# Age and Eligibility Guidelines

US Lacrosse establishes eligibility guidelines in order to promote the game of lacrosse among the youth of America in a safe and sportsmanlike environment. To best achieve this goal, US Lacrosse believes that leagues, associations, and other organizers of youth lacrosse should seek to provide playing opportunities that, as much as possible, establish a "level playing field" among players of similar age, size, and ability.

Age and Eligibility Guidelines are not considered “game-day rules” and are not enforced as game-day rules by officials. Exceptions to age divisions cannot be made on game day and all coaches must adhere to classifications as determined by their league or association.

**League and Association Play.** Leagues and associations should organize competition by age, and consider physical, cognitive, and emotional maturity when grouping players. For leagues or associations in which some local programs choose to organize their teams by grade, those teams should play in the age division determined by the oldest player on their roster. Players who are participating in any high-school level program such as a high school freshman, JV-B, junior varsity, varsity or club team should not be eligible for U15 competition in the same season. This means that a player who is age-eligible for U15 but plays on a high school level team should not concurrently play on a youth league U15 team. At other times of the year this player may be U15 eligible, for example, for summer ball or fall ball play, depending on the guidelines of the sponsoring league or organization.

The following age groupings are determined as of the August 31st preceding competition:

NOTE: Age group references used in this section are in common usage but should not be understood literally. The U15 (read: “Under 15”) grouping means that, if a player is 14 years old on the cutoff date, he may participate in U15 competition as a 15-year old.

**U15:**

All players must be 14 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

**U13:**

All players must be 12 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

**U11:**

All players must be 10 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

**U9:**

All players must be 8 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, teams should consider physical size, skill, and maturity.

**Spring 2012 Age Grouping Quick Reference Table**

| Birthdate | Age Bracket |
|---|---|
| Born on or after 9/1/1996 | U15 |
| Born on or after 9/1/1998 | U13 |
| Born on or after 9/1/2000 | U11 |
| Born on or after 9/1/2002 | U9 |

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