

Excerpt from the FIS & Canadian Rules and Regulations

341.1 Age Categories

- 341.1.1 The FIS competition year (or season) is July 1st - June 30th of the following year.
- 341.1.2 Seniors (women and men) must be at least 21 years old during the calendar year (01.01.-31.12.). The right to start begins with the beginning of the competition season (e.g. for 2020 from 1st July 2019 onwards).
- 341.1.3 *Junior women and junior men must be no older than 20 during the calendar year (01.01.-31.12.) in which the season ends.*

Nordic Junior World Ski Championships

Competitors must have reached their 16th birthday before the end of the calendar year (1st January – 31st December) in which the season ends.

Season	AGE	Years of Birth
2020/21	16-20	2001, 2002, 2003, 2004, 2005
2021/22	16-20	2002, 2003, 2004, 2005, 2006
2022/23	16-20	2003, 2004, 2005, 2006, 2007
2023/24	16-20	2004, 2005, 2006, 2007, 2008

U23 World Ski Championships Cross-Country

U23 women and U23 men must be no older than 23 during the calendar year (01.01.-31.12.) in which the season ends. Years of birth for U23 from 2020/21 on:

Season	AGE	Years of Birth
2020/21	21-23	1998, 1999, 2000
2021/22	21-23	1999, 2000, 2001
2022/23	21-23	2000, 2001, 2002
2023/24	21-23	2001, 2002, 2003

- 341.1.4 Junior women and junior men should normally start in their own classes. They may start in the respective ladies or men classes, including the general classes at long distance popular competitions.
- 341.1.5 At all FIS competitions competitors must have reached their 16th birthday before the end of the calendar year (1st January – 31st December) in which the season ends.

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 - In season 2020/21, competitors born 2005 and earlier

- In season 2021/22, competitors born 2006 and earlier
- In season 2022/23, competitors born 2007 and earlier
- In season 2023/24, competitors born 2008 and earlier

Official Age Categories for Canadian Competitions - updated Oct 2020

Category		2019-2020 Comp Season	2020-2021 Comp Season	2021-2022 Comp Season
U8 girls		2012-2013	2013-2014	2014-2015
U10 girls		2010-2011	2011-2012	2012-2013
U12 girls		2008-2009	2009-2010	2010-2011
U14 girls		2006-2007	2007-2008	2008-2009
U16 girls		2004-2005	2005-2006	2006-2007
U18 girls		2002-2003	2003-2004	2004-2005
U20 Women		2000-2001	2001-2002	2002-2003
Open	U23	1997-1999	1998-2000	2000-2001
	Senior	1999 & earlier	2000 & earlier	2001 & earlier
Master women	31 and older	1989 & earlier	1990 & earlier	1991 & earlier
U8 boys		2012-2013	2013-2014	2014-2015
U10 boys		2010-2011	2011-2012	2012-2013
U12 boys		2008-2009	2009-2010	2010-2011
U14 boys		2006-2007	2007-2008	2008-2009
U16 boys		2004-2005	2005-2006	2006-2007
U18 boys		2002-2003	2003-2004	2004-2005
U20 men		2000-2001	2001-2002	2002-2003
Open men	U23	1997-1999	1998-2000	2000-2001
	Senior men	1999 & earlier	2000 & earlier	2001 & earlier
Master men	31 and older	1989 & earlier	1990 & earlier	1991 & earlier

Note: In most races the OC should treat U23 skiers as Open Men or Open Women