"> ● Male swimmers must be born in 2005 or later ● Female swimmers must be born in 2006 or later <p><i>PARALYMPIC:</i></p> <ul style="list-style-type: none"> ● All para swimmers (classes S1-S14) must be born between 1996-2008 <p><i>SPECIAL OLYMPICS:</i></p> <ul style="list-style-type: none"> ● All Special Olympics Canada registered swimmers must be born between 1996-2008
Tennis	<p>Under 19 on January 1, 2022*</p> <ul style="list-style-type: none"> ● Year of birth: 2003 or later ● 2 Females & 2 Males <p>Under 17 on January 1, 2022</p> <ul style="list-style-type: none"> ● Year of birth: 2005 or later ● 2 Females & 2 Males <p>* P/T Teams are able to have U17 athletes compete as U19 during the event.</p>
Triathlon	<ul style="list-style-type: none"> ● 16-21 as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2001-2006
Volleyball	<p><i>BEACH</i></p> <ul style="list-style-type: none"> ● 21 and under (21U) as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2001 or later ● NT, NU, PE, YT: Eligible to select up to two [2] 23 and Under (23U) players per gender <ul style="list-style-type: none"> ○ Year of birth: 1999 or later <p><i>INDOOR</i></p> <ul style="list-style-type: none"> ● 19 and under (19U) as of December 31, 2022 <ul style="list-style-type: none"> ○ Year of birth: 2003 or later ● NT, NU, PE, YT: Eligible to select up to four [4] 21 and Under (21U)



	players per gender <ul style="list-style-type: none">○ Year of birth: 2001 or later
Wrestling	<ul style="list-style-type: none">● 16-19 as of December 31, 2022<ul style="list-style-type: none">○ Year of birth: 2003-2006

