

## 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 (ladies 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 2017 from 1<sup>st</sup> July 2016 onwards).

341.1.3 *Junior ladies 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

A competitor must have reached his 16<sup>th</sup> birthday before the end of the calendar year (1<sup>st</sup> January – 31<sup>st</sup> December) in which the season ends.

Season	AGE	Years of Birth
2018/19	16-20	1999, 2000, 2001, 2002, 2003
2019/20	16-20	2000, 2001, 2002, 2003, 2004
2020/21	16-20	2001, 2002, 2003, 2004, 2005

#### U23 World Ski Championships Cross-Country

U23 Ladies 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 2018/19 on:

Season	AGE	Years of Birth
2018/19	21-23	1996, 1997, 1998
2019/20	21-23	1997, 1998, 1999
2020/21	21-23	1998, 1999, 2000

341.1.4 Junior ladies and junior men should normally start in their own classes. They may start in the respective ladies or men classes.

341.1.5

At all FIS competitions a competitor must have reached his 16<sup>th</sup> birthday before the end of the calendar year (1<sup>st</sup> January – 31<sup>st</sup> December) in which the season ends.

- In season 2018/19, competitors born 2003 and earlier

- In season 2019/20, competitors born 2004 and earlier

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

**Official Age Categories for Canadian Competitions - updated April 2019**

		2019 Comp Year	2020 Comp Year	2021 Comp Year
Category	New System			
Atom girls	U8	2011-2012	2012-2013	2013-2014
Pee-Wee girls	U10	2009-2010	2010-2011	2011-2012
Mini-Midgets	U12	2007-2008	2008-2009	2009-2010
Midget girls	U14	2005-2006	2006-2007	2007-2008
Juvenile girls	U16	2003-2004	2004-2005	2005-2006
Junior girls	U18	2001-2002	2002-2003	2003-2004
Junior Women	U20	1999-2000	2000-2001	2001-2002
Open women	U23	1996-1998	1997-1999	1998-2000
	Senior	1998 & earlier	1999 & earlier	2000 & earlier
Master women	31 and older	1988 & earlier	1989 & earlier	1990 & earlier
Atom boys	U8	2011-2012	2012-2013	2013-2014
Pee-Wee boys	U10	2009-2010	2010-2011	2011-2012
Mini-Midgets	U12	2007-2008	2008-2009	2009-2010
Midget boys	U14	2005-2006	2006-2007	2007-2008
Juvenile boys	U16	2003-2004	2004-2005	2005-2006
Junior boys	U18	2001-2002	2002-2003	2003-2004
Junior men	U20	1999-2000	2000-2001	2001-2002
Open men	U23	1996-1998	1997-1999	1998-2000
	Senior men	1998 & earlier	1999 & earlier	2000 & earlier
Master men	31 and older	1988 & earlier	1989 & earlier	1990 & earlier

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