

2023 Baseball Alberta Age Criteria



RALLY CAP (7U)	Up to 7 years old	2016 - 2017
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ROOKIE (9U)	8-9 years old	2014 - 2015
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11U	10-11 years old	2012 - 2013
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13U	12-13 years old	2010 - 2011
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15U	14-15 years old	2008 - 2009
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18U	16 - 18 years old	2005 - 2007
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**Each 'A' and 'AA' team is eligible to have two (2) - 19 year old athletes on a team (born 2004). 'AAA' teams may have a maximum of four (4) 19 year old athletes per association, regardless of the number of teams.

**Female athletes may not turn 22 or older in 2023 (recommended 2001-2003 birthdates) may play in the 18U division. 18U Girls 'A', 'AA', 'AAA' teams are eligible to have overage female athletes on a team with approval by the Baseball Alberta Registrar.

22U	19 - 22 years old	2001 - 2004
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SENIOR AA	19+ years old
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SENIOR AAA	19+ years old
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TWILITE	35+ years old
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