



## 2025 Canada Summer Games Age Categories

The Canada Games Council (CGC) has worked with all National Sport Organizations (NSOs) on the 2025 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 2025 Canada Summer Games program:

Sport	Age Category
Artistic Swimming	<ul style="list-style-type: none"> <li>● 15-21 as of December 31, 2025               <ul style="list-style-type: none"> <li>○ Year of Birth: 2004-2010</li> </ul> </li>   <li>● NT, NU, PE, YT:               <ul style="list-style-type: none"> <li>○ In the team event only, permitted up to three (3) athletes that are 22 years of age as of December 31, 2025 (Year of Birth: 2003), but only if required to field a team at the Games. An overage athlete (22 years of age) may not displace a younger athlete from team selection.</li> </ul> </li> </ul>
Athletics	<p><i>ABLE BODIED</i></p> <ul style="list-style-type: none"> <li>● Under 24 as of December 31, 2025               <ul style="list-style-type: none"> <li>○ Year of Birth: 2002 or later</li> </ul> </li> </ul> <p><i>PARA ATHLETICS</i></p> <ul style="list-style-type: none"> <li>● Under 35 as of December 31, 2025               <ul style="list-style-type: none"> <li>○ Year of Birth: 1991 or later</li> </ul> </li> </ul> <p><i>SPECIAL OLYMPICS ATHLETICS</i></p> <ul style="list-style-type: none"> <li>● Under 35 as of December 31, 2024               <ul style="list-style-type: none"> <li>○ Year of Birth: 1990 or later</li> </ul> </li> </ul>
Baseball	<p><i>MEN’S</i></p> <ul style="list-style-type: none"> <li>● 17 and under as of December 31, 2025               <ul style="list-style-type: none"> <li>○ Year of Birth: 2008 or later</li> </ul> </li>   <li>● AB, MB, NB, NL, NS, PE, SK:</li> </ul>

	<ul style="list-style-type: none"> <li>○ Permitted up to two (2) 18 and under players</li> <li>○ Year of Birth: 2007</li> <li>● NT, NU, YT: <ul style="list-style-type: none"> <li>○ Permitted up to three (3) 18 and under players</li> <li>○ Year of Birth: 2007</li> </ul> </li> </ul> <p><b>WOMEN'S</b></p> <ul style="list-style-type: none"> <li>● 16 and under as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2009 or later</li> </ul> </li> <li>● AB, MB, NB, NL, NS, PE, SK: <ul style="list-style-type: none"> <li>○ Permitted up to three (3) 17 and under players</li> <li>○ Year of Birth: 2008</li> </ul> </li> <li>● NT, NU, YT: <ul style="list-style-type: none"> <li>○ Permitted up to four (4) 17 and under players</li> <li>○ Year of Birth: 2008</li> </ul> </li> </ul>
Basketball	<p><b>MEN'S &amp; WOMEN'S</b></p> <ul style="list-style-type: none"> <li>● 17 and under as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2008 or later</li> </ul> </li> <li>● PE: <ul style="list-style-type: none"> <li>○ Permitted up to two (2) 18 and under players per gender</li> <li>○ Year of Birth: 2007</li> </ul> </li> <li>● NT, NU, YT: <ul style="list-style-type: none"> <li>○ Permitted up to five (5) 18 and under players per gender</li> <li>○ Year of Birth: 2007</li> </ul> </li> </ul>
Beach Volleyball	<p><b>MEN'S &amp; WOMEN'S</b></p> <ul style="list-style-type: none"> <li>● 20 and under as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2005 or later</li> </ul> </li> <li>● NT, NU, PE, YT: <ul style="list-style-type: none"> <li>○ Permitted up to two (2) 22 and under players per gender</li> <li>○ Year of Birth: 2003 or later</li> </ul> </li> </ul>
Box Lacrosse	<p><b>MEN'S &amp; WOMEN'S</b></p> <ul style="list-style-type: none"> <li>● Under 17 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2009 or 2010</li> </ul> </li> <li>● MB, NB, NS, QC, SK: <ul style="list-style-type: none"> <li>○ Permitted up to three (3) overage (U18) players per gender <ul style="list-style-type: none"> <li>■ Year of Birth: 2008</li> </ul> </li> </ul> </li> </ul>



	<ul style="list-style-type: none"> <li>● NL, NT, NU, PE, YT: <ul style="list-style-type: none"> <li>○ Permitted up to five (5) overage (U18) players per gender <ul style="list-style-type: none"> <li>■ Year of Birth: 2008</li> </ul> </li> </ul> </li> </ul>
Canoe-Kayak	<ul style="list-style-type: none"> <li>● 21 and under as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2004 or later</li> </ul> </li> </ul>
Cycling - Mountain Bike	<p><i>MEN'S</i></p> <ul style="list-style-type: none"> <li>● 16-20 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2005-2009</li> </ul> </li> </ul> <p><i>WOMEN'S</i></p> <ul style="list-style-type: none"> <li>● 16-20 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2005-2009</li> </ul> </li> <li>● MB, NB, NL, NS, NT, NU, PE, SK, YT: <ul style="list-style-type: none"> <li>○ Permitted one (1) U23 athlete</li> <li>○ Year of Birth: 2003 or later</li> </ul> </li> </ul>
Cycling - Road	<p><i>MEN'S</i></p> <ul style="list-style-type: none"> <li>● 16-20 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2005-2009</li> </ul> </li> </ul> <p><i>WOMEN'S</i></p> <ul style="list-style-type: none"> <li>● 16-20 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2005-2009</li> </ul> </li> <li>● MB, NB, NL, NS, NT, NU, PE, SK, YT: <ul style="list-style-type: none"> <li>○ Permitted up to two (2) U23 athletes</li> <li>○ Year of Birth: 2003 or later</li> </ul> </li> </ul> <p><i>PARA CYCLING</i></p> <ul style="list-style-type: none"> <li>● 16-35 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 1990-2009</li> </ul> </li> </ul>
Diving	<ul style="list-style-type: none"> <li>● 12-19 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2006-2013</li> </ul> </li> </ul>
Golf	<ul style="list-style-type: none"> <li>● 18 and under as of August 1, 2025 <ul style="list-style-type: none"> <li>○ Date of Birth: August 2, 2006 or later</li> </ul> </li> </ul>
Rugby Sevens	<p><i>MEN'S</i></p> <ul style="list-style-type: none"> <li>● Under 20 as of December 31, 2024. <ul style="list-style-type: none"> <li>○ Year of birth: 2005, 2006</li> </ul> </li> </ul>



	<p><i>WOMEN'S</i></p> <ul style="list-style-type: none"> <li>● Under 18 as of December 31, 2024. <ul style="list-style-type: none"> <li>○ Year of birth: 2007, 2008</li> </ul> </li> </ul>
Sailing	<ul style="list-style-type: none"> <li>● 15-20 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2005-2010</li> </ul> </li> </ul>
Soccer	<p><i>MEN'S &amp; WOMEN'S</i></p> <ul style="list-style-type: none"> <li>● Under 17 before January 1, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2008 or later</li> </ul> </li> <li>● PE: <ul style="list-style-type: none"> <li>○ Permitted up to three (3) under 18 players per gender</li> <li>○ Year of Birth: 2007</li> </ul> </li> <li>● NT, NU, YT: <ul style="list-style-type: none"> <li>○ Permitted up to nine (9) under 18 players per gender</li> <li>○ Year of Birth: 2007</li> </ul> </li> </ul>
Softball	<p><i>MEN'S</i></p> <ul style="list-style-type: none"> <li>● Under 20 as of December 31, 2024 <ul style="list-style-type: none"> <li>○ Year of Birth: 2005 or later</li> </ul> </li> <li>● AB, MB, NB: <ul style="list-style-type: none"> <li>○ Permitted up to two (2) under 21 players</li> <li>○ Year of Birth: 2004</li> </ul> </li> <li>● NT, NU, PE, YT: <ul style="list-style-type: none"> <li>○ Permitted up to three (3) under 21 players</li> <li>○ Year of Birth: 2004</li> </ul> </li> </ul> <p><i>WOMEN'S</i></p> <ul style="list-style-type: none"> <li>● Under 19 as of December 31, 2024 <ul style="list-style-type: none"> <li>○ Year of Birth: 2006 or later</li> </ul> </li> <li>● NB, NS, NL: <ul style="list-style-type: none"> <li>○ Permitted up to two (2) under 20 players</li> <li>○ Year of Birth: 2005</li> </ul> </li> <li>● NT, NU, PE, YT: <ul style="list-style-type: none"> <li>○ Permitted up to three (3) under 20 players</li> <li>○ Year of Birth: 2005</li> </ul> </li> </ul>
Swimming	<p><i>OLYMPIC PROGRAM</i></p> <ul style="list-style-type: none"> <li>● Men's: 17 and under as of December 31, 2025</li> </ul>



	<ul style="list-style-type: none"> <li>○ Year of Birth: 2008 or later</li> <li>● Women's: 16 and under as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2009 or later</li> </ul> </li> </ul> <p><i>PARALYMPIC PROGRAM</i></p> <ul style="list-style-type: none"> <li>● 13-25 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2000-2012</li> </ul> </li> </ul> <p><i>SPECIAL OLYMPICS SWIMMING</i></p> <ul style="list-style-type: none"> <li>● 13-25 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2000-2012</li> </ul> </li> </ul>
Tennis	<ul style="list-style-type: none"> <li>● 16 and under as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2009 or later</li> <li>○ Two (2) men and two (2) women</li> </ul> </li> <li>● 18 and under as of December 31, 2025* <ul style="list-style-type: none"> <li>○ Year of Birth: 2007 or later</li> <li>○ Two (2) men and two (2) women</li> </ul> </li> <li>● NT, NU, PE, YT: <ul style="list-style-type: none"> <li>○ Permitted up to four (4) 18 and under athletes per gender</li> <li>○ Year of Birth: 2007 or later</li> </ul> </li> </ul> <p>*P/T teams are able to have 16U athletes compete as 18U during the event.</p>
Volleyball	<p><i>MEN'S &amp; WOMEN'S</i></p> <ul style="list-style-type: none"> <li>● 18 and under as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2007 or later</li> </ul> </li> <li>● NT, NU, PE, YT: <ul style="list-style-type: none"> <li>○ Permitted up to four (4) 20 and under players per gender</li> <li>○ Year of Birth: 2005 or later</li> </ul> </li> </ul>
Wrestling	<ul style="list-style-type: none"> <li>● 15-18 as of December 31, 2025 <ul style="list-style-type: none"> <li>○ Year of Birth: 2007-2010</li> </ul> </li> </ul>

