



**GMAA**  
**Age Categories**  
**2025 - 2026**

**Bantam:** Born Oct 1<sup>st</sup>, 2011 or later

**Cadet:** Born Oct 1<sup>st</sup>, 2009 to Sept 30<sup>th</sup>, 2011

**Juvenile:** Born in 2007, 2008, 2009

**Some exceptions exist in: Hockey, Basketball, Indoor Track & Field, Outdoor Track & Field, Rugby, Lacrosse and Water polo**

U14 Hockey: Born October 1<sup>st</sup>, 2011, to September 30<sup>th</sup>, 2013  
U15 Hockey: Born October 1<sup>st</sup>, 2010 to December 31<sup>st</sup>, 2012  
U18 Boys Hockey: Born October 1<sup>st</sup>, 2007 to December 31<sup>st</sup>, 2010  
U18 Girls Hockey: Born October 1<sup>st</sup>, 2007 to December 31<sup>st</sup>, 2010

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**Bantam Basketball - Born October 1<sup>st</sup>, 2011 to September 30<sup>th</sup> 2013**  
**Cadet Basketball - Born October 1<sup>st</sup>, 2010 to September 30<sup>th</sup>, 2011**  
**Juvenile Basketball - Born January 1<sup>st</sup>, 2007 to September 30<sup>th</sup>, 2010**

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**Bantam Track & Field (Indoor & Outdoor): Born 2013-2014**  
**Cadet Track & Field (Indoor & Outdoor): Born 2011-2012**  
**Juvenile Track & Field (Indoor & Outdoor): Born 2007, 2008, 2009, 2010**

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**Bantam Water polo - Born October 1<sup>st</sup>, 2012, or later**  
**Cadet Water polo- Born October 1<sup>st</sup>, 2010, to September 30<sup>th</sup>, 2012**  
**Juvenile Water polo - Born January 1<sup>st</sup>, 2007, to September 30<sup>th</sup>, 2010**  
**\*\*Athletes may play up a maximum of one age category\*\***

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**Bantam Rugby: Born October 1<sup>st</sup>, 2012, or later**  
**Cadet Rugby: Born October 1<sup>st</sup>, 2010, to September 30<sup>th</sup> 2012**

**Juvenile Rugby: Born July 1<sup>st</sup>, 2007 to September 30<sup>th</sup> 2010**  
**\*\*Athletes may play up a maximum of one age category\*\***

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**Juvenile Lacrosse: Born October 1<sup>st</sup>, 2007 to September 30<sup>th</sup> 2010**