

# 2023 Baseball Alberta Age Criteria



<b>RALLY CAP (7U)</b>	Up to 7 years old	2016 - 2017
<b>ROOKIE (9U)</b>	8 - 9 years old	2014 - 2015
<b>11U</b>	10 - 11 years old	2012 - 2013
<b>13U</b>	12 - 13 years old	2010 - 2011
<b>15U</b>	14 - 15 years old	2008 - 2009
<b>18U</b>	16 - 18 years old	2005 - 2007
<p>**Each 'A' and 'AA' team is eligible to have four (4) - 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.</p> <p>**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.</p>		
<b>22U</b>	19 - 22 years old	2001 - 2004
<b>SENIOR AA</b>	19+ years old	
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<b>TWILITE</b>	35+ years old	