# AGE LIMITS

## Junior

A puller is eligible to participate in the junior category from the beginning of the year in which the puller reaches the age of 14 years until the end of the year in which the puller reaches the age of 18 years.

**Men/women Junior are born in 2008 until 2012**

## Under 23

Male and female pullers are eligible to participate in the Under 23 category from the beginning of the year in which the puller reaches the age of 16 years until the end of the year in which the puller reaches the age of 22 years.

**Men/women Under23 are born in 2004 until 2010**

## Senior

Male and Female pullers are eligible to participate in the senior category from the beginning of the year in which the puller reaches the age of 16 years or before that year.

**Men/women Senior are born before 2011**

| 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 | |
|---|---|---|---|---|---|---|---|---|---|
| junior | junior | junior | junior | junior | | | | | |
| | | U23 | U23 | U23 | U23 | U23 | U23 | U23 | |
| | | senior | senior | senior | senior | senior | senior | senior | and older |